

# Fresh Basil Ice Cream



# Biterkin

· Yields: 1.5 ltr/qrt. · Preparation time: 20 mins · Total time: 18 hrs ·

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## Ingredients:

- 100 gr white chocolate, melted (3.5 oz.)<sup>1</sup>
- 50 gr fresh basil leaves (1.75 oz.)
- 120 gr sugar (4.2 oz.)
- 150gr+250gr [total 400 gr] fresh milk, whole (5.3oz.+8.8oz. [total 14.1 oz.]
- 60 gr egg yolks, cold from the fridge from about 3 large eggs (2.1 oz.)
- one lemon peel strip 1 cm wide
- 450 gr heavy cream (15.9 oz.)
- (optional) 1/8 tsp. (or as needed) green food colour paste

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## Instructions:

Before starting, make sure that your ice cream maker is ready for churning when needed. This means that if it has a removable freezer bowl, it should be put in the freezer for the whole time indicated by the manufacturer, usually 24 hours.

### Step 1 – Preparation

Put the white chocolate in a medium-sized, heatproof bowl and melt over a saucepan with simmering water, stirring constantly. Take care the bottom of the bowl does not touch the water.

Remove the bowl from the heat and set aside.

In a large heatproof bowl, put the cold egg yolks and whisk lightly to break them down. Put them back in the fridge to keep them cold, leaving the whisk in the bowl to have it ready.

Put the basil leaves and sugar in a medium-sized saucepan and massage well with your fingertips, scrubbing the sugar against the basil leaves for 2-3 minutes. Set a timer, do not shortcut.

### Step 2: Prepare the custard

Add the 250 gr milk and the lemon peel into the saucepan with the basil leaves and sugar.

Warm the milk over medium heat, stirring often until the milk is hot and steamy and all the sugar has melted.

Increase the heat to medium-high; when the first bubbles (soft boil) appear on the surface of the milk, remove the egg yolks from the fridge and set them next to the stovetop.

As soon as the milk bubbles vigorously (full boil), remove it from the heat and immediately start pouring it in a steady stream into the egg yolks with one hand, while whisking them vigorously with the other.

Important: While the custard is still hot, use a spatula to thoroughly scrape the sides and bottom of the bowl, where residues of egg yolk lie. You cannot see them, but they are there and they should be incorporated into the rest of the mixture, while it is still hot. Stir well.

Add the remaining 150 gr milk and the heavy cream and stir to combine.

### Step 3: Blend and cool the ice cream mixture

Add the custard into the melted white chocolate, a little at a time, stirring well after each addition.

Put the bowl with the ice cream mixture over an ice bath to cool it down to room temperature, about 45 minutes.

Optional: if colouring the ice cream, first dilute the colour paste in a tiny glass, adding one teaspoon of custard at a time until the colour is fully diluted. Mix well to dissolve, then gradually add this to the rest of the custard. The colour of the final ice cream will be 2 shades lighter after churning, so aim for no more than 2 shades darker than the desired colour.

Pass the ice cream mixture through a fine mesh sieve and into a blender. Blend for 2 minutes.

Thoroughly chill the ice cream mixture by passing it mixture through a fine mesh sieve and into a sealable container; refrigerate for 12 hours and up to 3 days.

### Step 4: Churn the ice cream mixture

Prepare the ice cream machine according to the manufacturer's instructions.

With the machine running, pour the chilled ice cream mixture through the canister and into the ice cream machine.

Churn until the basil ice cream is fluffed up and creamy. Depending on your ice cream maker, this may take up to 50-60 minutes.

Remove the removable freezer bowl filled with the ice cream from the ice cream machine, cover with a lid and put it the freezer for 3-4 hours to set.

After this, you can serve it directly from the removable freezer bowl or transfer it to an airtight container for longer storing.

### Storage

In the freezer for one month, covered well to protect it from absorbing the freezer's smells.

This basil ice cream, like all artisanal ice creams, freezes hard in the long term.

To soften it to a scoopable consistency, put it in the refrigerator for one hour.

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### Notes:

<sup>1</sup> White chocolate:

only real white chocolate will do; this means that it should have the following ingredients listed on the packaging:

- cocoa butter (NOT palm oil or other vegetable oil)
- sugar (NOT sweeteners, stevia, etc)
- milk powder
- an emulsifier (such as lecithin)

Depending the part of the world you live in, this is sometimes labeled as "white chocolate couverture".

Also, check the nutrition label on the packaging:the sugars should be around 55 gr per 100 gr of white chocolate.

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