

No-Churn Strawberry Ice Cream the custard version



Biterkin

• Yields: 1 ltr/qrt. • Active preparation time: 20 mins • Total time: 18 hrs •

Ingredients:

- 300 gr hulled fresh strawberries (10.6 oz) (from about 325 gr (11.4 oz.) whole strawberries)
- 125 gr regular sugar, to be divided (4.4 oz; 1/2 cup & 2 Tbs)
- 80 gr egg yolks, cold from the fridge (2.8 oz.; this is from about 4 eggs weighing 65-75 gr each)
- 400 gr/ml heavy cream 35-40% fat, suitable for whipping (14.1 oz; 1¼ cups)

or (for UK): 285 gr double cream (50% fat) mixed with 115 gr whole milk; then use it like heavy cream

📄 1 cup = 235 ml | 1 Tbs. = 15 ml. | 1 tsp. = 5 ml

Step 1: Prepare the strawberries

Slice the strawberries: with a sharp knife, cut the strawberries into slices.

Cook the strawberries to a jam-like consistency: put the strawberries and roughly 10 gr of the sugar (0.5 oz.; 1 Tbs.) in a medium saucepan. Warm over medium heat, stirring often with a silicone spatula, until the sugar dissolves.

Increase the heat to medium-high and bring to a boil. Cook for about 10 minutes, until most of the water evaporates and the strawberries have a jam-like consistency. Stir with a rubber spatula, scraping the bottom of the saucepan continuously towards the end of cooking, so that it doesn't catch.

It is ready when the strawberry jam sizzles and the path that is made when you scrape the bottom of the saucepan with the rubber spatula, stays clear for 3-4 seconds.

Step 2: Prepare the custard

Prepare the egg yolks: put the cold egg yolks in a large bowl, and whisk them lightly to break them down. Put them in the fridge to keep them cold, keeping the whisk in the bowl. Aim to proceed with the recipe as soon as possible, as the egg yolks dry out quickly.

Boil the cream and sugar: place the heavy cream and the rest of the sugar (115 gr; 4.5 oz; 1/2 cup) in a medium saucepan. Warm over medium heat, stirring often with a rubber spatula, until the sugar dissolves.

Increase the heat to high and remove the egg yolks from the fridge.

Pour the boiling cream in the egg yolks: when the cream comes to a full boil (large bubbles cover the surface), remove it from the heat, and immediately start pouring it in a slow, steady stream into the cold egg yolks with one hand, while whisking them vigorously with the other.

Stir: with a rubber spatula, stir well and thoroughly for one minute, scraping the bottom and sides of the bowl.

Important: While the custard is still hot, use a rubber 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.

Step 3: Chill the custard and the strawberries

Cool it down: prepare an ice bath by putting ice cubes and cold water in a large bowl and carefully nest the bowl with the custard in it, taking care that no water slips into it. Leave it to cool down for about 30 minutes, stirring occasionally.

Strain and chill thoroughly: before you whip it, the custard should be thoroughly cold. To chill it, pass the custard through a fine mesh sieve and into a sealable container; refrigerate for 12 hours and up to 3 days. Cover the strawberry jam and chill it, too (do not strain).

Step 4: Prepare the ice cream mixture

Blend the strawberry jam to a smooth pulp with a stick blender, blend the strawberry jam until smooth and no chunks remain. Scrape the bottom and the sides of the bowl, then blend again. Alternatively, you can use a food processor; whatever you use, make sure to thoroughly scrape any residues with a rubber spatula. A regular blender is not recommended for such a small quantity.

Pour the chilled custard into the bowl of a stand or hand-held mixer.

Whip the custard: with the whisk attachment on, start whipping at low speed and gradually increase the speed to high. Beat until soft peaks form and it is dollopable: this is when the waves that the whisk leaves on the surface of the cream stay there, instead of disappearing in the cream.

Add the strawberry jam into the whipped custard and whip with the mixer at low speed for one minute. Stop the mixer, scrape the sides and bottom of the bowl with a rubber spatula and then whip until an homogenous pink colour is obtained.

Step 5: Freeze until firm

Transfer the ice cream mixture into a freezable container. Cover well and put it in the freezer until completely firm and set, preferably overnight.

If using as a filling in a mould, ice cream sandwich or a torte, use it directly after whipping. Freeze for 24 hours before cutting/unmoulding.

Storage and serving

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

Scooping: before serving, soften it to a perfectly scoopable consistency, by putting it in the refrigerator for 1 hour (or 30 minutes if it is freshly made).

Notes:

For best results, use a scale and measure the ingredients directly into the utensils, when you need them. If possible weigh the egg yolks, too. Avoid weighing in one utensil and transferring to another, as this causes a small, but important loss of quantity, especially in liquids.

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