

No-Churn White Chocolate Ice Cream



Biterkin

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

Ingredients:

- 250 gr+250 gr [total 500 gr] heavy cream, cold from the fridge (8.8 oz.+8.8oz. [total 17.6 oz.])¹
 - 30 gr sugar (1.05 oz. / 3 Tbs.)
 - 200 gr white chocolate (7.05 oz.)²
 - 10 gr honey (0.4 oz / 1.5 tsp.)
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Step 1 – Make the ice cream mixture

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

Remove the bowl from the heat and set aside.

Into a medium bowl, pour the 250 gr (8.8 oz) of heavy cream.

Into a medium saucepan, put the remaining 250 gr (8.8 oz) of the heavy cream and the sugar.

Warm over medium heat stirring often until all the sugar has melted. Increase the heat to medium-high and bring to a boil.

As soon as the cream starts boiling, remove from the heat and pour into the bowl with the rest of the cream. This will bring the total mixture to the perfect temperature to add the melted white chocolate.

Start pouring the cream mixture into the melted white chocolate, a little at a time, stirring to combine.

Pour into the blender and blend for 2 whole minutes.

Step 2 – Cool the ice cream mixture

The mixture should be tepid by now. Add the honey and whisk well to dissolve.

Pour the ice cream mixture into a sealable container.

Refrigerate for 12 hours and up to 3 days.

Step 3 – Whip the ice cream mixture

Pour the ice cream mixture into the mixer's bowl. It has to be thoroughly cold, or else it will not whip.

With the whisk attachment on, start whipping at low speed and gradually increase the speed to high.

Whip until soft peaks form and its volume increases. Stop the mixer when the waves that the whisk leaves on the surface of the cream hold their shape, instead of disappearing in the cream.

Step 4: Freeze until firm

Transfer the no-churn white chocolate ice cream into a freezable container. Cover with cling film and let it set. Setting will most likely take 6-8 hours.

If using as a filling in an ice cream sandwich or a torte, use it directly after whipping. Freeze for 24 hours before cutting. Do not use in silicone moulds though, as it stays soft in the freezer and it may lose its shape when pressed.

Storage

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

Scooping: the longer it sits in the freezer, the harder it gets. After 48 hours in the freezer you may have to soften it before serving, by putting it in the refrigerator for 20-30 minutes.

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

Notes:

for cup measurements:

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

¹ Heavy cream:

Only use heavy cream with 35% percentage, suitable for whipping.

Do not use lower fat versions or any kind of non-dairy cream.

² White chocolate:

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

1) cocoa butter (NOT palm oil or other vegetable oil)

2) sugar (NOT sweeteners, stevia, etc)

3) milk powder

4) an emulsifier (such as lecithin)

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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