

No-Churn Vanilla Bean Ice Cream

the custard version



Biterkin

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

Ingredients:

- 100 gr egg yolks, cold from the fridge (3.5 oz.; this is from about 5 eggs weighing 65-75 gr each)
- 500 gr/ml heavy cream (17.6 oz; 2 cups & 2 Tbs.)

or (for UK): 350 gr double cream (50% fat) mixed with 150 gr whole milk; then use it like heavy cream

- 130 gr sugar (4.6 oz; 1/2 cup & 2 Tbs.)
- 1 vanilla bean, split in half lengthwise
- (optional) 1 tsp. vanilla extract (5 ml)

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

Step 1 - 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. Do not do this ahead of time, as the egg yolks dry quickly.

Boil the cream and sugar: place the heavy cream and the sugar in a medium saucepan. Warm over medium heat, stirring often with a silicone 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 steady stream into the 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: You have to stir the custard with a rubber spatula while it is still hot, thoroughly scraping the sides and bottom of the bowl, where residues of egg yolk lie. Those residues, which you cannot see, are there and they should be incorporated into the rest of the mixture, while it is still hot. Stirring also makes the custard thicken.

Strain the custard through a fine mesh sieve and into a bowl.

Scrape the vanilla seeds from the vanilla bean directly into the ice cream mixture and whisk to combine. Add the scraped vanilla bean in the mixture, too.

Step 2 - Chill the ice cream mixture

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.

Chill thoroughly: before you whip it, the custard should be thoroughly cold. To chill it, refrigerate for 12 hours and up to 3 days.

Step 3 - Whip the custard

Remove the vanilla bean from the ice cream mixture; add the vanilla extract (if using).

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. Whip 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.

Step 4: Freeze until firm

Transfer the whipped custard 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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