

No-Churn Vanilla Ice Cream Biterkin

the Biterkin way

• Yields: 1.75 ltr/qrt. • Active preparation time: 15 mins • Total time: 18 hrs •

Ingredients:

- 325 gr/ml fresh milk, whole, cold from the fridge (11.5 oz; 1½ cup)
 - 185 gr sugar; to be divided (6.5 oz; ¾ cup & 1 Tbs.)
 - 2 gelatine leaves; or 1 tsp. gelatine granules
 - 500 gr/ml heavy cream 35-36% fat, suitable for whipping (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
- 100 gr egg yolks, cold from the fridge (3.5 oz.; this is from about 5 eggs weighing 65-75 gr each)
 - 2 Tbs. vanilla extract

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

Step 1 - Make the milk jelly

Soften the gelatine:

- for gelatine leaves: put them in a bowl and cover fully with roughly half of the cold milk
- for gelatine granules: put half of the cold milk in a bowl and sprinkle the gelatine powder over it.

Set aside for 5-10 minutes for the gelatine to soften.

Bring the rest of milk to a boil: In a medium saucepan put the rest of the milk and 60 gr of the sugar. Bring to a boil over medium-high heat, stirring often with a rubber spatula. Tip: do not let the milk boil before the sugar dissolves, or it may curdle.

When the milk comes to a full boil (starts bubbling vigorously), immediately remove it from the heat, and pour it over the gelatine leaves.

Stir well and thoroughly with a rubber spatula for one minute.

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

Step 2 - Make the custard

Prepare the egg yolks: put the egg yolks in a large heatproof bowl, and whisk them well to break them down. Put them back in the fridge to keep them cold, leaving the whisk in the bowl. Do not do this ahead of time, as the egg yolks dry out quickly,

Bring the cream to a boil: in a medium saucepan, put the rest of the sugar (125 gr; 4.5 oz) and all the heavy cream. 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. If the bowl with the egg yolks is lightweight, put a damp towel below to keep it in place while you pour inside the boiling cream.

Pour the boiling milk over the egg yolks: as soon as the cream comes to a full boil (starts bubbling up vigorously), 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.

Cool down the custard: remove the milk jelly from the ice bath. Refresh the ice bath with ice cubes if needed and carefully nest the bowl with the custard inside, taking care that no water slips into it. Leave for about 30 minutes, stirring occasionally.

When it has cooled down, remove from the ice bath, add the vanilla extract and stir well.

Step 3 – Chill the custard and the milk jelly

When the custard and the milk jelly have cooled down, you have to thoroughly chill them before proceeding: pour the milk jelly into an airtight container and cover well. Strain the custard through a fine mesh sieve and cover.

Put them both in the refrigerator and let them chill for 8-12 hours; or up to 3 days.

Step 4: Make the ice cream mixture

When the milk jelly and custard are cold, you can proceed with the recipe.

Check if the milk jelly has the right consistency: shake the container; the jelly should be jiggly, just to the point of setting. It should be neither pourable, nor too firm.

Whip the custard to soft peaks: pour the custard into the mixer bowl. With the whisk attachment on, whip at medium speed until the mixture is thick and dollopable: this is when the waves that the whisk leaves on the surface of the cream hold their shape well, instead of disappearing in the cream.

Smooth the milk jelly: in a separate bowl, put the milk jelly and whisk until it is smooth and no lumps remain. Add 2-3 tablespoons of the whipped custard to the milk jelly and whisk to incorporate. Using a rubber spatula scrape the sides and bottom of the bowl. Whisk again.

Mix the milk jelly with the custard: add the smoothed milk jelly into the whipped custard. Whip at medium speed for one full minute. Stop the mixer, scrape the bottom and sides of the bowl with a rubber spatula, bringing everything upwards, then whip for 30 seconds more.

Step 5: Freeze until set

Transfer the whipped mixture into a freezable container (1.75 litre/quart). 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 scoopable consistency, by putting it in the refrigerator for 1 hour.

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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