

Vanilla Bean Ice Cream with corn starch



Biterkin

• Batch for ice cream maker of 1.5 ltr/qrt (or more) • Preparation time: 15 mins • Total time: 18 hrs •

Ingredients:

- 500 gr/ml whole milk (17.6 oz.; 2 cups & 2 Tbs.)
- 25 gr corn starch (a.k.a. corn flour, for thickening) (1 oz; 3 Tbs.)
- 200 gr regular sugar (7 oz; 1 cup)
- 500 gr/ml heavy cream 35-37% fat (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

- 1 vanilla bean, split lengthwise
- (optional, for extra flavour) 1 tsp. vanilla extract

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

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 - Prepare the ice cream mixture

Have a rubber spatula and whisk ready on a plate, close to you.

Make a corn starch slurry: in a large heatproof bowl, put the corn starch and add two tablespoons of the cold milk (30 gr; 1 oz.) over it. Whisk to dissolve. Set aside.

Boil the milk and sugar: in a medium saucepan put the rest of the milk (500 gr; 16.6 oz.; 2 cups) and all the sugar and warm over medium-high heat, stirring often.

Bring to a boil and let it boil briefly for 5 seconds; at this time give a last whisk to the corn starch slurry, to dissolve any corn starch stuck to the bottom of the bowl. Tip: do not let the milk boil before the sugar fully dissolves, or the milk may curdle. Stirring often helps the sugar dissolve efficiently.

Pour the milk in the corn starch slurry: pour the boiling milk over the corn starch slurry, whisk well and return everything back to the saucepan and over medium-high heat.

Cook until thickened: cook, stirring constantly and scraping the bottom of the saucepan, until you see the first bubbles appearing on the surface; at this point the milk will thicken. Immediately remove from the heat and pour it back into the large bowl.

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

Add the heavy cream and stir thoroughly.

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 ice cream mixture in it, taking care that no water slips into it. Leave it to cool down for about 30 minutes, stirring occasionally.

Chill thoroughly: when you churn it with the ice cream maker, the ice cream mixture should be thoroughly cold. To chill it, cover and refrigerate for 12 hours; and up to 3 days.


Step 3 – Churn the ice cream

Check the ice cream mixture if it is thoroughly chilled, before churning: it should feel fridge-cold to the touch (or if you have an instant-read thermometer, it should read 4°C–8°C / 39°F–46°F).

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

Remove the vanilla bean from the ice cream mixture and give a last, thorough stir to the ice cream mixture.

Churn: with the machine running, pour the chilled ice cream mixture through the canister and into the ice cream maker and leave to churn until fluffed up and creamy; depending your ice cream maker this can take anywhere from 30-60 minutes; (see below). Taste your ice cream before the churning time is up and add the vanilla extract, if you wish to.

 How to know when the ice cream is ready: this ice cream will expand and fluff up during churning. It is ready when it looks smooth and fluffy. This could take anywhere from 30-60 minutes, depending your ice cream maker. To evaluate if it's ready, lift a spoonful; it should be thick enough to stand on the spoon, but still be soft like soft-serve ice cream. If, upon lifting some ice cream with the spoon, a pool immediately starts forming on its edges, you will have to churn it for longer. In any case, if you feel doubts about the consistency, leave it for ten minutes more. But beware: at this stage, do not expect it to be like store-bought carton ice cream; for now it should be more like soft-serve ice cream. It will firm up and become like store-bought ice cream only after it sets in the freezer. So, stop the ice cream maker when it is thick and creamy, as described above. If you leave it for much longer, it will start turning grainy.

Step 4 – Put in the freezer to set

Before serving the ice cream or removing it to a container for storage, you have to put it in the freezer to set. Remove the removable freezer bowl (still filled with the vanilla ice cream) from the ice cream machine, cover with a lid and put it in the freezer until set. Setting will take anywhere from 1 to 4 hours, depending your ice cream maker.

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

Storage and serving

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

Scooping: this ice cream, like all artisanal ice creams, freezes hard in the long term. To soften it to a perfectly scoopable consistency, put it in the refrigerator for one hour.

Notes:

For best results, use a scale and measure the ingredients directly into the utensils, when you need them. Avoid weighing in one utensil and transferring to another, as this causes a small, but important loss of quantity, especially in liquids. For cup measurements: if using cups to measure the ingredients, make sure that you thoroughly scrape the cup every time you empty it.

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