

Strawberry Ice Cream with corn starch (eggless)



Biterkin

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

Ingredients:

- 500 gr hulled fresh strawberries (17.6 oz); from about 550 gr; 20 oz. whole strawberries
- 10 gr corn starch (a.k.a. corn flour, to thicken) (0.5 oz.; 2 Tbs.)
- 200 gr regular sugar (7 oz; 1 cup)
- 500 gr/ml heavy cream, 35-40% fat, cold from the fridge (17.6 oz; 2 cups & 2 Tbs.)

or (for UK): 350 gr (12.3 oz.) double cream (50% fat) mixed with 150 gr (5.3 oz) whole milk; then use it like heavy cream

📌 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 strawberries

Slice the strawberries: with a sharp knife, cut the strawberries into clean, neat slices. You do not have to worry about cutting them very thin, just slice them to a thickness you feel comfortable working with. Alternatively, you can chop them into pieces.

Place a medium heatproof bowl next to the stovetop to have it ready.

Mix the strawberries with the sugar and the corn starch: in a medium saucepan put the sugar and the corn starch and whisk them to combine. Add the sliced strawberries and stir with a rubber spatula, bringing the sugar upwards to mix in the strawberries.

Cook over low heat, stirring occasionally with the spatula, until the sugar dissolves and the strawberries release their water. At this time a thick syrup will begin to form.

Cook until thickened: increase the heat to medium-high and bring to a boil: cook, stirring constantly and scraping the bottom of the saucepan with the spatula, until the strawberry pulp just begins to bubble up. Immediately remove the saucepan from the heat and pour it into the large bowl.

Step 2 - Chill the strawberry mixture

Cool it down: leave the strawberry mixture to cool down at room temperature for 1-2 hours, stirring occasionally. Alternatively, to speed up the process, you can prepare an ice bath by putting ice cubes and cold water in a large bowl and carefully nest the bowl with the strawberry mixture in it, taking care that no water slips into it. Leave it to cool down for about 30 minutes, stirring occasionally.

Chill thoroughly: the strawberry mixture should come to fridge-cold temperature, before you blend it and churn with the ice cream maker. To chill it, refrigerate for 8-12 hours and up to 24 hours.

Step 3 - Blend and churn

Check the strawberries if they are thoroughly chilled, before churning: they 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 when inserted into the mixture).

Blend the strawberries: put the strawberries and all of their juices in a blender and blend them to a smooth pulp.

Add the cream: when no strawberry chunks have remained, with the blender on, slowly pour in the cold cream, increase the speed to high and blend for 1 minute. If needed, stop the blender and scrape down the sides of the blender with a rubber spatula, then blend again until fully combined and an homogenous pink colour is obtained. Yes, you can use a stick blender instead of a regular blender, if you like, in which case you can blend the strawberries in a large bowl.

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

Churn: with the machine running, pour the cold ice cream mixture through the canister and into the ice cream maker and leave to churn until fluffed up and creamy; depending on your ice cream maker this can take anywhere from 30-60 minutes.

Step 4 - Put in the freezer to set

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 strawberry ice cream) from the ice cream machine, cover with a lid and put it in the freezer to set. Setting time depends highly on the type of ice cream maker you use; see notes below for indicative times.

Serve or store: when it sets, 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. If using cups to measure the ingredients, make sure that you thoroughly scrape the cup every time you empty it.

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