

Strawberry Ice Cream with egg yolks (custard)



Biterkin

• Batch for ice cream maker of 1.5 ltr/qrt (or more) • Preparation time: 25 mins • Total time: 18 hrs •

Ingredients:

- 500 gr hulled fresh strawberries (17.6 oz); from about 550 gr; 20 oz. whole strawberries
- 195 gr sugar, to be divided (6.8 oz; ¾ cup & 3 Tbs.)
- 500 gr/ml heavy cream, 35-40% fat (17.6 oz; 2 cups & 2 Tbs.)

or (for UK): 400 gr (14 oz.) double cream (50% fat) mixed with 100 gr (3.5 oz) whole milk; then use it like heavy cream

- 100 gr cold egg yolks, (3.5 oz.; from 5 eggs weighing 65-75 gr each)

❗ 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 - Macerate 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 clean, neat pieces.

Mix the strawberries with the sugar: in a large bowl put the strawberries slices and add 1/3 of the quantity of the sugar (65 gr; 2.3 oz.; 1/3 cup & 1 Tbs.). Stir with a rubber spatula, leaving the spatula in the bowl. TIP: aim to keep the upper sides of the bowl clean of sugar, as, if it stays there, it will harden and crystallise.

Macerate the strawberries: leave the strawberries to macerate at room temperature for 2-3 hours, stirring occasionally with the spatula to help the sugar dissolve. Each time you give a stir, scrape the bottom of the bowl, bringing upwards any undissolved sugar and mixing it with the strawberries. TIP: try to avoid anything that will cause loss of sugar from the bowl, like lifting the spatula from the bowl to use it somewhere else.

Check if all the sugar has melted and a red syrup, enough to cover the strawberries have formed: after 2-3 hours, check the bottom of the bowl to see if there are undissolved sugar crystals. If all the sugar has dissolved, proceed to the next step. If there are undissolved sugar crystals remaining, give a thorough stir with the spatula and they will most likely dissolve. If they don't, leave it at room temperature and check again after 30 minutes.

Step 2 - Boil down the strawberry syrup

Strain the strawberries over a a fine mesh strainer and into a medium saucepan; you will have around 150 ml/gr (5.3 oz.) of a clear red syrup in the saucepan. Tilt the strainer/gently agitate the strawberries in it to abstract more syrup, but do not press them.

Put the strained strawberries in a sealable container.

Boil down the syrup: put the saucepan with the syrup over medium-high heat and bring to a boil. As soon as the first bubbles appear on its surface, turn on the timer and leave to boil for 5 minutes, stirring occasionally with a rubber spatula. Pay attention to the appearance of large bubbles on the surface or of the syrup taking a darker, brownish hue, in which case you should remove from the heat earlier, otherwise the syrup will burn.

Remove from the heat and pour into the container with the strawberries. Allow to cool down while you prepare the custard.

Step 3 - Make 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 rest of the sugar (130 gr; 4.5 oz; 1/2 cup & 2 Tbs.) 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 slow, steady stream into the cold 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, where residues of egg yolks lie.

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

Step 4 - Chill the custard and the strawberries

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: the custard and the strawberries should come to fridge-cold temperature, before you blend them and churn with the ice cream maker. To chill them. refrigerate for 8-12 hours and up to 24 hours for the strawberries (the custard can be kept for up to 3 days, so you can make it earlier, if you like.)

Step 5 - Chill the custard and the strawberries

Check the custard and 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).

Blend the strawberries: remove the strawberries with a slotted spoon, put them in a blender and blend them to a smooth pulp, adding just enough strawberry syrup to get things going. When no chunks have remained, with the blender on, slowly pour in the rest of the syrup, increase the speed to high and blend for 1 minute. Yes, you can use a stick blender instead of a regular blender, if you like.

Mix the custard with the blended strawberries: pour the chilled custard in the strawberries and blend for 2 minutes, until an homogeneous pink colour is obtained. If needed, stop the blender and scrape down the sides of the blender with a rubber spatula, then blend again until fully combined.

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

Churn: with the machine running, pour the cold blended strawberry mixture through the canister and into the ice cream maker.

Leave to churn until fluffed up and creamy: depending on your ice cream maker this can take anywhere from 30-60 minutes.

Step 6 - 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 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 3 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.

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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