

Strawberry Ice Cream

Philadelphia – style



Biterkin

• Batch for ice cream maker of 1.5 ltr/qrt (or more) • Active prep.time: 10 mins • Total time: 18 hrs •

Ingredients:

- 475 gr hulled fresh strawberries (16.7 oz); from about 525 gr; 18.5 oz. whole strawberries
- 185 gr regular sugar (6.5 oz; ¾ cup & 1 Tbs.)
- 500 gr/ml heavy cream 35% fat (17.6 oz; 2 cups & 2 Tbs.)

if you have 40% fat heavy cream use instead:

425 gr/ml (15 oz.) heavy cream (40% fat) and 75 gr/ml; (2.6 oz.) whole milk (3.5% fat)

if you have double cream 50% fat (UK) use instead:

350 gr/ml (12.3 oz.) double cream (50% fat) and 150 gr (5.3 oz) whole milk (3.5% fat)

❶ 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 clean, neat pieces.

Mix the strawberries with the sugar: in a large bowl put the strawberries slices and the sugar. 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.

Step 2 – Chill the strawberries

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

Step 3: Blend and churn the ice cream

Check the strawberries whether 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 from their syrup 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 remain, 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.

Add the cream in the blended strawberries: pour the cold cream in the blender with the strawberries and blend 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.

 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 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 the ice cream 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 ice cream) from the ice cream machine, cover with a lid and put it in the freezer to set. Setting will take anywhere from 1 to 3 hours, depending your ice cream maker.

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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