

Strawberry Ice Cream with xanthan gum



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
- 185 gr regular sugar (6.5 oz; 3/4 cup and 1 Tbs.)
- 1 tsp. xanthan gum
- 500 gr/ml heavy cream, 35-40% fat (17.6 oz; 2 cups & 2 Tbs.)

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

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 - 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 pieces.

Mix the strawberries with the sugar: in a large bowl put the strawberry slices and add 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 with the spatula occasionally (3-4 times in total during this time are just fine) 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 has 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 and the strawberries are in a pool of red syrup, 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 the mixture at room temperature and check again after 30 minutes. It is ok to leave the bowl with the strawberries at room temperature for up to 6-8 hours.

Step 2 - Boil down the strawberry syrup

Boil down the syrup: pour the syrup into the saucepan and bring to a boil over medium-high heat. 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 if the syrup takes a darker, brownish hue, in which case you should remove from the heat earlier, otherwise the syrup will burn.

Alternatively, you can weigh the saucepan with the syrup and boil the syrup until it is reduced by 50 gr (1.7 oz.) of water.

Step 3 – Blend

Pour the boiling syrup in the cream: when the timer buzzes, turn the blender on and remove the syrup from the heat; while the strawberries are blending, slowly start pouring the hot syrup into the blender with the strawberries. Warning: do not exceed the recommended blender's quantity for hot liquids or the mixture may expand, causing the hot syrup to split and cause severe burns.

Blend for 1 minute, until no chunks of strawberries remain.

Add the xanthan gum and blend: with the blender running at low speed, slowly sprinkle the xanthan gum (1 tsp.) over it. Set a timer and let it blend for 2 minutes. Do not shortcut, xanthan gum needs to be blended for 2 whole minutes to fully hydrate.

Add the cream: with the blender on, pour the cold cream in the strawberries and blend until an homogeneous pink colour is obtained. If needed, stop the blender and scrape down its sides with a rubber spatula, then blend again until fully combined.

Pour the ice cream mixture into a bowl (or you can store it in the blender jar, if you like).

Step 4 – Chill the ice cream mixture

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

Step 5 – Churn

Check the ice cream mixture if 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.

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 on your ice cream maker, this can take anywhere from 30-60 minutes.

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.

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