

No-Churn Strawberry Ice Cream the Biterkin way



• Yields: 1.5 ltr/qrt. • Active preparation time: 20 mins • Total time: 18 hrs •

Ingredients:

- 400 gr hulled fresh strawberries (14.1 oz) (from about 425 gr (15 oz.) whole strawberries)
 - 200 gr regular sugar, to be divided (7 oz; 1 cup)
 - 3 gelatine leaves; or 2 tsp. gelatine granules
 - 80 gr egg yolks, cold from the fridge (2.8 oz.; this is from about 4 eggs weighing 65-75 gr each)
 - 400 gr/ml heavy cream 35-40% fat, suitable for whipping (14.1 oz; 1¼ cups)
- or (for UK): 285 gr double cream (50% fat) mixed with 115 gr whole milk; then use it like heavy cream

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

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.

Soften the gelatine:

- for gelatine leaves: put the gelatine leaves in a bowl in a single layer and fully cover with fridge-cold water. If they overlap each other, give them a stir with your hands; this will help even the overlapping parts to soften.
- for gelatine granules: put 1 Tbs. cold water in a small bowl and sprinkle the gelatine granules over it.

Set aside for 5-10 minutes for the gelatine to soften.

Warm the strawberries: in a medium saucepan put the strawberries and 100 gr (3.5 oz.; 1/2 cup) of the sugar and warm over very low heat, stirring often with a rubber spatula, until all the sugar has melted. Do not increase the heat to rush the process, we just aim to melt the sugar, while retaining the strawberries as uncooked as possible.

Add the softened gelatine: when all the sugar has melted, the strawberries will have released part of their water and a red syrup will have formed. Remove from the heat and add the softened gelatine. If using gelatine leaves, squeeze them gently to release as much water as possible, before adding them to the strawberries. If using gelatine granules, just scrape the whole thing into the strawberries.

Stir well with a rubber spatula to dissolve the gelatine.

Blend: with a stick blender, blend the strawberries in the saucepan until smooth and no strawberry chunks have remained. Pour into a container, scraping the blender to release any strawberry pulp which has stuck there. Set aside to cool down, while you prepare the custard. Alternatively, you can use a regular blender or a food processor.

Step 2: Make the custard

Prepare the egg yolks: put the cold egg yolks in a large heatproof bowl, and whisk them well to

break them down. Put them back in the fridge to keep them cold, leaving the whisk in the bowl. Do not leave them sitting around for too long, as the egg yolks dry out quickly; aim to proceed with the recipe as soon as possible.

Bring the cream to a boil: in a medium saucepan, put the rest of the sugar (100 gr; 3.5 oz; 1/2 cup) and all the heavy cream. 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. If the bowl with the egg yolks is lightweight, put a damp towel underneath to keep it in place while you pour inside the boiling cream.

Pour the boiling cream into the egg yolks: as soon as the cream comes to a full boil (starts bubbling up vigorously), count 10 seconds, remove it from the heat, and immediately start pouring it in a slow, steady stream into the 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.

Important: While the custard is still hot, use a rubber spatula to thoroughly scrape the sides and bottom of the bowl, where residues of egg yolk lie. You cannot see them, but they are there and they should be incorporated into the rest of the mixture, while it is still hot. Stir well.

Cool down the custard: 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.

Step 3: Chill the custard and the strawberry jelly

When the custard and the strawberry jelly have cooled down, you have to thoroughly chill them before proceeding. To chill, pass the custard through a fine mesh sieve and into a sealable container; refrigerate for 12 hours and up to 3 days. Cover the strawberry jam and chill it, too (do not strain the strawberry jam).

Step 4: Make the ice cream mixture

When the strawberry jelly and custard are cold, you can proceed with the recipe:

Check if the strawberry jelly has the right consistency: shake the container; the jelly should be jiggly, just to the point of setting. It should be neither pourable, nor too firm.

Whip the custard to soft peaks: pour the custard into the mixer bowl. With the whisk attachment on, whip at medium speed until the mixture is thick and dollopable: this is when the waves that the whisk leaves on the surface of the cream hold their shape well, instead of disappearing in the cream.

Smooth the strawberry jelly: in a separate bowl, put the strawberry jelly and whisk until it is smooth and no lumps remain. Add 2-3 tablespoons of the whipped custard to the strawberry jelly to lighten it and whisk to incorporate. Using a rubber spatula scrape the sides and bottom of the bowl. Whisk again.

Mix the strawberry jelly with the custard: add the smoothed strawberry jelly into the whipped

custard. Whip at medium speed for one full minute. Stop the mixer, scrape the bottom and sides of the bowl with a rubber spatula, bringing everything upwards, then whip for 30 seconds more or until an homogenous pink colour has been obtained and no pink streaks remain.

Step 5: Freeze until firm

Transfer the whipped mixture into a freezable container (1.5 litre/quart). Cover well and put it in the freezer until completely firm and set, preferably overnight (to soften it for serving, see "Storage and serving below).

If using as a filling in a mould, ice cream sandwich or a torte, use it directly after whipping. Freeze for 24 hours before cutting/unmoulding.

Storage and serving

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

Scooping: before serving, soften it to a perfectly scoopable consistency, by putting it in the refrigerator for 1 hour (or 30 minutes if it is freshly made).

Notes:

For best results, use a scale and measure the ingredients directly into the utensils, when you need them. If possible weigh the egg yolks, too. Avoid weighing in one utensil and transferring to another, as this causes a small, but important loss of quantity, especially in liquids.

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