

# Cocoa Ice Cream with corn starch



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

## Ingredients:

- 60 gr unsweetened cocoa powder (2.1 oz.; 3/4 cup: important when measuring in cups, first sift the cocoa, then measure)
- 20 gr corn starch (a.k.a. corn flour) (0.7 oz; 3 Tbs.)
- 225 gr sugar (7.9 oz; 1 cup and 2 Tbs.)
- 600 gr/ml fresh milk, whole (21.2 oz; 2½ cups)
- 300 gr/ml heavy cream, 35-40% fat (10.6 oz; 1¼ cup) or (for UK): 210 gr (7.4 oz) double cream 50% fat mixed with 90 gr (3.2 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: Warm the cocoa

Prepare your workplace: place a plate next to the stovetop with a rubber spatula and a whisk on it. You will be using them interchangeably. Set aside.

Sift the cocoa powder through a fine mesh sieve and into a large, heatproof bowl; set aside. Note that cocoa powder always needs sifting, so do not skip this step even if, by judging by the looks of your cocoa powder, it seems unnecessary,

Warm the cream with half of the milk: in a medium saucepan put the cream and half of the milk (300 gr; 10.6 oz.; 1 & 1/4 cups). Warm over medium heat, stirring often with the rubber spatula.

Add the cocoa powder: when the cream is hot and steamy, add the cocoa powder in the saucepan and whisk to dissolve. Continue cooking over medium heat, scraping the bottom and sides of the saucepan with the rubber spatula, then whisk again.

Remove from the heat when all the cocoa has dissolved and pour everything into the heatproof bowl, scraping along all residues from the saucepan.

Blend with a stick blender the cocoa mixture until it is smooth and all traces of cocoa clumps disappear. Scrape the sides and bottom of the bowl with the rubber spatula, then blend again. Leave to cool down while you proceed with step 2.

### Step 2: Thicken the milk with the corn starch

Make a corn starch slurry: in the medium heatproof bowl, put the corn starch (20 gr; oz; Tbs.) and add two tablespoons of the cold milk (30 gr; 1 oz.; 2 Tbs.) over it. Whisk to dissolve. Set it next to the stovetop.

Boil the rest of the milk with the sugar: in the medium saucepan (no need to rinse) put the rest of the milk (270 gr; 9.6 oz.; 1 cup & 2 Tbs.) and all of the sugar and warm over medium-high heat, stirring often.

Bring to a boil and let it boil briefly for 5 seconds; at this time give a last whisk to the corn starch slurry, to dissolve any corn starch stuck to the bottom of the bowl. Do not let the milk boil before the sugar fully dissolves, or the milk may curdle. Stirring often, also helps the sugar dissolve efficiently.

Pour the boiling milk into the corn starch slurry, whisk well, scrape with the rubber spatula, then whisk again and scrape everything back into the saucepan, over medium-high heat.

Cook until thickened: cook, stirring constantly while scraping the bottom of the saucepan, until you see the first bubbles appearing on the surface; at this point the milk will slightly thicken. Immediately remove from the heat and pour it back into the large bowl.

Pour the cocoa mixture into the bowl with the thickened milk and stir well to combine.

### Step 3: Chill the ice cream mixture

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 ice cream mixture in it, taking care that no water slips into it. Leave it to cool down for about 30 minutes, stirring occasionally.

Chill thoroughly: when you churn it with the ice cream maker, the ice cream mixture should be thoroughly cold. To chill it, strain the ice cream mixture through a fine mesh sieve and into a clean bowl. If there are any tiny cocoa clumps left over on the sieve, press them gently through and stir. Cover and refrigerate for 8-12 hours or up to 3 days.

### Step 4: Churn the ice cream

Check the ice cream mixture if it is thoroughly chilled, before churning: it should feel fridge-cold to the touch (or if you have an instant-read thermometer, it should read around 4°C–10°C / 39°F–50°F).

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

Stir: give a nice, thorough stir with a rubber spatula to the cold ice cream mixture.

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 fluffy and mousse-like; depending on your ice cream maker this can take anywhere from 30-60 minutes.



This cocoa ice cream will fluff during churning. It is ready when it looks mousse-like and fluffy. It is ready when it is thick enough to stand on a spoon. 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. If you feel doubts about the consistency, leave it to churn 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 only after it sets in the freezer. So, stop the ice cream maker when it is mousse-like. If you leave it for much longer, it will start turning grainy.

### Step 5: 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 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. For longer storing cover well to protect from freezer's smells. If it becomes too hard to scoop, put it in the refrigerator for one hour, to soften.