

Cocoa Ice Cream with xanthan gum



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

Ingredients:

- 600 gr/ml whole milk, cold, to be divided (21.2 oz; 2½ cups)
- 200 gr sugar (7 oz.; 1 cup)
- 60 gr unsweetened cocoa powder (2.1 oz.; ¾ cup to measure in cups, first sift the cocoa, then measure it by putting it in the cup a spoonful at a time)
- ¾ tsp xanthan gum
- 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 (US) | 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: Make the ice cream mixture

Set up the blender: if your blender needs to be assembled, have it set up and ready to use.

Pour the heavy cream into a jug/bowl and put in the refrigerator to keep cold.

Sift the cocoa powder and xanthan gum: combine the cocoa powder and xanthan gum into a fine mesh sieve and over a bowl. Sift it into the bowl; set aside.

Warm the milk with the sugar: in a medium saucepan put the the milk and the sugar. Warm over medium heat, stirring often with the rubber spatula, until the sugar dissolves and the milk is hot and steamy.

Bring to a boil: when all the sugar dissolves, increase the heat to medium-high and as soon as it comes to a full boil (the first large bubbles which pop vigorously begin to appear on the surface), immediately remove from the heat and pour into the blender.

Add the cocoa and blend: with the blender on (medium speed), add the cocoa/xanthan gum mixture a tablespoon at a time, aiming for the centre of the blender to avoid cocoa getting stuck on the sides of the blender (no need to wait until each tablespoon of cocoa is fully incorporated before adding the next).

Add the cold cream: with the blender still on medium speed, add the cold cream.

Blend for 2 minutes: blend for 2 minutes -this is necessary to fully hydrate the xanthan gum-, then stop the blender to scrape with a rubber spatula any cocoa streaks attached on the sides and bottom of the blender. Blend again until no streaks of cocoa are visible and a nice, uniform brown colour is obtained.

Step 2: Strain and chill the ice cream mixture

Strain the ice cream mixture over a fine mesh sieve and into a bowl.

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, cover and refrigerate for 8-12 hours or up to 24 hours.

Step 3: Churn the ice cream

Check the ice cream mixture, whether 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 4°C–8°C / 39°F–46°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. If the ice cream mixture is thick, stir it vigorously with the spatula for 1 minute to loosen it; this will allow it to churn for longer and to acquire a better texture.

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.



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 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 time depends highly on the type of ice cream maker you use and it can be anywhere between 1-4 hours.



The rule of thumb with cocoa ice cream is to avoid letting it sit for too long in its removable freezer bowl, in the freezer during its setting stage after churning. Although, like all homemade ice creams, it really does need some time to set in the freezer after churning, it also needs to be removed before it becomes too hard.

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 cocoa ice cream, like all artisanal ice creams, freezes hard in the long term. Ice creams which contain cocoa mass tend to freeze harder than others; but you can always soften it to a scoopable consistency, by putting it in the refrigerator for one hour.