

No-Churn Cocoa Ice Cream the custard version



Biterkin

· Yields: 1 ltr/qrt. · Active preparation time: 20 mins · Total time: 18 hrs ·

Ingredients:

- 40 gr unsweetened cocoa powder (1.4 oz.; 1/2 cup-to measure in cups, first sift the cocoa, then measure it by putting it in the cup a spoonful at a time)
- 100 gr egg yolks, cold from the fridge (3.5 oz.; from 5 eggs weighing 65-75 gr each; see notes)
- 500 gr/ml heavy cream 35-40% fat, suitable for whipping (17.6 oz; 2 cup & 2 Tbs.)
(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
- 150 gr sugar (5.3 oz.; 3/4 cup)

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

Step 1 - Prepare the ice cream mixture

Prepare your workplace: place a plate with a rubber spatula on it next to the stovetop; this will come in handy for interchangeably placing the spatula and the whisk while making the custard.

Sift the cocoa powder through a fine mesh sieve and into a 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.

Prepare the egg yolks: put the cold egg yolks in a large bowl, and whisk them lightly to break them down. Put them in the fridge to keep them cold, keeping the whisk in the bowl. Aim to proceed with the recipe as soon as possible, as the egg yolks dry out quickly.

Boil the cream and sugar: place all the heavy cream and the sugar in a medium saucepan. Warm over medium heat, stirring often with a silicone spatula, until the sugar dissolves. Increase the heat to medium-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 the boiling cream inside.

Pour the boiling cream in the egg yolks: when the cream comes to a full boil (large bubbles start to cover the surface) remove it from the heat and immediately start pouring it in a slow, steady stream into the cold egg yolks with one hand, while whisking them vigorously with the other.

Stir: with the rubber spatula, stir well and thoroughly scrape the inside of the bowl.

Add the cocoa powder while the custard is boiling hot, and whisk to dissolve.

Blend with a stick blender/regular blender until smooth and no tiny clumps of cocoa are left in the custard; pause to thoroughly scrape the sides and bottom of the bowl/blender with the rubber spatula; then blend again for one minute.

Step 2: Strain and chill the custard

Strain the custard over a fine mesh sieve and into a bowl; after straining, there will be custard stuck beneath the sieve: release it into the bowl with the rest of the custard by gently tapping the sieve over the bowl and scrapping its bottom from beneath with the rubber spatula.

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

Chill thoroughly: before you whip it, the custard should be thoroughly cold. To chill it, cover and refrigerate for 8-12 hours or up to 3 days.

Step 3: Whip the custard

Pour the chilled custard into the bowl of a stand or hand-held mixer.

Stir: this cocoa ice cream mixture may become very thick after chilling, so give it a nice, vigorous stir with a rubber spatula to loosen it; this will allow it to whip for longer and to acquire a better texture.

Whip the custard: with the whisk attachment on, start whipping at low speed and gradually increase the speed to high. Beat until soft peaks form and it is dollopable: this is when the waves that the whisk leaves on the surface of the cream stay there, instead of disappearing in the cream.

Step 4: Freeze until firm

Transfer the whipped custard into a freezable container. Cover well and put it in the freezer until completely firm and set, preferably overnight.

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. 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.

Cocoa powder: any unsweetened cocoa powder will do. You can either use "dutch-processed cocoa powder" or "natural cocoa powder". Dutch-processed is sometimes labelled as alkalized, whereas natural cocoa powder is sometimes labelled as "non-alkalized", you can use whichever you prefer. Dutch-processed cocoa powder gives a richer cocoa flavour and colour to the ice cream, whereas natural cocoa powder is slightly acidic and results to a lighter colour in the final ice cream.

Egg yolks: use only cold egg yolks. It is recommended to weigh the egg yolks, because egg sizes (and their yolks) may vary. If you do not have a scale, use only egg yolks from eggs which are in the range of around 65 - 75 gr; 2.3 - 2.65 oz (whole egg, in its shell). The weight of the eggs is written on their packaging and they may be labelled as "large" or "extra large", depending on the country they are sold.

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