

No-Churn Cocoa Ice Cream Biterkin the Biterkin way

· Yields: 1.75 ltr/qrt. · Active preparation time: 20 mins · Total time: 18 hrs ·

Ingredients:

- 50 gr unsweetened cocoa powder (1.8 oz.; 2/3 cup-to measure in cups, first sift the cocoa, then measure it by putting it in the cup a spoonful at a time)
- 330 gr/ml whole milk, cold from the fridge (11.6 oz; 1½ cup)
- 190 gr sugar, to be divided (6.7 oz.; 1 cup)
- 3 gelatine leaves; or 1½ tsp. gelatine granules
- 375 gr/ml heavy cream 35-40% fat, suitable for whipping (13.2 oz; 1½ cup & 2 Tbs.) for double for double cream (UK): stir 265 gr (11.6 oz.) double cream (50% fat) with 110 gr (3.9 oz) whole milk; then use it in the recipe like heavy cream
- 100 gr egg yolks, cold from the fridge (3.5 oz.; or egg yolks from 4 eggs weighing 65-75 gr each; see notes)

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

Step 1 - Make the cocoa-milk jelly

Soften the gelatine:

- for the gelatine leaves: put the gelatine leaves (3 leaves) in a single layer in a large heatproof bowl and cover fully with roughly half of the cold milk (165gr; 5.8 oz; 2/3 cup). If the gelatine leaves overlap, take care to separate them regularly while they soften, or else they stick to each other and remain hard.
- for the gelatine granules: in a large heatproof bowl put half of the cold milk (165gr; 5.8 oz; 2/3 cup) and sprinkle the gelatine powder (1½ tsp) over it.

Set aside for 5-10 minutes for the gelatine to soften, stirring with a rubber spatula once or twice to fully hydrate the gelatine; leave the spatula in the bowl.

Prepare your workplace: place a plate with a whisk next to the stovetop; having a plate handy helps you shift quickly between the spatula and the whisk during cooking (steps 1 and 2).

Sift the cocoa powder (50 gr; 1.8 oz.; 2/3 cup) 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.

Bring the rest of the milk to a boil: in a medium saucepan put the rest of the milk (165gr; 5.8 oz; 2/3 cup) and half of the sugar (95 gr; 3.35 oz.; 1/2 cup). Stirring often with a rubber spatula, bring the milk to a simmer (small bubbles begin to pop on the surface), count to 10 and remove from the heat. Do not let the milk simmer before the sugar dissolves, or it may curdle.

Add the sifted cocoa powder: immediately add the cocoa powder into the boiling hot milk and whisk vigorously to dissolve the cocoa powder -some cocoa lumps left are ok.

Pour the hot cocoa milk into the bowl with the softened gelatine and the cold milk and stir immediately with the rubber spatula, thoroughly scraping the sides and bottom of the bowl.

Blend with an immersion blender the now lukewarm cocoa-milk, stopping once during blending to thoroughly scrape the sides and bottom of the bowl with the rubber spatula.

Cool down the cocoa-milk: pour the cocoa-milk into a sealable container and leave it to cool down while you make the custard.

Step 2: Make the custard

Prepare the egg yolks: put the cold egg yolks (80 gr; 2.8 oz) in a large heatproof bowl, and whisk them well to break them down. Put them in the fridge to keep them cold, leaving the whisk in the bowl. Aim to proceed with the recipe soon, as the egg yolks dry out quickly.

Bring the cream to a boil: in a medium saucepan, put the rest of the sugar (95 gr; 3.35 oz.; 1/2 cup) and all the heavy cream (375 gr; 13.2 oz; 1 and 2/3 cups). Warm over medium heat, stirring often with the rubber 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 the boiling cream in it.

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.

Strain the custard through a fine mesh sieve and into a clean 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 scraping it with the rubber spatula.

Cool down the custard: prepare an ice bath by putting ice cubes and cold water in a large bowl and carefully nest inside the bowl with the cocoa jelly, taking care that no water slips into it. Leave to cool down, for about 30 minutes, stirring occasionally.

Step 3: Chill the custard and the cocoa-milk

When the custard and the cocoa-milk have cooled down, you have to thoroughly chill them before proceeding. Cover -both the cocoa jelly and the custard- and put them in the refrigerator. Leave them chill for 8-12 hours; or up to 3 days.

Step 4: Make the ice cream mixture

When the custard is fridge-cold, and the cocoa jelly has set, you can proceed with the recipe.

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

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 before whipping it; this will allow it to whip for longer and to acquire a better texture.

Whip the custard to soft peaks: pour the custard into a 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 and lighten the cocoa-milk jelly: in a separate bowl, put the milk-cocoa jelly and whisk until it is smooth and no lumps remain. Add 2-3 tablespoons of the whipped custard to the cocoa-milk jelly and whisk to incorporate. With a rubber spatula scrape the sides and bottom of the bowl. Whisk again.

Combine the cocoa-milk jelly with the custard: add half of the lightened cocoa-milk jelly into

the whipped custard and fold it in briefly with the rubber spatula; then add the rest of the cocoa-milk jelly and fold again until the mixture has a uniform brown colour, without streaks. If you do not feel confident with folding, use the mixer instead: add the lightened cocoa-milk jelly into the custard and 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 the mixture has a uniform brown colour, without streaks.

Step 5: Freeze until set

Transfer the whipped mixture into a freezable container (1.75 litre/quart). Cover well and put it in the freezer until completely firm and set, preferably overnight. Do not let the surface of the ice cream stay in direct contact with the cover during setting, or it will cling to it. If needed, leave the ice cream uncovered for one hour to let the surface set, then cover it well.

Alternatively, if using the ice cream mixture to fill a mould, (like ice cream pop mould, torte or sandwich), pour it there right after whipping. Let it 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 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 and flavour 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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