

Chocolate 70-74% & Cocoa Powder Ice Cream with egg yolks (custard)



Biterkin

• Batch for ice cream maker of 1.5 ltr/qrt (or bigger) • Active time: 25 mins • Total time: 18 hrs •

Ingredients:

- 20 gr unsweetened cocoa powder, sifted (0.7 oz.; 4 levelled Tbs: to measure in tablespoons, first sift, then measure)
- 125 gr chocolate/couverture 70-74% cocoa solids, chopped; for other cocoa solids % see notes (4.4 oz.; see notes for measuring chocolate)
- 180 gr sugar, to be divided (6.3 oz.; 18 levelled Tbs.)
- 470 gr whole milk (16.6 oz.; 470 ml; 2 cups)
- 80 gr egg yolks, cold from the fridge (2.8 oz.; for number of eggs see notes)
- 325 gr heavy cream, 35-40% fat (11.5 oz.; 325 ml; 1¼ cups); for double cream (UK) see notes

① 1 cup = 235 ml | 1 Tbs. = 15 ml.

Think ahead:

Make the ice cream mixture (steps 1-3) one day before churning it.

If your ice cream maker has a removable freezer bowl, put it in the freezer for the whole time indicated by the manufacturer before churning, usually 24 hours.

Step 1: Make the chocolate milk

1. Place a rubber spatula and a whisk on a plate next to the stovetop to have them close and ready to use interchangeably.
2. Sift the cocoa powder through a fine-mesh sieve and into a bowl if you haven't already done so.
3. Put the chopped chocolate in a large heatproof bowl; set aside.
4. Warm the milk and cocoa: in a medium saucepan, put the milk, 30 gr of the sugar (1.3 oz.; 3 Tbs.) and the cocoa powder. Warm over medium heat, often whisking until very hot and steamy and the cocoa has fully dissolved. Do not let it come to a boil. Remove from the heat.

5. Add the chocolate and stir with the rubber spatula until all the chocolate has melted. If needed, return briefly to low heat to fully melt the chocolate.

6. Blend with an immersion blender for 30 seconds to fully dissolve any tiny brown clumps left. Pause to scrape with the rubber spatula the bottom and sides of the saucepan, then blend again briefly. If you do not have an immersion blender, whisk well and thoroughly until no lumps are visible and pass through a very fine mesh sieve while still hot.

7. Pour everything into the heatproof bowl, scraping along any residues left in the saucepan with the rubber spatula. Let it cool down while you proceed with the next step.

Step 2: Make the custard

8. Prepare the egg yolks: put the cold egg yolks in a large heatproof bowl, and whisk them lightly to break them down. Place 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.

9. Boil the cream and the rest of the sugar: place the heavy cream and the rest of the sugar (150 gr; 5 oz.; 15 Tbs.) in a medium saucepan; you can use the same saucepan as in the previous step, no need to rinse. Warm over medium heat, often stirring with the rubber spatula until the sugar dissolves. Increase the heat to medium-high and remove the egg yolks from the fridge.

10. Pour the boiling cream into the egg yolks: when the cream comes to a full boil (large bubbles begin 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.

10. Stir: with the rubber spatula, stir well and

thoroughly for one minute, scraping the bottom and sides of the bowl.

Step 3: Chill the ice cream mixture

11. Mix the chocolate milk with the custard: pour the chocolate milk into the custard scraping all residues from the bowl and stir until it is a uniform brown colour with no streaks.

12. Strain the ice cream mixture through a fine-mesh sieve and back into a bowl (you can use the same bowl the chocolate milk was in), gently pressing through the sieve leftover cocoa clumps.

13. 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. Let it cool down for 30 minutes, stirring occasionally.

14. Chill thoroughly: the ice cream mixture should come to fridge-cold temperature before you churn it with the ice cream maker. To chill, it, cover and put in the refrigerator for 8 hours and up to 3 days.

Step 4: Churn the ice cream

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

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

17. Stir: this chocolate ice cream mixture may become very thick after chilling, so give it a thorough and vigorous stirring with a rubber spatula to loosen it; this will allow it to churn for longer and to acquire a better texture.

18. Churn: with the machine running, pour the ice cream mixture through the canister and into the ice cream maker. Churn until fluffed

up and creamy; depending on your ice cream maker this can take anywhere from 30–60 minutes.

Step 5: Put in the freezer to set

19. 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 it and put it in the freezer to set. Setting time depends highly on the ice cream maker and can be anywhere from 1–4 hours.

20. Serve or store: as soon as it sets, serve it from the removable freezer bowl or transfer it to an airtight container to store it.

Storage and serving

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

Scooping: this ice cream, like all artisanal ice creams, freezes hard in the long term. To soften it to a perfectly scoopable consistency, put it in the refrigerator for one hour.

Notes:

To make this recipe with other cocoa solids% chocolate, visit this page:

<https://biterkin.com/cocoa-and-chocolate-ice-cream/Chocolate/couverture>: chocolate cannot be measured in a cup because the results vary depending on how finely chopped the chocolate is. Instead, you can calculate the number of pieces you need based on the weight of the chocolate bar as written on the packaging.

Egg yolks: use only cold egg yolks. Use a scale to weigh the egg yolks; if you do not have a scale, use egg yolks from 4 eggs in the range of 65 - 75 gr; 2.3 - 2.65 oz, approximately (this is the weight of a whole egg, in its shell).

Double cream: stir 225 gr (8 oz.) double-cream (50% fat) with 100 gr (3.5 oz) whole milk (this is extra to the 470 ml milk asked in the ingredients); then use that in the recipe like heavy cream.

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