

Chocolate 50–54% and Cocoa Powder Ice Cream with xanthan gum



Biterkin

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

Ingredients:

- 500 gr whole milk, to be divided (17.6 oz.; 2 cups plus 2 Tbs.; 500 ml)
- 350 gr heavy cream 35-40% fat, fridge-cold (12.3 oz.; 1½ cups; 350 ml); for double cream (UK) see notes
- 20 gr unsweetened cocoa powder (0.7 oz.; 4 levelled Tbs: to measure in tablespoons, first sift, then measure)
- ½ tsp. xanthan gum (1.5 gr.) (or see notes to adjust to your liking)
- 200 gr chocolate/couverture 50-54% cocoa solids, melted; for other cocoa solids % see notes (7 oz.; see notes for measuring chocolate)
- 140 gr sugar (4.9 oz.; 11 levelled Tbs.)

📌 1 cup = 236 ml (US) | 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 ice cream mixture

If you haven't already done so: melt the chocolate in a heatproof bowl and over a saucepan with simmering water; the bottom of the bowl should not touch the water.

1. Set up the blender: if your blender needs assembling, have it set up and ready to use.
2. Combine the heavy cream with 1/5 of the milk: pour the heavy cream and roughly 1/5 of the milk (100 gr; 3.5 oz.; 1/2 cup) into a jug and place in the refrigerator to keep cold.
3. Sift the cocoa powder and xanthan gum: combine the cocoa powder and xanthan gum into a fine-mesh sieve placed over a small

bowl. Sift and set aside.

4. Warm the rest of the milk with the sugar: in a medium saucepan, put the rest of the milk (400 gr; 14.1 oz.) and all the sugar. Warm over medium heat, often stirring with the rubber spatula, until the sugar dissolves and the milk is hot and steamy.

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

6. Add the cocoa powder and blend: with the blender on, add the cocoa/xanthan gum mixture a tablespoon at a time. Aim for the centre of the blender to avoid cocoa powder getting stuck on its sides.

7. Add the cold cream & 1/5 of the milk and blend for 2 minutes to fully hydrate the xanthan gum.

8. Add the melted chocolate: stop the blender and pour some cocoa-milk mixture into the melted chocolate (just enough to loosen it). Stir to loosen the melted chocolate and pour back into the blender; blend to combine.

Step 2: Chill the ice cream mixture

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

10. Chill thoroughly: cover the bowl and refrigerate for at least 8 hours and up to 3 days.

Step 3: Churn the ice cream mixture

11. Check the ice cream mixture if it is thoroughly cold before churning: it should feel fridge-cold to the touch (4°C–8°C / 39°F–46°F if you have an instant-read thermometer).

12. Prepare the ice cream maker according to

the manufacturer's instructions.

13. Stir: give a vigorous and thorough stir to the cold ice cream mixture. If it is too thick (like yogurt), blend it briefly for 5 sec. to loosen it; this will allow it to churn for longer and to acquire a better texture.

14. 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 4: Put in the freezer to set

15. 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.

16. 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 and choose the xanthan gum category:

<https://biterkin.com/chocolate-and-cocoa-powder-ice-cream/>

Double cream: stir 250 gr (8.8 oz.) double-cream (50% fat) with 100 gr (3.5 oz) whole milk (extra to the 500 ml milk asked in the ingredients); then use it in the recipe like heavy cream.

Xanthan gum: you can adjust the quantity of the xanthan gum in the recipe to your liking, depending on the texture you want to achieve:

- To slightly stabilise the ice cream without affecting its texture and mouthfeel much, use 1/4 teaspoon xanthan gum & decrease the sugar by 15 gr (0.5 oz.)
- To create a firmer texture, which has a fuller body and mouthfeel, use 1/2 teaspoon as per the recipe.
- For a stretchy texture similar to Booza/salep ice cream, use 1 teaspoon xanthan gum and increase the sugar in the recipe by 15 gr (0.5 oz.)

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.

More recipes here