

Chocolate (only) 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:

- 125 gr chocolate/couverture 70-74% cocoa solids, chopped; for other cocoa solids % see notes (4.4 oz.; see notes for measuring chocolate)
- 4 egg yolks (80 gr; 2.8 oz.)
- 415 gr whole milk (14.6 oz.; 1¾ cup; 415 ml)
- 175 gr sugar (6.2 oz.; ¾ cup)
- 415 gr heavy cream, 35-40% fat (14.6 oz.; 1¾ cup; 415 ml); for double cream (UK) see notes

📄 1 cup (US) = 236 ml | 1 Tbs. = 15 ml.

Think ahead:

Make the ice cream mixture (steps 1-2) 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

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. Prepare the egg yolks: put the egg yolks in a medium bowl, and whisk them lightly to break them down. Set the bowl next to the stovetop.
3. Warm the milk and the sugar: place the milk and the sugar in a medium saucepan. Warm over low-medium heat, often stirring until the sugar dissolves.
4. Pour the hot milk in the egg yolks: when all the sugar dissolves and the milk is hot and steamy, remove it from the heat and pour a ladle or two in a slow, steady stream over the egg yolks with one hand while whisking them vigorously with the other. Give a thorough stir with the rubber spatula to the mixture, scraping the inside of the bowl.

5. Cook until thickened: return the milk&yolks mixture to the saucepan and over medium-high heat. Cook, stirring constantly and scraping the bottom with the rubber spatula so that the base doesn't catch. Remove from the heat when the custard starts to thicken slightly (this is at 80°C / 176 °F if you have an instant-read thermometer). Pour it into a large heatproof bowl.

6. Add the chopped chocolate and whisk until all the chocolate has melted.

7. Blend the ice cream mixture with an immersion/regular blender for 1 minute to ensure a smooth texture.

8. Add the heavy cream and blend until it is a uniform brown colour with no streaks. Pause to scrape with the rubber spatula the insides of the bowl and blend some more.

Step 2: Chill the ice cream mixture

9. 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.

10. Strain the ice cream mixture through a fine mesh sieve and into a clean bowl/storing container.

11. 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 3: Churn the ice cream

12. 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).

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

14. 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 or a quick blitz with the blender; this will allow it to churn for longer and to acquire a better texture.

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

Step 4: Put in the freezer to set

16. Put in the freezer to set: before serving the ice cream or moving it to a container for storing, you have to put it in the freezer to set.

To do so:

- remove the removable freezer bowl (still filled with the ice cream) from the ice cream machine
- remove the paddle, scraping any ice cream attached to it back into the ice cream bowl
- cover the ice cream bowl and put it in the freezer to set

Setting time depends on the ice cream maker you use and can be anywhere from 1-4 hours.

17. 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 45-60 min. (or if you have a thermometer, when it reads around -11°C / 12°F, inserted midway through the ice cream).

Notes:

To make this recipe with other cocoa solids% chocolate, visit this page (choose the "egg yolks" category):

<https://biterkin.com/chocolate-only-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 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 300 gr; 10.6 oz. double-cream (50% fat) with 115 gr; 4 oz. whole milk (this is extra to the 415 gr; 14.6 oz. milk asked in the ingredients); then use that in the recipe like heavy cream.

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