

# No-Churn Chocolate & Cocoa Powder Ice Cream the Biterkin way



# Biterkin

· Yields: 1.75 ltr/qrt · Active time: 35 mins · Total time: 18 hrs ·

## Ingredients:

- 1 gelatine leaf; or 1/2 tsp gelatine granules
- 255 gr whole milk, to be divided (9 oz.; 1 cup plus 20 ml; 255 ml)
- 20 gr unsweetened cocoa powder, sifted (0.7 oz.; 4 levelled Tbs: to measure in tablespoons, first sift, then measure)
- 135 gr sugar, to be divided (4.8 oz.; 2/3 cup)
- 175 gr chocolate/couverture 50-55% cocoa solids, chopped (6.2 oz.; see notes for measuring chocolate)
- 80 gr egg yolks, cold from the fridge (2.8 oz.; from 4 eggs weighing 65-75 gr each)
- 385 gr heavy cream, 35-40% fat (13.6 oz.; 1 2/3 cup; 385 ml); for double cream (UK) see notes

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

## Think ahead:

Start making the ice cream the day before you want to serve it.

- Active time 25 min.; steps 1-2
- Waiting time 8 hours.; step 3
- Active time 10 min.; step 4
- Waiting time 8 hours; or until set; step 5

## Step 1: Make the chocolate-milk jelly

### 1. Soften the gelatine:

- If using gelatine leaves: put the gelatine leaf in a bowl and pour 1/3 of the cold milk (85 gr; 3 oz.; 1/3 cup) over it, taking care that the leaf stays submerged in the milk.
- If using gelatine granules: in a small bowl, put 1/3 of the cold milk (85 gr; 3 oz; 1/3 cup) and sprinkle the gelatine granules over it. Stir to keep the granules fully submerged in the milk.

Set aside for 10 minutes to soften, while you proceed with the recipe.

2. Sift the cocoa powder through a fine-mesh sieve and into a bowl if you haven't already done so.

3. Warm the rest of the milk and 1/3 of the sugar: in a medium saucepan put the

rest of the milk (170 gr; 6 oz; 2/3 cup plus 20 ml) and 1/3 of the sugar (45 gr; 1.6 oz.; 3 Tbs.) and warm over medium-high heat, often stirring with a rubber spatula, until the sugar dissolves. Do not let the milk boil before the sugar dissolves, or it may curdle.

4. Increase the heat to medium-high: As soon as the first bubbles appear on the surface, count 20 seconds and remove from the heat.

5. Add the cocoa powder and the chopped chocolate into the hot milk and whisk/stir as needed, to dissolve the cocoa powder and melt the chocolate.

6. Add the softened gelatine along with its cold milk into the boiling-hot chocolate milk and stir immediately with the rubber spatula, thoroughly scraping the sides and bottom of the bowl.

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

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

## Step 2: Make the custard

9. Prepare the egg yolks: put the cold egg yolks in a large heatproof 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.

10. Boil the cream and the rest of the sugar: place the heavy cream and the rest of the sugar (90 gr; 3.2 oz.) 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. If the bowl with the egg yolks is lightweight, put a damp towel below to keep it in place while you pour inside the boiling cream.

11. 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 pour it in a steady stream into the cold egg yolks with one hand, while whisking them vigorously with the other.

12. Stir: with the rubber spatula, stir the custard well and thoroughly, scraping the bottom and sides of the bowl. Strain the custard through a fine-mesh sieve and into a bowl.

13. 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.

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### Step 3: Chill thoroughly

14. Chill: when the custard and the chocolate-milk have cooled down, you have to thoroughly chill them before proceeding. Cover both the chocolate-milk and the custard and put them in the refrigerator. Leave them to chill for 8 hours; or up to 3 days.

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### Step 4: Make the ice cream mixture

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

16. 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 created the surface of the cream hold their shape instead of disappearing.

17. Lighten the chocolate-milk jelly: in a

separate bowl, put the chocolate-milk jelly and whisk until smooth. Add 2-3 tablespoons of the whipped custard to the chocolate-milk jelly and whisk to combine. Scrape the sides and bottom of the bowl with a rubber spatula and whisk again.

18. Combine the chocolate-milk jelly with the custard: add the lightened chocolate-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 the rubber spatula, bringing everything upwards, then whip for 30 seconds more, or until the mixture has a uniform brown colour, without streaks.

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### Step 5: Freeze until set

19. 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.

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.

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### Storage and serving

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

Serving: to soften it to a perfectly scoopable consistency, put it in the refrigerator for one hour.

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### Notes:

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.

Double cream: stir 285 gr (10 oz.) double cream (50% fat) with 100 gr (3.5 oz) whole milk (extra to the 255 gr milk asked in the ingredients); then use it in the recipe like heavy cream.

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