

Unsweetened Chocolate Ice Cream | with corn starch



Biterkin

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

Ingredients:

- 20 gr corn starch (a.k.a. corn flour) (0.7 oz.; 3 Tbs.)
- 525 gr whole milk (18.5 oz.; 2¼ cups; 525 ml)
- 80 gr unsweetened chocolate 99-100% cocoa solids, chopped; for other cocoa solids % see notes (2.8 oz.; to measure chocolate see notes)
- 215 gr sugar (7.6 oz.; 1 cup plus 1 Tbs.)
- 350 gr heavy cream, 35-40% fat (12.3 oz.; 1½ cup; 350ml); for double cream (UK) see notes

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

Plan 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. Make a corn starch slurry: in a large heatproof bowl, put the corn starch and 3 tablespoons of the cold milk (45 gr; 1.5 oz.). Whisk to dissolve. Set aside.
3. Warm the rest of the milk with the sugar: in a medium saucepan, put the rest of the milk (480 gr; 17 oz.) and all the sugar and warm over medium heat, often stirring until the sugar dissolves. Do not let the milk boil before the sugar fully dissolves, or the milk may curdle; stirring often helps the sugar dissolve efficiently.
4. Bring it to a rolling boil (this is when bubbles pop up vigorously); at this time, give a thorough whisk to the corn starch slurry to re-smooth it.

5. Pour the boiling milk into the corn starch slurry and whisk counting slowly to ten; you will notice that it instantly thickens slightly.

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

7. Add the heavy cream and whisk until it is a uniform brown colour with no streaks, stopping once to scrape with the rubber spatula the insides of the bowl.

8. Blend the ice cream mixture with an immersion/regular blender for 30 seconds to ensure a smooth texture.

Step 2: Chill the ice cream mixture

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

10. 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.

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 the bowl and put it 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 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

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 "with corn starch" 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.

Double cream: stir 250 gr; 8.8 oz. double-cream (50% fat) with 100 gr; 3.5 oz. whole milk (this is extra to the 525 gr; 18.5 oz. milk asked in the ingredients); then use that in the recipe like heavy cream.

More recipes here