

Chocolate (only) Ice Cream with xanthan gum



Biterkin

· Batch for ice cream maker of 1.5 ltr/qrt (or bigger) · Active time: 10 mins · Total time: 18 hrs ·

Ingredients:

- 315 gr heavy cream 35-40% fat, fridge-cold (11.1 oz.; 1⅓ cup; 315 ml); for double cream (UK) see notes
- 585 gr whole milk, to be divided (20.6 oz.; 2½ cups; 585 ml)
- 192 gr sugar (6.8 oz.; 16 levelled Tbs.)
- ½ tsp. xanthan gum (1.5 gr.) (or see notes to adjust to your liking)
- 125 gr chocolate/couverture 70-74% cocoa solids, chopped; for other cocoa solids % see notes (4.4 oz.; for cups see notes)

❶ 1 cup (US) = 235 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. Pour the cold heavy cream and 1/5 of the cold milk (120 gr; 4.2 oz.; 1/2 cup) into the blender jar (or in a large bowl, if using an immersion blender). If you do not proceed with the recipe immediately, place it in the refrigerator to keep it cold.

2. Warm the rest of the milk with all the sugar: in a medium saucepan, put the rest 4/5 of the milk (465 gr; 16.4 oz.; 2 cups) 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.

3. Bring to a boil: when all the sugar dissolves, increase the heat to medium-high and when it comes to a boil (95°C; 203°F; or when large bubbles which pop vigorously appear on the surface) immediately remove it from the heat and pour it into the blender jar with the cold cream.

4. Turn the blender on (medium speed). Note: by blending that much boiling hot milk with that much fridge-cold cream, the blend instantly reaches approx. 55°C; 131°F; this is the temperature where the xanthan gum dissolves efficiently. And no, you do not even need a thermometer to measure it.

5. Add the xanthan gum and blend: with the blender on, sprinkle the xanthan gum (½ tsp.) over the surface and blend for 2 minutes to fully hydrate the xanthan gum.

6. Add the chopped chocolate (125 gr.; 4.4 oz.) into the blender and blend until the mixture is a uniform brown colour with no streaks.

Step 2: Chill the ice cream mixture

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

8. 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 over it, taking care that no water slips into the ice cream mixture. Let it cool down for 30 minutes, stirring occasionally.

9. Chill until completely cold: cover the bowl and refrigerate for at least 8 hours or until completely cold; and up to 3 days.

Step 3: Churn the ice cream

10. 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).

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

12. 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.

13. 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

14. 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, turn off the ice cream machine and:

- 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 1-5 hours.

15. Serve or store: as soon as it sets, you can either serve it from the removable freezer bowl or transfer it to an airtight container to store it in the freezer.

Storing and serving

Storing: 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 xanthan gum" way):

<https://biterkin.com/chocolate-only-ice-cream/>

Double cream: stir 220 gr; 7.8 oz. double-cream (50% fat) with 95 gr; 3.3 oz. whole milk (this milk is extra to the 585 gr; 20.6 oz. milk asked in the ingredients); then use that 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 10 gr.
- 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