

Cocoa Powder Ice Cream with xanthan gum



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

Ingredients:

- 45 gr unsweetened cocoa powder, sifted (1.6 oz.; 9 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)
- 550 gr whole milk (19.4 oz.; 2⅔ cups; 550 ml)
- 210 gr regular sugar (7.4 oz; 16 levelled Tbs,)
- 390 gr heavy cream, 35-40% fat, fridge-cold (13.8 oz.; 1⅔ cup; 390 ml); for double cream (UK) see notes

ⓘ 1 cup (US) = 237 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. Set up the blender: if your blender needs to be assembled, have it set up and ready to use.
2. 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.
3. Warm the milk with the sugar: in a medium saucepan put the milk and the sugar. Warm over medium heat, stirring often with the rubber spatula, until the sugar dissolves and the milk is hot and steamy.
4. Bring to a boil: when all the sugar dissolves, increase the heat to medium-high and as soon as it comes to a boil (95°C / 203°F / when large bubbles which pop vigorously appear on the surface / or if it starts to overflow) immediately remove it from the heat and pour it into the blender's jar.

5. Add the cocoa and blend: with the blender on (medium speed), add the cocoa/xanthan gum mixture a tablespoon at a time. Aim for the centre of the blended mixture to avoid cocoa getting stuck on the sides of the blender.

6. Add the cold heavy cream: into the cocoa milk, with the blender on.

7. Blend for 2 minutes (set a timer) to fully hydrate the xanthan gum, then stop the blender to scrape with a rubber spatula any cocoa streaks attached on the sides and bottom of the blender. Blend again until no streaks of cocoa are visible and a nice, uniform brown colour is obtained.

Step 2: Chill the ice cream mixture

8. Strain the ice cream mixture over a fine mesh sieve and into a bowl.
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 over it, taking care that no water slips into the ice cream mixture. Let it cool down for 30 minutes, stirring occasionally.

10. 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 mixture

11. Check the ice cream mixture if it is cold before churning: it should feel fridge-cold to the touch (approx. 4°C–10°C / 39°F–50°F).
12. Prepare the ice cream maker according to the manufacturer's instructions.
13. Stir: this 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 if it's too thick, give it a quick blitz with an immersion blender); 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. Leave to 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 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.

16. 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:

Double cream: stir 275 gr; 9.7 oz. double-cream (50% fat) with 115 gr; 4.1 oz. whole milk (this milk is extra to the 550 gr; 19.4 oz. milk asked in the ingredients); then use that in the recipe like heavy cream.

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 (0.7 gr; 0.025 oz; this is 0.06% in total weight of ice cream mixture) xanthan gum and decrease the sugar by 10 gr; 0.35 oz.
- To create a firmer texture, which has a fuller body and mouthfeel, use 1/2 teaspoon (1.5 gr; 0.05 oz; this is 0.12% in total weight of ice cream mixture) as per the recipe.
- For a stretchy texture similar to Booza/salep ice cream, use 1 teaspoon xanthan gum (2.7 gr; 0.1 oz; this is 0.22% in total weight of ice cream mixture) and increase the sugar in the recipe by 15 gr (0.5 oz.)

More recipes here