

Classic Vanilla Ice Cream Philadelphia - style



Biterkin

• Batch for ice cream maker of 1.5 ltr/qrt (or bigger) • Active prep. time: 10 mins • Total time: 5-12 hrs •

Ingredients:

- 415 g whole milk, to be divided, cold from the fridge (14 oz; 1¾ cup; 415 ml)
- 185 g sugar (6 oz; 14 levelled Tbs.)
- 585 g heavy cream 35-40% fat, cold from the fridge (20 oz; 2½ cups; 585 ml); for double cream (UK) see notes)
- 2 Tbs. vanilla extract

❶ 1 cup = 237 ml | 1 Tbs. = 15 ml.

Plan ahead:

The ice cream mixture needs to cool completely before churning, so prepare it in advance (approx. 8 hours) to give it time to chill in the refrigerator. Alternatively, if you have two trays with ice cubes, you can go quickly from making the ice cream mixture to churning it in less than one hour; see instructions under step 2.

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: Dissolve the sugar

1. Warm the milk with the sugar: in a medium saucepan, put roughly half of the milk (200 g; 7 oz; 1 cup) and all the sugar and warm over medium heat, often stirring until the sugar dissolves and the milk is hot and steamy (this is at 75° C / 167° F if you have a thermometer). Do not let it boil.

2. Remove from the heat and pour it into a large, heatproof bowl.

Step 2: Chill the ice cream mixture

3. If you have two trays of ice cubes, you can make an ice bath, and chill the milk; this way you have the ice cream mixture ready for churning in less than one hour (instructions follow). Alternatively, add the rest of the cold milk and all the cold heavy cream in the milk, and stir thoroughly to combine. Cover the bowl and refrigerate until completely cold, for

at least 8 hours; and up to 3 days.

To prepare an ice bath for fast chilling:

• Pour the warm milk into a heatproof bowl made of glass or stainless steel; these conduct the heat well and help the milk to chill faster. Avoid using a plastic bowl; this will take forever to cool the milk.

• Nest the bowl with the milk into a large empty bowl (large enough to fit the ice cubes on the sides) and fill the sides of the large bowl with ice cubes.

• Taking care that no water slips into the bowl with the milk, pour as much cold water into the sides of the large bowl as needed so that the level of the water bath in the large bowl is 2 cm; 1 inch above the level of the milk in its bowl. How many ice cubes? Well, the more ice you put, the faster the milk will chill.

• Refresh the ice bath with new ice cubes as they melt; if you have a thermometer, put ice cubes as needed to keep the temperature of the water bath below 10° C / 50° F. The lower the temperature of the water, the faster the milk will chill.

• Stir often, leaving the spatula in the bowl during the cooling process. The milk is ready when it is fridge-cold (anywhere between 4-10° C / 39-50° F is perfectly ok).

• Remove the bowl with the milk from the ice bath, and wipe the bottom with a kitchen towel

• Finally add the rest of the cold milk and the cold heavy cream into the bowl with the milk and stir. The ice cream mixture is now ready for churning.

Step 3: Churn the ice cream

4. Check if the ice cream mixture is cold before churning it: this is 4°C-12°C / 39°F-54°F / it feels fridge-cold when you place your index finger into it.

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

6. Blend: give the ice cream mixture a quick blitz with an immersion/regular blender. If you do not have a blender, whisk it thoroughly.

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

Leave to churn until it is almost done - you must add the vanilla extract before it becomes too thick.

8. Add the vanilla extract when the ice cream has fluffed up and is creamy. Leave to churn for 8-10 minutes more or until no vanilla streaks are visible.

Troubleshooting: if the ice cream becomes too thick and the ice cream maker stops churning before the vanilla extract has been incorporated, stop the machine, remove the lid and give a good stir to the ice cream with a spoon, to help the vanilla extract mix in.

Step 4: Put the ice cream in the freezer to set

9. 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 maker 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.

Note: setting time depends highly on the ice cream maker and can be anywhere from 3-5 hours. The ice cream is ready when it has an internal temperature of -11°C / 12°F . If you do not have a thermometer, insert a round tip knife into the ice cream: the ice cream is ready when it feels firm as you go down and is also soft enough for the knife to get to the bottom of the bowl; it should have this same firm consistency from top to bottom.

10. Serve or store: as soon as it sets, you can

either serve it directly from the removable freezer bowl or transfer it to an airtight container for longer storing.

Storing and serving

Storing: Philadelphia-style ice cream is at its best when eaten the day it is made. If you want to keep it for longer, cover it well to protect it from the freezer's smell and keep it in the freezer for up to one month.

Scooping: this ice cream, like all artisanal ice cream, freezes hard in the long term. You can make it perfectly scoopable again by putting it in the refrigerator for 45-60 minutes until soft; or until its internal temperature reads -11°C / 12°F .

Notes:

Double cream: stir 410 g (15 oz) double cream (50% fat) with 175 gr (5 oz) whole milk (this milk is extra to the 415 g; 14 oz milk asked in the ingredients); then use it in the recipe like heavy cream.

For a deeper insight into the recipe, as well as troubleshooting tips, scan the QR code on the right to get you to the recipe's webpage or type <https://biterkin.com/recipes/vanilla-ice-cream-philadelphia-style/>.



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