

Vanilla Bean Ice Cream

with egg yolks (custard)



• Batch for ice cream maker of 1.5 ltr/qrt (or bigger) • Active time: 25 mins

Ingredients:

- 500 g heavy cream, 33-40% fat (17.6 oz; 2 cups and 25 ml; 500 ml); for double cream (UK) see notes
- 5 egg yolks; see notes (approx. 100 g; 3.5 oz.)
- 400 g whole milk (14.1 oz; 1⅔ cup; 400 ml)
- 185 g sugar (6.5 oz; 14 levelled tablespoons)
- 1 vanilla bean, split in half lengthwise
- 2 teaspoons vanilla extract

❗ 1 cup (US) = 237 ml | tablespoon = 15 ml
1 teaspoon = 5 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.

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 ready to use interchangeably.
2. Pour the heavy cream in a large bowl and set a fine-mesh sieve over it; set aside.
3. Prepare the egg yolks: put the egg yolks in a medium heatproof bowl, and whisk them lightly to break them down. Set the bowl next to the stovetop.
4. Warm the milk and the sugar: place the milk and the sugar in a medium saucepan. Warm over medium heat, often stirring, until the sugar dissolves.
5. Pour the warm milk into the egg yolks: when all the sugar dissolves and the milk is hot and steamy, remove it from the heat and slowly ladle roughly half of the warm milk over the egg yolks with one hand while whisking them

vigorously with the other hand to temper them.

6. Cook until thickened: pour the tempered yolks & milk back into the saucepan and return over medium-high heat. Cook, constantly stirring with a rubber spatula and scraping the bottom of the saucepan to prevent the custard from scalding. Maintain a medium temperature, do not let it come to a boil.

Remove from the heat when the custard starts to thicken (80°C / 176 °F / when it thickens to coat the back of a spoon / when you tilt the saucepan, a layer of thickened custard appears to form on the bottom).

7. Pour the thickened milk through the fine-mesh sieve and into the heavy cream; stir to combine.

8. Scrape the vanilla seeds from the vanilla bean into the mixture; whisk vigorously to distribute the seeds. Add the vanilla bean in, too.

Step 2: Chill the ice cream mixture

9. Cool it down: prepare an ice bath by putting the bowl with the ice cream mixture into a larger bowl and filling the empty sides with ice cubes and cold water. How many ice cubes? A tray of ice cubes (200 g; 7 oz of ice) is enough to cool down the ice cream mixture: we just need to cool it down until it is no longer warm to the touch so that we can safely put it in the refrigerator. This will take approx. 30 minutes; do stir occasionally.

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

Step 3: Churn the ice cream

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

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

13. Remove the vanilla pod from the ice cream mixture.

14. Add the vanilla extract and give a last, thorough stir to the ice cream mixture.

15. 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

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 1-6 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.

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 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° / 12° F.

Notes:

Egg yolks: we use eggs in the range of 65 - 75 gr; 2.3 - 2.65 oz (this is the weight of a whole egg, in its shell) , but it is ok to use larger or smaller ones .

Double cream: stir 350 g; 12.3 oz double-cream (50% fat) with 150 g; 5.3 oz. whole milk (this is extra to the 400 g; 14.1 oz milk asked in the ingredients); then use that 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 or type this URL into your browser:

<https://biterkin.com/recipes/vanilla-bean-ice-cream-with-egg-yolks-custard/>



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