

# Vanilla Bean Ice Cream with xanthan gum



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

## Ingredients:

- 415 g heavy cream 35-40% fat, fridge-cold (14.6 oz; 1¾ cup; 415 ml); for double cream (UK see notes
- 590 g whole milk, fridge-cold, to be divided (20.8 oz; 2½ cups; 590 ml)
- 200 g sugar (7 oz.; 15 tablespoons)
- ½ teaspoon xanthan gum (1.5 g) (or see notes to adjust to your liking)
- 1 vanilla bean, split in half lengthwise
- 1 teaspoon vanilla extract (5 ml) (optional, for extra flavour)

❶ 1 cup (US) = 237 ml |. 1 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. Pour all the cold heavy cream and 1/3 of the cold milk (200 g; 7 oz; 1 cup) into the blender jug. 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 2/3 of the milk (390 g; 13.8 oz; 1½ cup) 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; or if it starts to overflow) immediately remove it from the heat and pour it into the blender jug with the cold cream & milk.

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. 52°C/131°F; this is the target temperature for the xanthan gum to dissolve efficiently.

5. Add the xanthan gum and blend: with the blender on, slowly sprinkle the xanthan gum over the surface and blend for 2 minutes to fully hydrate the xanthan gum. At this point, do not expect the blend to thicken; it will slightly thicken as it cools.

6. Strain the ice cream mixture over a fine mesh sieve and into a bowl.

7. Scrape the vanilla seeds from the vanilla bean directly into the ice cream mixture and whisk to combine. Add the scraped vanilla bean in the mixture, too.

## Step 2: Chill the ice cream mixture

8. 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 you can safely put it in the refrigerator. This will take approx. 30 minutes; do stir 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 mixture

10. 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). The ice cream mixture will have slightly thickened after chilling (consistency of heavy cream).

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

12. Remove the vanilla bean from the ice cream mixture; add the vanilla extract (if using).

13. Stir: give the ice cream mixture a nice and thorough stirring with a rubber spatula (or if it is too thick give it a quick blitz with the immersion blender).

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.

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#### 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.

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#### 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 approx. -11°C / 12°F, midway through the ice cream).

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#### Notes:

Double cream: stir 290 gr; 10.2 oz. double-cream (50% fat) with 125 gr; 4.4 oz. whole milk (this milk is extra to the 590 gr; 20.8 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.)

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