

Strawberry Ice Cream with egg yolks (custard)



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

Ingredients:

- 500 g hulled strawberries, fresh (17.6 oz), from approx. 550 g (20 oz) whole strawberries (for frozen strawberries see notes)
- 180 g sugar, divided (6.3 oz; 14 tablespoons)
- 5 egg yolks (approx. 100 g; 3.5 oz)
- 475 g heavy cream 35-40% fat, cold from the fridge (16.8 oz; 2 cups; 475 ml); for double cream (UK) see notes)

① 1 cup = 237 ml | 1 Tbs. = 15 ml.

Plan ahead:

The strawberries and the custard need to cool completely before blending and churning, so prepare them in advance (approx. 8 hours before) to give them 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: Macerate the strawberries

1. Slice the strawberries: with a sharp knife, cut the strawberries into clean, neat slices. No need to cut them very thin; just slice them to a thickness you feel comfortable with.

2. Mix the strawberries with part of the sugar: in a large bowl, put the strawberry slices and 100 g of the sugar (3.5 oz; 8 tablespoons). Stir with a rubber spatula, leaving the spatula in the bowl.

3. Macerate the strawberries: leave the strawberries to macerate at room temperature for 2-3 hours (or more if the strawberries are cold from the fridge). Stir every hour or as needed to help the sugar dissolve. Each time you stir, scrape the sugar that sits on the bottom and sides of the bowl and mix it in the strawberries.

Step 2: Make the custard

4. Place a rubber spatula and a whisk on a plate next to the stovetop to have them ready to use interchangeably.

5. Prepare the egg yolks: put the egg yolks in a medium bowl, and whisk them lightly to break them down. Set the bowl next to the stovetop.

6. Warm the heavy cream: put all the heavy cream and the rest of the sugar (80 g; 2.8 oz; 6 tablespoons) in a medium saucepan and warm over medium heat, stirring often, until the cream is hot and steamy and the sugar dissolves (this is at 75° C / 167° F if you have a thermometer).

7. Temper the egg yolks: remove the saucepan from the heat and slowly pour roughly half of the warm cream over the egg yolks with one hand while whisking them vigorously with the other hand to temper them.

8. Cook until thickened: pour the tempered yolks & cream back into the saucepan and 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 (82°C / 179 °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).

9. Pour the custard through a fine-mesh sieve and into a heatproof bowl; stir to combine.

Step 3: Chilling

10. Cool down the custard: prepare an ice bath by putting the bowl with the custard 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 custard: 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. It will take approx. 30 minutes; do stir occasionally.

11. Check the strawberries for undissolved sugar: check the bottom of the bowl with the strawberries and if you see any sugar granules, give it a vigorous, focused stir with the spatula, aiming to dissolve the sugar; if needed, leave it at room temperature for some more. All sugar must dissolve before putting the strawberries in the refrigerator.

12. Chill until completely cold: cover the bowl with the custard and the bowl with the strawberries and refrigerate for at least 8 hours. The strawberries keep up to 24 hours in the refrigerator, whereas the custard keeps up to 3 days.

Step 4: Churn the ice cream

13. Blend the strawberries: with a slotted spoon, remove the cold strawberries from their syrup, and put them in the blender jug. Blend until smooth, pouring some strawberry syrup to get things going, if needed. When it is completely smooth, pour in the rest of the strawberry syrup and blend to combine.

14. Gradually add the cold custard, blending as you go. Blend until it is a uniform pink colour with no streaks; stop the blender and scrape with the rubber spatula the insides of the blender jug as needed.

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

16. Churn: with the machine running, pour the cold blended strawberry 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 5: Put in the freezer to set

17. 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.

18. 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) Double cream: stir 335 g; 11.7 oz double-cream (50% fat) with 140 g; 5.1 oz. whole milk; 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 to get you to the recipe's webpage or type this URL into your browser:

<https://biterkin.com/recipes/strawberry-ice-cream-with-egg-yolks/>



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