

Strawberry Ice Cream

• with corn starch •



Biterkin

• Batch for ice cream maker of 1.5 ltr/qrt (or bigger) • Active prep. time: 20 mins •

Ingredients:

- 400 g hulled strawberries, fresh (14.1 oz), from approx. 450 g (16 oz) whole strawberries (for frozen strawberries see notes)
- 2 tablespoons corn starch (a.k.a. cornflour) (12 g; 0.4 oz)
- 185 g sugar (6.5 oz; 14 tablespoons)
- 175 g heavy cream 35-40% fat, cold from the fridge (6.2 oz; ¾ cup; 175 ml); for double cream (UK) see notes)
- 395 g whole milk cold from the fridge (13.9 oz; 1⅓ cup; 395 ml)

ⓘ 1 cup = 237 ml | 1 tablespoon = 15 ml.

Plan ahead:

The ice cream mixture needs to be fridge-cold before churning, so prepare the strawberries (step 1) well 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. Prepare the strawberries: cut the strawberries into slices. No need to cut them very thin; just slice them to a thickness you feel comfortable with.

2. Stir the strawberries with the sugar and the corn starch: in a medium saucepan, put the sugar and the corn starch and whisk to combine. Add the sliced strawberries and stir with a rubber spatula. Keep the spatula in the saucepan.

3. Cook over low heat, occasionally stirring with the spatula, until the sugar dissolves and the strawberries begin to release their water. Maintain a low temperature; notice that a thick syrup will begin to form.

4. Cook to thicken: increase the heat to medium-high and bring to a boil. Keep stirring constantly and scraping the bottom of the saucepan with the spatula. When the strawberry pulp begins to bubble up, remove the saucepan from the heat, and pour everything into a heatproof bowl, scraping along with the rubber spatula any residues from the saucepan.

5. Cool down: leave the strawberries to cool down for 1-2 hours, stirring occasionally.

Step 2: Chill the strawberries

6. Chill until completely cold: cover the bowl and put them in the refrigerator for 8 hours; or until completely cold. You can leave them in the refrigerator for up to 24 hours.

Step 3: Churn the ice cream

7. Blend the strawberries: pour all the strawberries and the juices in a blender jug and blend until smooth.

8. Gradually add the cold heavy cream, blending as you go.

9. Add the cold milk and blend until it is a uniform pink colour with no streaks, stopping the blender and scraping the insides of the jug as needed.

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

11. 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 4: Put the ice cream in the freezer to set

12. 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.

13. 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: 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°C / 12°F .

Notes:

Frozen strawberries: Frozen strawberries should be defrosted and at room temperature before using in the recipe. Keep any water they release during thawing; it is part of the recipe.

Double cream: stir 125 g (4.3 oz) double cream (50% fat) with 50 g (1.9 oz) whole milk (this milk is extra to the 395 g (13.9 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 this URL into your browser:



<https://biterkin.com/recipes/strawberry-ice-cream-with-corn-starch/>

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