

The Best Blueberry Ice Cream



· Batch for ice cream maker of 1.5 ltr/qrt (or bigger) · Active prep. time: 20 mins · Total time: 12 hrs ·

Ingredients:

- 450 g blueberries, fresh; or thawed if frozen (15.9 oz; for cups see notes)
- 170 g sugar (6 oz; 13 levelled Tbs.)
- 395 g heavy cream 35-40% fat, fridge-cold (13.9 oz; 1½ cup; 395 ml); (for double cream (UK) see notes)
- 295 g whole milk, fridge-cold (10.4 oz; 1¼ cup; 295 ml)

❶ 1 cup = 237 ml | 1 Tbs. = 15 ml.

Plan ahead:

Cook the blueberries (step 1) ahead of time; they need to be completely cold before you make the ice cream mixture.

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: Prepare the blueberries

Note: this step requires that you have a digital scale and that you feel comfortable with basic maths; if not, you can skip this step and follow the instructions in notes under the recipe.

1. Prepare your workplace: place a digital scale next to the stovetop. We will be weighing the saucepan during the cooking process, so place a trivet on top of the scale (or a folded kitchen towel) to protect it from scalding.

2. Calculate the target weight of the saucepan+blueberries+sugar after cooking: in a medium saucepan, put the blueberries and the sugar and weigh the filled saucepan. We want to boil out 100 g (3.5 oz) of water from the blueberries. So, from the "saucepan+blueberries+sugar weight", subtract 100 g (3.5 oz) and take note of the result; this is the target weight of the saucepan and its contents after cooking.

3. Warm the blueberries with the sugar: place the saucepan over medium heat, and warm the blueberries, often stirring with a rubber spatula until all the sugar dissolves (this is at 65° C / 149° F if you have a thermometer).

4. Increase the heat to medium-high and bring to a boil, stirring often. Boil the blueberries, weighing the saucepan as needed, until it reaches the target weight (this takes approx. 5 minutes).

5. Let it to cool down in the saucepan until lukewarm.

If using an immersion blender to blend the blueberries in step 2, scrape the blueberries into a large bowl. If using a regular blender, prefer to scrape the blueberries directly into the blender's jug and store it in the refrigerator until cold. We need to chill the blueberries in the same bowl/jug we will use in step 2 to blend them to minimise the loss of blueberries from transferring from one bowl to another.

6. Chill until completely cold: cover the bowl/jug and refrigerate for at least 8 hours, or until completely cold (approx. 8° C / 46° F / when it feels fridge-cold to the touch); and up to 3 days.

Step 2: Make the ice cream mixture

7. Blend the cold blueberries: blend the blueberries until smooth, scraping the bottom and the sides of the bowl/blender's jug with a rubber spatula as needed.

8. Gradually add the cold heavy cream a little at a time, scraping the insides of the bowl/blender's jug as needed.

9. Add the cold milk and blend until it is a uniform purple colour with no streaks; again, do not forget to scrape and finally wipe all residues stuck on the spatula into the ice cream mixture.

Note: aim to proceed with churning the ice

cream (step 3) immediately after blending, as the blueberries tend to oxidise the dairy, gradually turning the bright purple colour to a more greyish tone as it sits. If you can't churn it immediately, put it in the refrigerator to keep it cold; other than the change in colour, it will be ok for a few hours.

Step 3: Churn the ice cream

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

11. 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: Churn the ice cream

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° / 12°F .

Notes:

Blueberries: measuring the blueberries in a cup is not recommended, because the results vary depending on the size of the blueberries. If you do not have a scale, you can have them weighted at the grocery's store, or estimate how many you need from the net weight, as given on the packaging

Double cream: stir 275 g (9.7 oz.) double cream (50% fat) with 120 g (4.2 oz) whole milk (this milk is extra to the 295 g; 10.4 oz milk asked in the ingredients); then use it in the recipe like heavy cream.

Step 1: how to prepare the blueberries if you do not have a digital scale (or if you hate maths) in a medium saucepan (approx. 21 cm; 8") wide), place the blueberries and sugar and warm over medium heat, stirring often with a rubber spatula, until all the sugar dissolves. Increase the heat to medium-high and as soon as the juices of the blueberries start to bubble up, set a timer and boil for 5 minutes exactly. Immediately transfer to a heatproof bowl and leave to cool.

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