

Classic Chocolate Ice Cream with xanthan gum



Biterkin

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

Ingredients:

- 120 g melted chocolate/couverture 70-74% cocoa solids; for other cocoa solids see notes (4.2 oz; see notes for measuring chocolate)
- 530 g whole milk, fridge-cold, divided (18.7 oz; 2¼ cups; 530 ml)
- 355 g heavy cream 35-40% fat (12.5 oz; 1½ cup; 355 ml); for double cream (UK) see notes
- 190 g sugar (6.7 oz; 14 tablespoons)
- 15 g unsweetened cocoa powder, sifted (0.5 oz.; 3 tablespoons)
- ½ teaspoon xanthan gum (1.5 g)

i 1 cup (US) = 237 ml , 1 tablespoon. = 15 ml
1 teaspoon = 5 ml

Plan ahead:

The ice cream mixture needs to rest and cool completely before churning, so prepare it in advance (approx. 8 hours before) 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. If you haven't already done so: melt the chocolate in a heatproof bowl and over a saucepan with simmering water; the bottom of the bowl should not touch the water.

3. Set up the blender to have it ready to use.

4. Pour 240 g of the cold milk (8.5 oz; 1 cup) into the blender jug (or a large bowl, if using an immersion blender). If you do not proceed with the recipe immediately, put it in the refrigerator to keep it cold.

5. Bring the heavy cream to a boil: in a medium

saucepan, put the heavy cream, the sugar and the cocoa powder.

Warm over medium heat, whisking often to dissolve the sugar and the cocoa powder. Increase the heat to medium-high; remove from the heat when it comes to a boil (this is at 85° C / 185° F / when the surface is covered with bubbles which pop vigorously / if the cream starts to overflow).

6. Pour the boiling cream into the blender jug with the cold milk.

7. Turn the blender on (medium speed). Note: by blending that much boiling hot cream with that much fridge-cold milk, the blend instantly reaches the right temperature for the xanthan gum to dissolve efficiently.

8. Sprinkle in the xanthan gum: with the blender on, sprinkle the xanthan gum over the surface and blend for 2 minutes to fully hydrate the xanthan gum. Do not expect the blend to thicken; it will thicken as it cools.

9. Add the melted chocolate: stop the blender and pour a generous splash (or two) of the blend into the melted chocolate. Stir to loosen the melted chocolate and pour everything into the blender, scrapping along any residues from the bowl.

10. Blend to combine.

11. Add the rest of the cold milk (290 g; 10.2 oz; 1¼ cup) into the blender and blend until the mixture is a uniform brown colour with no streaks.

Step 2: Chill the ice cream mixture

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

13. 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. 15 minutes; do stir occasionally.

14. Chill until completely cold: cover the bowl and refrigerate for at least 8 hours and up to 3 days. Xanthan gum needs 6-8 hours in the refrigerator to fully develop, so do not rush the cooling process.

Step 3: Churn the ice cream mixture

15. 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 finger into it.

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

17. Stir: the ice cream will slightly thicken after chilling; give it a quick blitz with an immersion blender to loosen it; this will allow it to churn for longer and fluff up.

19. Churn: with the machine running, pour the ice cream mixture through the canister and into the ice cream maker. Leave to churn until creamy and wavy; depending on your ice cream maker, this can take anywhere from 30-60 minutes.

Step 4: Put in the freezer to set

20. 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. Setting time depends on the ice cream maker you use and can be anywhere from 1-5 hours.

21. 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.

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 around -11°C / 12°F, inserted midway through the ice cream).

Notes:

To make this ice cream with other cocoa solids % chocolate, visit the recipe's webpage (scan the QR code on the right or type this URL into your browser:)

<https://biterkin.com/recipes/chocolate-and-cocoa-powder-ice-cream-xanthan-gum/>



To use double cream: stir 250 g; 8.8 oz. double-cream (50% fat) with 105 g; 3.7 oz. whole milk (this milk is extra to the 530 g; 18.7 oz. milk asked in the ingredients); then use it in the recipe like heavy cream.

Measuring chocolate/couverture:

chocolate cannot be measured in a cup because the results vary depending on how finely chopped the chocolate is. Instead, you can calculate the number of pieces you need based on the weight of the chocolate bar as written on the packaging.