No-Stress Caramel Ice Cream · with corn starch ·

Biterkin

· Batch for ice cream maker of 1.5 ltr/qrt (or bigger) · Yields: 1.4 litre/quart ice cream

Ingredients:

for the caramel sugar:

- 250 g water (8.8 oz; ≅1 cup; 250 ml)
- 300 g sugar (10 oz; 1 cup: note that this not an accurate conversion from weight)

for the caramel ice cream:

- 200 g caramel sugar (from above) (7 oz; if measuring with cups, use all the caramel sugar from above)
- 25 g corn starch (a.k.a. cornflour) (1 oz; 4 tablespoons)
- 650 g whole milk (23 oz; 2¾ cups; 650 ml)
- 300 g heavy cream 35-40% fat (11 oz; 1¼ cup; 300 ml); for double cream (UK) see notes)

ⓘ 1 cup = 237 ml |. 1 Tbs. = 15 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 caramel sugar

1. Line a baking tray with parchment paper and fold the outer edges of the parchment paper upwards, aiming to create a shallow pool with short walls; this will keep the melted caramel in the parchment paper when you pour it in. Place the baking tray on the counter next to the stovetop.
If your kitchen counter is sensitive to heat, place two trivets beneath the baking tray to protect it, making sure that the tray is levelled and secure in its place.

2. Bring the water to a boil: in a medium, heavy-bottomed saucepan pour the water for the caramel sugar and bring it to a boil over high heat (100° C / 212° F / it bubbles up vigorously).

3. Add the sugar: remove the saucepan from the heat and add the sugar. Stir for 1 minute and 20 seconds; do not estimate it, time it. This is the time the sugar needs to dissolve; some sugar granules left are ok.

4. Caramelise the sugar: return the saucepan with the syrup over medium-high heat and cook until it is a deep brown caramel colour (195° C / 383° F if you use a thermometer). Do not stir while it cooks, but as the caramel darkens, do tilt the pan gently once or twice if you notice darker spots forming, to distribute the heat evenly.

5. Remove the saucepan from the heat and pour the caramel over the parchment paper, scraping with the rubber spatula caramel residues from the saucepan,

6. Let it cool down for approximately 30-40 minutes or until it doesn't feel warm to the touch (this is at 27° C / 80° F if you use an infrared thermometer).
Note that the caramel is very sensitive to humidity, so from now on, take care that anything it comes into contact with is completely dry. Don't leave it exposed to the kitchen's humidity either; as soon as it comes to room temperature, either proceed with the recipe or put it in an airtight bag.

7. Break the caramel into pieces with your hands (dry, please) and put the pieces in a (completely dry) blender jug/food processor. Pulse to break the caramel to as fine as possible.
In our tests, the blender created a fine powder which dissolved easily, whereas the food processor broke the caramel into fine pieces, the size of a rice grain, which just took a little longer to dissolve, so they were ok, too.

8. Store the caramel sugar: immediately weigh the caramel sugar (200 g; 7.1 oz; all of it if measuring in cups) you need for the ice cream into a (completely dry) airtight container and close the lid. Proceed with the recipe, or keep it for up to one month. Any leftover caramel

sugar can be stored in an airtight container and used to sprinkle over the ice cream or to flavour your coffee.

Step 2: Make the caramel milk

9. Set up your blender; it should be heatproof and large enough to blend 850 ml of warm liquid. If you do not have a blender, see at the end of this step how to make the caramel milk on the stovetop.

10. Warm the milk: put the milk in a medium saucepan and warm over medium heat, stirring often, until the milk is hot and steamy (this is at 75° C / 167° F if you have a thermometer). Do not let it boil.

11. Pour the warm milk into the blender; with the blender on, gradually add the caramel sugar, blending to dissolve it.

12. Strain the ice cream mixture over a fine-mesh sieve and back into the saucepan you used to warm the milk (no need to rinse).
If any small bits of caramel sugar are left on the sieve after straining, just put them back in the caramel milk; they will gradually dissolve. But if there are large clumps of undissolved caramel sugar left, put them into another saucepan with a splash of the caramel milk and stir over medium heat to fully melt, before adding back to the caramel milk.

Step 3: Make the ice cream mixture

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

14. Make a corn starch slurry: in a large heatproof bowl, put the corn starch and 3 tablespoons of the cold heavy cream (45 g; 1.5 oz). Whisk until smooth. Set aside.

15. Boil the caramel milk: place the saucepan with the caramel milk (from step 2) over medium-high heat, often stirring with the spatula.

16. Pour the boiling milk into the starch slurry: give a thorough whisk to the corn starch slurry to re-smooth it, and when the caramel milk comes to a full boil (95° C / 203° F / when the milk's surface is covered with bubbles which pop vigorously / if the milk starts to overflow), pour the boiling caramel milk into the starch slurry.

17. Stir for one minute; notice that it will start to thicken as you stir.

Step 4: Chill the ice cream mixture

18. Add the rest of the cold heavy cream (255 g; 9 oz) into the thickened caramel milk and stir thoroughly to combine.

18. 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 bring the ice cream mixture to room temperature. Let the ice cream mixture cool down for 30 minutes, stirring occasionally.

19. Chill until completely cold: cover the bowl and refrigerate for at least 8 hours and up to 3 days.

Step 5: Churn the ice cream

20. 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.

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

22. Stir: the ice cream will thicken after chilling; give it a vigorous and thorough stirring to loosen it; this will allow it to churn for longer and fluff up. If it is too thick, give it a quick blitz with the immersion blender.

23. 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 6: Put the ice cream in the freezer to set

24. 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.

25. 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 storage.

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 minuter until soft; or until its internal temperature reads -11°C / 12°F.

Notes:

Double cream: stir 210 g (8 oz) double cream (50% fat) with 90 gr (3 oz) whole milk (this milk is extra to the 650 g; 23 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/no-stress-caramel-ice-cream-with-corn-starch/