

# Frozen Yogurt with xanthan gum



· Batch for ice cream maker of 1.5 ltr/qrt (or bigger) ·

## Ingredients:

- 400 g heavy cream 35-36% fat, divided (14.1 oz; 400 ml)
- 255 g regular sugar (9 oz; 19 tablespoons)
- 575 g full-fat, strained, Greek yogurt, natural (20.3 oz; 575 ml)
- 1 teaspoon xanthan gum (2.7 g)

① 11 tablespoon = 15 ml | 1 teaspoon = 5 ml

## Plan ahead:

The frozen yogurt mixture needs to cool completely and hydrate 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 frozen yogurt mixture

1. Pour half of the cold heavy cream (200 g; 7.05 oz) into the blender jug and have the blender set up and ready to blend.

2. Bring to a boil the rest of the heavy cream with the sugar. In a medium saucepan, pour the rest of the heavy cream, (200 g; 7.05 oz) and all the sugar.

Warm over medium heat, often stirring, until the sugar dissolves and the heavy cream is hot and steamy.

Increase the heat to high. As soon as the heavy cream comes to a rolling boil (when large bubbles that pop vigorously appear on the surface / approx. 90°C / 195°F / if it starts to overflow), immediately remove it from the heat and

3. Pour the boiling-hot heavy cream into the blender jug with the cold heavy cream.

4. Turn the blender on (medium speed). Note: By blending that much boiling-hot heavy cream with that much fridge-cold milk, the blend instantly reaches approximately 62 °C/143°F. This is our goal temperature for efficiently dissolving the xanthan gum.

5. Sprinkle in the xanthan gum: with the blender on, carefully open the cap and slowly sprinkle the xanthan gum over the surface.

6. Blend for 2 minutes to fully hydrate the xanthan gum; do not estimate the time; set a timer. Do not expect the blend to thicken; it will thicken as it cools.

7. Remove the blender jug and set it next to you on the counter.

8. Gradually add the blended heavy cream to the yogurt: Place the yogurt into a large bowl and pour in a splash of the blended heavy cream. Stir with a rubber spatula to incorporate the hot heavy cream. Repeat the splashing and stirring 2-3 times to loosen the yogurt. Now add the rest of the blended hot heavy cream and stir thoroughly to combine.

9. Final blend until smooth: Pour the entire mixture from the bowl back into the blender. Scrape any residue from the bowl with a rubber spatula into the blender jug. Blend one more time to achieve a smooth, flawless texture.

10. Pour back into the bowl: pour the mixture into the bowl -no need to rinse it-, scraping all residues off the blender with the rubber spatula and into the bowl.

## Step 2: Chill in the fridge overnight

11. Leave to cool down:

- If you're using full-fat Greek strained yogurt with live active yogurt culture, you can leave the ice cream mixture at room temperature for 2 hours to cool down; this will also enhance the yogurt flavour. After that, put it in the refrigerator overnight to chill.
- If your yogurt doesn't have live active culture, cool it down quickly over an ice bath for food safety reasons and then store it in the fridge.
- If you're unsure whether your yogurt contains live active culture, check the packaging. It will be labelled as such.

12. 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.

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### Step 3: Churn the frozen yogurt

13. Check if the ice cream mixture is cold before churning it: below 12°C / 54°F / it feels fridge-cold when you place your (clean) finger into it.

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

15. Blend: The frozen yogurt mixture should be thick after the chilling period, so give it a quick blitz with an immersion blender to allow it to churn for longer and fluff up.

16. Churn: With the machine running, pour the 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 30-60 minutes.

Note: Take care not to over-churn it. Remove it from the ice cream machine as soon as it is creamy and wavy. Over-churning will cause it to lose its volume and become heavy in texture.

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### Step 4: Put the ice cream in the freezer to set

17. Put in the freezer to set: before serving the frozen yogurt 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 frozen yogurt attached to it back into the ice cream bowl
- place it in the freezer, uncovered

Setting time can take 1-4 hours and depends on many factors; refer to recipe's page for indicative times.

18. Serve or store: when it sets, you can serve it directly from the removable freezer bowl or transfer it to an airtight container for longer storage.

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### Storing and serving

Storing: Place it in the freezer for one month, covering it well to prevent it from absorbing the freezer's smells.

Scooping: Like all artisanal frozen yogurt, this ice cream freezes hard in the long term. To make it perfectly scoopable again, put it in the refrigerator for 45-60 minutes until soft or until its internal temperature reads -11°C / 12°F.

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#### Notes:



For a detailed view of the recipe and troubleshooting tips, scan the QR code on the right to visit the recipe's webpage or manually type the URL into your browser.



<https://asktheicecreamqueen.com/recipes/frozen-yogurt-with-xanthan-gum/>

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