

Monday, February 14, 2005

Best Chocolate Ice Cream Ever!

This isn't a very high-tech toy, but it makes the best chocolate ice cream in the world. It's a relatively inexpensive Cuisinart ICE device which has a fancy bowl with some sort of liquid jelly inside that freezes and holds its cool temperature for a while. And there isn't much to making ice cream. I have made all kinds, but my current favourite is this recipe I put together:

2 whole eggs
1.5 cups of heavy cream
1 cup of butter milk
1 pinch of salt
4 tablepoons of sugar
1 block (8-10 ounces?) of Trader Joe's broken Ghiradelli dark chocolate
1 block (8-10 ounces?) of Trader Joe's broken Ghiradelli milk chocolate
2 drops of almond extract

Heat up the butter milk in a pot and add the chocolate. Keep stirring and make sure it doesn't burn, although the slightly burnt flavour, if you do happen to burn it, adds character to the ice cream. Once melted into a smooth ganosh-like consistency, stir in the sugar, salt and the almond extract and remove from the heat and let it sit for a bit.

In a clean bowl, whip the eggs for about 3 minutes, add in the cream and whip for another minute or 2. Finally pour the warm chocolate mixture into your whipped eggs and cream mixture and put the bowl in your fridge for an hour or two to cool it down. Trying to make ice cream right away with a warm starting point doesn't work very well. You can stick it in the freezer to speed it up a bit too. When it is cool, take your freezer bowl out and put it on the motor thing and pour your mixture into the bowl. Wait 20-25 minutes and you will have something resembling soft-ice. It's very good at this point, but another 3-4 hours in the freezer and it is perfect.

The secret is of course the pound+ of good chocolate or so that went in which is about double the chocolate of any of the suggested recipes I have seen. Not much sugar is needed because I use half milk chocolate. If you are using all dark or bittersweet, you'll need more sugar. I like the combination of the slightly salty butter milk and chocolate. You can use regular milk and/or lighter cream. However, the fat in the cream is what gives you that rich smooth ice cream taste and texture. If you want to add nuts or fruit, do it right at the end of the 25 minutes and just let them stir in for 30 seconds. If you put them in at the start they tend to clog things up. This toy makes excellent frozen drinks and soft sherberts as well.

Posted by Rasmus in Food at 15:03

Do you have any other kitchen toys? I dream about getting a Kitchenaid stand mixer. Pizza dough, bread, everything... Pretty pricey though.
http://www.amazon.com/exec/obidos/tg/detail/-/B0002Y5X9W/ref=br_fq_k_hmmm_1//103-5168458-5870255?v=glance&s=kitchen&=289929

Anonymous on Feb 14 2005, 17:07

But does it support 802.1g, Rasmus? :)

Seriously though, you always want to be careful when mixing hot ingredients into eggs. If you do it too quickly, you risk "cooking" the eggs and end up with, basically, semi-scrambled eggs in your ice-cream.

The solution is to temper the egg mixture first: add a little bit of the chocolate to the egg mixture and mix well. Then, add a little bit more. And again. You're trying to bring the temperature of the eggs slowly up to the same temperature as the chocolate.

Although, if the chocolate is merely warm and not hot, this is probably not really necessary.

Sounds yummy!

Anonymous on Feb 15 2005, 12:09

Blog Export: Rasmus' Toys Page, <http://toys.lerdorf.com/>

Yeah, I guess I should have made a stronger point of not pouring the hot chocolate mixture in right away. I generally let it cool down for a while and then mix it in slowly and I haven't had a problem.

Anonymous on Feb 15 2005, 12:18