CHOCOLATE ICE CREAM

Makes about 1 quart
By Dennis W. Viau; modified from several recipes

I never liked chocolate ice cream. I don’t know why, but there is something about the flavor that isn’t right. However, I like chocolate milk. Click! Why not make chocolate ice cream with the same flavor used to make chocolate milk? That is how I came up with this recipe. I love this ice cream.

Ingredients:
5 egg yolks (save the whites for making Cats' Tongues)
1 egg
1 cup (270g) Nestle’s Quick (AKA Nesquick)¹ (see notes at end)
1½ cups (355ml) milk or half and half
1 cup (237ml) heavy cream
2 teaspoons vanilla extract

Directions:
Combine the egg yolks, egg, and Quick in a small saucepan. Blend well with a whisk. Add the milk (or half and half) and blend.

Place only enough water in a large sauce pan so that the small saucepan can rest lightly in the water. (Avoid using too much water as it might overflow, and possibly scald you, when the smaller pan is set inside.) Heat the water to boiling. Set the smaller saucepan in the boiling water and stir the custard mixture while it heats to 140°F² (60°C). Use a digital thermometer to monitor. (The heating kills any bacteria that might be present in the egg yolks. Although the risk of salmonella infection is low, I think it is better to be safe than sorry.) Do not overheat, as this will cook the eggs and ruin the mixture. Remove from the heat and add the cream and vanilla extract. Blend well. Refrigerate overnight or cool the pan in a bowl of iced water.

The temperature of the mixture before going into the ice cream maker doesn’t need to be near freezing. That will happen in the machine. Obviously, the cooler the mixture, the quicker it will freeze in the maker. I generally aim for a temperature between 40°F (4°C) and 60°F (16°C).

Assemble the ice cream maker and start the motor. Pour in the custard mixture and let it churn for about 15 to 20 minutes. (Starting the machine first is important. If you pour in the mixture with the machine turned off, the mixture will start to freeze around the insides of the canister. If you don’t get the machine running quickly, enough ice will form to jam the machine. I’ve done this and it wasn’t pretty.)

When the ice cream is done, remove it (it will be a little soft) from the canister and place in a storage container with a lid. Store in the freezer until ready to serve. For a softer ice cream, move the ice cream from the freezer to the refrigerator about 30 minutes before serving.

The step-by-step photos were removed. See the video for the preparation.
# Notes

1. Experiment with other flavors. I have made boysenberry ice cream using seedless boysenberry jam. Try some of the other flavors of jams and jellies. Another source of flavor is pie filling, available in the store. Some of these contain whole fruit and I wouldn’t put the fruit in the ice cream maker, lest the fruit or the machine suffer damage. Strain out the solids, make the ice cream with the syrup, and then stir in the whole fruit before placing the ice cream in the freezer. In fact, any solids, such as chocolate chips, should be stirred into the finished ice cream after it comes out of the ice cream maker.

Fresh fruit when in season is an excellent source. When working with fresh fruit you would likely need to add more sugar. Cut up the fruit, add sugar, and store in the refrigerator for a day or two to let syrup form. Make the ice cream with the syrup and then stir in the chopped fruit after the ice cream comes out of the maker.

Be aware of seeds. Boysenberry pie filling has nasty little seeds that I wouldn’t enjoy finding in my ice cream (or pie!). I might be inclined to push the fruit through a sieve and use the filtered fruit for the ice cream, discarding the solids left behind in the sieve. When using pie filling, taste a little sample first to check for seeds or solids that might be objectionable in your ice cream.

There are some fairly exotic and interesting flavors in cans and jars. I found a can of dates with walnuts, used for muffins and quick breads. I haven’t experimented with this yet, but I’m intrigued.

Cherry vanilla ice cream? The red Maraschino cherries in syrup that comes in a jar isn’t very good. The warehouse store sells dried cherries that are delicious. I would make vanilla ice cream and stir the cherries, either whole or chopped, into the ice cream before storing it in the freezer. If you’re worried about the warm cherries melting the ice cream, spread them on a small baking sheet and store in the freezer. Then stir the frozen cherries into the soft ice cream before moving it to the freezer.

2. The reason for using a double boiler is to protect the eggs from cooking. At about 155°F the eggs start cooking. So you need to bring the mixture up to a safe temperature to kill bacteria, but not so hot that you end up with chocolate scrambled eggs. (I’ve done this.) The water in the pan is not going to exceed 212°F (unlike the bottom of the pan might if placed over a flame) and therefore you have more control over temperature. Nonetheless, monitor the mixture with a digital thermometer because there is only 15°F between safe and cook.