



french chocolate ice cream

Yields about 1 quart.

- 2 cups light cream (5% milk fat)*
- 1 cup heavy cream (35% milk fat)
- 3 tablespoons cocoa
- 4 ounces unsweetened chocolate, chopped into small pieces
- 4 egg yolks
- 1 cup granulated sugar
- 2 teaspoons vanilla extract

* I'm sure you could use whole/homogenized milk should you desire

Mise en place - begin by getting organized. Read through the entire recipe before beginning. Measure out all of your ingredients. Be sure that the bowl of your ice cream maker has been frozen. This recipe requires two stages of chilling - allow time for this.

Place the light and heavy creams in a medium sized saucepan, and cook over medium heat until it just begins to simmer. Remove from heat. Whisk in the cocoa, and then the unsweetened chocolate, until well combined, smooth and no lumps remain. Set aside.

In a medium sized mixing bowl, whisk the egg yolks until well combined and slightly lighter in colour. Gradually add the sugar, whisking well to combine.

Temper the eggs by using a ladle to drizzle some of the hot chocolate liquid into the yolks while whisking constantly, until about 1/3 of the chocolate mixture has been added. (Constant whisking is very important to ensure the eggs don't cook/scramble.) Slowly pour the egg mixture into the remaining hot chocolate mixture in the pot, again whisking constantly.

Cook over low heat, stirring frequently, until slightly thickened and the mixture coats the back of a spoon - this will take several minutes. When you draw your finger across the back of the spoon it should part the coating (which shouldn't run back on itself). Don't allow to boil.

Pour the mixture into a bowl/container, and allow to sit at room temperature for about 30 minutes. Stir in the vanilla extract. Place the mixture in the refrigerator until completely cool, and then cover tightly. Chill for at least four hours. Whisk thoroughly and pour into an ice cream maker and process as per manufacturer's instructions (about 30 minutes). Transfer to a freezer-safe container (covered), and freeze (allowing the ice cream to harden).

