

VANILLA LATTE FROZEN CUSTARD

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This is ice cream, but I like to make the distinction between the "real deal" custard based ice cream and the flavorless "Philadelphia style" ice cream made without egg yolks. The former is a rich, velvety treat, while the latter sparks the disappointment of the fake "frozen dessert" served at McDonalds or from a sketchy soft-serve truck.

This is a two-day recipe. And while it's not that difficult, it is quite technical. If following recipes isn't your thing, this is not a recipe for you. On Day 1, you'll make the custard base and prep the bowl. The coffee crème anglaise ice cream base refrigerates overnight, then the ice cream is churned on Day 2. Most ice cream makers need the bowl to be frozen the day before, but you don't need to worry about the bowl before Day 1. The active work time lasts fewer than 20 minutes, and the churning process the following day usually takes 20-30 minutes. When you taste this rich, velvety ice cream, the wait will be well worth it. And since you did all the real work the day before, it's an even better treat.

Ingredients:

- 2 cups (480ml) heavy cream (30–35% butterfat content, best quality)
- 1 cup (240ml) whole milk
- 6 egg yolks, beaten lightly, in large (4 cup) measuring cup or mixing bowl (at least 4 cup capacity)
- 2/3 cup (133g) sugar
- Pinch of salt
- 2 teaspoons vanilla extract
- 1-2 tbsp instant espresso powder, to taste
- Very strong coffee (I use Trader Joes cold brew concentrate), to taste, up to 1/3 cup

Method for Day 1:

- 1 According to the instructions of your ice cream maker, prepare the bowl for the following day. This usually involves freezing the bowl of the ice cream machine overnight.
- 2 In a medium saucepan, stir the heavy cream, whole milk, sugar, salt, and espresso powder. Turn on the flame to medium heat; warm until the sugar and espresso powder are dissolved.
- 3 Slowly pour half of the warm cream mixture into the egg yolks, whisking constantly. This step is called tempering, raising the temperature of the egg yolks so they don't scramble later on.
- 4 Pour the egg yolk-cream, mixture back into the saucepan set on medium heat. Set a fine sieve over the now empty 4 cup measuring cup. Stir the mixture constantly with a wooden spoon until it is thick enough to coat the back of the spoon, about five minutes. The custard mixture should end up between 170° F and 180° F. Using a candy or instant-read thermometer will not only assure that the custard is cooked to the right viscosity, it will also throw away any possible risk of salmonella (which is avoided past the temperature of 165° F).
- 5 Turn off the flame. Pour the mixture back into the 4 cup measuring cup, through the sieve. You may need to scrape the bottom of the saucepan with a silicone spatula if there are bits stuck.
- 6 Whisk the vanilla extract into the mixture. Whisk in the very strong coffee, to taste.
- 7 Cover with plastic wrap pressed up to the surface of the mixture. Chill overnight.

Method for Day 2:

- 1 Pour the cold custard base into the prepared ice cream maker according to the instructions of the machine.
- 2 When the ice cream machine is finished, the custard will be the texture of soft-serve. Enjoy as is, or transfer to a container (a standard loaf pan works perfectly) and freeze, covered, several hours until it reaches the texture of regular hard ice cream.