



Chocolate Liquid Nitrogen Ice Cream

INGREDIENTS

- 600ml milk
- 6 egg yolks
- 60g caster sugar
- 54g chocolate (42 percent, chopped finely)
- 1.5L liquid nitrogen
- 2 tbsp cocoa powder



Serves: 6



Prep Time: 5 min



Cooking Time: 20 min

METHOD

1. Heat milk in a saucepan over medium heat, until just before the boil. Remove from the heat.
2. Beat egg yolks and the sugar until pale and thick. You want most of the sugar to dissolve in the mix.
3. Slowly pour hot milk onto the egg yolks while whisking continuously, until all milk is added.
4. Return the saucepan and cook over low heat for a few minutes, continuously stirring, until the mixture thickens and coats the back of a spoon. Be careful not to overcook the eggs and turn them into scrambled eggs.
5. Remove from heat and add the chocolate and cocoa powder. Mix well until chocolate is fully melted.
6. Pour mix into a stand mixer and start whisking on medium speed. Put on your protective gear.
7. Start adding the liquid nitrogen 250ml at the time. Wait for the smoke to diffuse and have a look at your mix. At this point it is probably still quite liquid. Scrape the sides and mix well with a spatula.
8. Repeat Step 7 until the ice cream has reached the desired texture.
9. Enjoy right away or place in the freezer for later.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

