

Stracciatella ice cream

Ingredients

For a tank of approximately 900 ml

350ml semi-skimmed milk (or whole milk is better)

150ml of whole liquid cream

100g caster sugar

1tbsp glucose syrup

1 very pulpy vanilla pod

100g dark chocolate (around 100g but it depends on taste)

Preparation

Split the vanilla pod in half lengthwise and scrape out the pulp with a knife. Dip the pulp and the empty pod into the cream.

Add the sugar and glucose then bring to the boil. Leave to infuse for around ten minutes, covered, then remove the empty pods.

Mix the flavored cream with the milk. Store in the refrigerator in an airtight container for several hours (even better if overnight).

The next day, pour the mixture into the ice cream maker and, at the same time, melt the chocolate in a bain-marie. As soon as the ice cream is slightly set, slowly drizzle in the chocolate, in several batches, while the ice cream maker is running (the chocolate will set). The chips will thus form. Keep in the freezer before serving.

NB: adding glucose is optional but it is a real plus for smooth ice cream. In fact, glucose lowers the freezing temperature of ice cream (just like sugar) but without adding sweetness or taste (honey would do the same thing but has taste). It is used in the food industry and it would not be good for your health but that is like everything, you should not eat it in excess. If you make a lot of homemade things and eat few industrial products, don't have a bad conscience about using it in ice creams and pastries like this Saint Honoré from time to time.