

A MILLION WAYS
TO MAKE
Chocolate
ICE CREAM



*"This is the BEST
ice cream book series
I've come across by far".*

-MIMI EMMANUEL

KARL MELBY

A MILLION WAYS
to make
CHOCOLATE ICE CREAM

Karl Melby

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Disclaimer

I designed this book for you with the understanding that I am not engaged in rendering medical, legal or any professional services. If you require those service, get a professional.

To make an informed decision on what foods you are going to put in your body, please verify with your doctor.

I am here to educate upon possibilities, explain the great world of opportunities and entertain you along the way.

An Urgent Plea!

Thank you for reading my book!

I really appreciate all your feedback, and I love hearing what you have to say. I need your feedback to make the next version even better.

Please leave me a honest helpful review on [Amazon.com](https://www.amazon.com).

Thanks so much!

—Karl

Table of Contents

The Art of Chocolate Ice Cream.....	1
Three-Ingredient Chocolate Ice Cream	3
The Base - Starting Base	5
Coconut Water	6
Coconut Milk	6
Soy Milk	6
Almond Milk.....	7
Yogurt	7
Whole Milk.....	7
Half-and-Half.....	7
Condensed Milk.....	7
Cream	8
Whipped Cream.....	8
Super Creamy Chocolate Ice Cream	9
The Base - Thickener	11
No Thickener	12
Cornstarch	12
Gelatin	12
Locust Bean Gum	12
Sago.....	12
Arrowroot	13
Katakuri Starch.....	13
Tapioca	13
Potato Starch.....	13
Eggs.....	13

Chocolate Fairy Ice Cream.....	14
The Base - Sweetener.....	16
Honey	17
Stevia.....	17
Coconut Sugar	17
Yacón Syrup	17
Agave Nectar	17
Maple Syrup.....	18
Blackstrap Molasses	18
Brown Sugar	18
Sucrose	18
Fructose.....	18
Easy Chocolate and Banana Ice Cream	19
Chocolate Flavor.....	21
Raw Cacao	22
Dark Chocolate	22
Cocoa Powder	22
Chocolate Liqueur	22
Chocolate Extract.....	22
Chocolate Syrup.....	23
Chocolate Chips.....	23
Raw Chocolate.....	23
Chocolate Chip Cookies	23
Unsweetened Chocolate.....	23
Paleo Chocolate Ice Cream	24
The Preparation - Mixing	26
Introduction	27
Simple Chocolate Ice Cream (Thermomix)	28
The Preparation - Freezing.....	30
Introduction	31
Freezer	31
Freezer Cubes	31
Hand Freezer	32

Electric Ice Cream Maker	32
An Electric Ice Cream Maker's Freezing Unit.....	32
Pacojet®.....	32
Pre-Freeze Bowl	33
Hand-Crank Ice Cream Maker	33
Built-In Freezer	33
Carpigiani® FantaStick.....	34
Chocolate Ice Cream Recipes	35
Liqueur Fogg Chocolate Ice Cream.....	36
Caffete Chocolate Ice Cream.....	38
Chestnut Chocolate Ice Cream	40
Choco Coco Ice Cream	42
Chocolate Dew Ice Cream	44
Chocolate Ice Cream with Nutella.....	46
Chocolate Ice Cream with Passion Fruit Syrup.....	48
Choco Yogurt and Cherries Ice Cream.....	50
Chocolate Pistachio Ice Cream	52
Chocolate Coconut Ice Cream with Cognac.....	54
Coffee & Honey Chocolate Sorbet.....	56
Coffee Liqueur Chocolate Ice Cream	58
Daddy-Cool Chocolate Ice Cream	60
Dark Imperial Ice Cream	62
Finno Chocolate Ice Cream with Hazelnuts	64
Kahlúa Chocolate Ice Cream.....	66
Marquise de Chocolate Ice Cream.....	68
Minty Chocolate Ice Cream.....	70
Naranja Chocolate Ice Cream	72
Peanut Chocolate Ice Cream	74
Rumichino Chocolate Ice Cream with Raisins	76
Sangster's Chocolate Ice Cream	78
Smooth Chocolate Ice Cream with Pistachios.....	80
Vegan Chocolate Ice Cream	82
Conversion Tables	84
About the Author	85

Would you like to learn how to make high quality chocolate ice cream at home? *A Million Ways to Make Chocolate Ice Cream* was written for people who enjoy ice cream and chocolate in general, and those who are looking for their favorite.

Is it possible to make one ice cream flavor a million ways? Well, as I explained in my book, *A Million Ways to Make Vanilla Ice Cream*,

“The matrix consists of three major parts: the base, the flavor, and the method. The base is further divided into three parts: the starting base, the thickener, and the sweetener. The method is divided into mixing and freezing. And the taste in itself is a separate part. Altogether, you will find six parts, or columns, if you like. Within these parts, you will find ten different ingredients. Some combinations might be better than others. Most of them will work as a single component and/or in a mix with others. In any case, each is a variable in our equation.

So, $10 \times 10 \times 10 \times 10 \times 10 \times 10 = 1$ million

Each and every ingredient will be described and you will get information about what it is, where to find it, and how to use it—30 unique recipes are mixed in between the chapters, serving as inspiration, start-ups and basis for making your own blend when and if you’d like.”

Let’s start our Chocolate Ice Cream journey.

The Base

Starting Base

Three-Ingredient Chocolate Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (3.6 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 373.5

Calories from Fat (75%) 278.52

% Daily Value

Total Fat 31.37g 48%
Saturated Fat 18.93g 95%
Cholesterol 71.28mg 24%
Sodium 26.27mg 1%
Potassium 236.69mg 7%

Total Carbohydrates 20.46g 7%
Fiber 2.65g 11%
Sugar 13.93g
Protein 3.3g 7%

Ingredients

2 1/2 cups heavy cream
1 can (11 oz.) sweetened milk
7 oz. dark chocolate, chopped
finely

Servings: 6

Cooking Times

Preparation Time: 15 minutes
Inactive Time: 5 hours

Instructions

1. Place the chocolate in a double boiler and stir constantly until melted.
2. Remove the melted chocolate from the heat and let cool for minutes at room temperature.
3. In a mixing bowl, beat the cream with the sweetened milk at high speed for 5 minutes.
4. Lower the speed slightly and slowly add the melted chocolate. Continue to beat until well combined.
5. Pour the ice cream into a freezer-safe container (with plastic wrap and lid over it). Freeze for 4-5 hours.
6. Serve.

Coconut Water

Coconut water is the natural juice contained within the coconut. It is rich in potassium and other nutrients, low in calories, free of fat and is very hydrating. It aids in the proper functioning of the intestine and digestion, and is a diuretic. It is abundant in tropical and hot areas, especially in seaside resorts and coastal towns, where it is consumed as a refreshing drink.

Coconut Milk

Coconut milk is obtained by crushing and pressing the pulp of mature coconuts, and should not be confused with coconut water. It is widely used for culinary purposes, such as in the dairy, ice cream, candy, yogurt and biscuit industries. In terms of fatty acid composition, it is the most similar to human breastmilk. Coconut milk is a very popular ingredient in South and Southeast Asia, the Caribbean, and Brazil. The color and flavor of coconut milk can be attributed to its high oil content. It is a product rich in saturated fat and contains vitamins C, B1, B3, B5 and B6, calcium, selenium, magnesium, phosphorus, iron, potassium, copper, zinc and manganese, in addition to protein, arginine, and lauric acid.

Soy Milk

Soy “milk,” also known as soy drink, is a drink made from soy beans. It helps reduce body fat and is an option for anyone who has problems with cholesterol or cannot digest milk. Its nutritional value is lower than milk, but it can be prepared to have a similar protein content. Soy milk is a beverage made via two different manufacturing methods: from soy extract or from soy protein isolate. Soy extract is obtained by grinding soy beans with water, a process in which proteins, part of the soluble carbohydrates, unsaturated fats, vitamins and minerals present in soy are preserved. The isolated soy protein is extracted from the defatted soybean meal obtained from the removal of the non-protein components of the grains. It contains approximately 90% protein on a dry basis.

Almond Milk

Almond milk has a creamy texture and nutty flavor. It does not contain cholesterol or lactose, and is often consumed by people who suffer from lactose intolerance and others who want to avoid dairy products, such as vegans. Commercial almond milk comes sweetened or plain, with vanilla or chocolate flavoring, and is usually enriched with vitamins. It can also be produced at home, using a blender, almonds, and water.

Yogurt

Yoghurt is a creamy food made from fermented milk. Yogurt has a soft texture with a slightly acidic taste due to its lactic acid content. It has high nutritional value and can be produced with cow, sheep and buffalo milk. Yogurt in its current form probably came from regions that today belong to Turkey. Cow's milk is mainly used in the US and Europe, while sheep's milk is preferred in Turkey and Southeast Europe.

Whole Milk

Milk is a nutritious, white or slightly yellowish liquid that is intended for the nutrition of newborn mammals. It contains various organic substances, including water, fat, proteins, carbohydrates, enzymes, salts and vitamins. Some of these components, such as fat, may be separated from the remaining milk mechanically.

Half-and-Half

Half-and-half is a simple blend of equal parts whole milk and light cream. It averages 10 to 12% fat, which is more than milk but less than light cream. Due to its lower fat content, it can't be whipped.

Condensed Milk

Condensed milk is cow's milk from which water has been removed. It is most often found in the form of sweetened condensed milk, which has added sugar, and the terms "condensed milk" and "sweetened

condensed milk” are often used synonymously today. Sweetened condensed milk is commonly used in baked goods and desserts—like pie, pudding, and ice cream—and as a sweetener in coffee and tea.

Cream

Cream (also called double cream or heavy cream) is milk fat, a form of dairy used in cooking and confectionery. It is also the main ingredient in butter. In un-homogenized milk, the fat forms a layer of cream on the surface, which can be removed for later use; this cream has only 30% milk fat. The cream can be used to make whipped cream (see below).

Whipped Cream

Whipped cream (from the German verb *Schlagen* = to beat) is a food made by whipping sweet cream. It is an aerated colloid produced when air is incorporated into cream containing at least 35% fat. The cream is usually whipped with an electric or hand mixer, food processor, or whisk.

The Base Thickener

Super Creamy Chocolate Ice Cream



Nutrition Facts

Serving size: 1/8 of a recipe (3.3 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 275.25

Calories from Fat (58%) 158.62

% Daily Value

Total Fat 17.93g 28%

Saturated Fat 10.6g 53%

Cholesterol 119.67mg 40%

Sodium 36.99mg 2%

Potassium 117.34mg 3%

Total Carbohydrates 26.55g 9%

Fiber 0.52g 2%

Sugar 24.33g

Protein 3.12g 6%

Ingredients

1/3 cup cocoa powder
3/4 cup sugar
3 egg yolks
2 1/2 cups fresh cream
4 Tbsp dark chocolate, grated

Servings: 8

Cooking Times

Preparation Time: 15 minutes
Inactive Time: 4 hours

Instructions

1. In a large bowl, combine the sugar and cocoa powder.
2. Add the egg yolks and beat with the mixer, gradually adding the cream.
3. Pour the egg mixture into a bowl and refrigerate.
4. While the cream cools, chop or grate the chocolate. You can use a blender or food processor for this.
5. Mix the chocolate into chunks of ice cream. Prepare the ice cream in the ice cream maker, according to the manufacturer's instructions. (If you do not have an ice cream maker, place the ice cream in a covered bowl freeze for 30 minutes.)
6. Remove and mix with a spoon to break up the ice crystals. Continue doing this every 30 minutes for a total of 4 hours.

No Thickener

It is not necessary to use a thickener. The main job of thickener is to make the ice cream thicker, but you don't always need it, especially if you use egg whites, arrowroot or gelatin. You can also use cornstarch and a few tablespoons of cream cheese to thicken the base.

Cornstarch

Corn starch, corn flour or maize starch is the starch derived from the corn (maize) grain or wheat. The cornstarch is used as a flour for making bread, pasta, biscuits, pizza bases, etc. It is also used as a thickener for soups, hot chocolate, custard and ice creams.

Gelatin

Gelatin is an irreversibly hydrolyzed form of collagen, which is derived from the skin, bone, cartilage and connective tissue of animals. When heated, gelatin melts; when cooled, it becomes firm. It partially dissolves in cold water.

Locust Bean Gum

Also known as carob gum, this is a thickening and gelling agent used in food technology. Locust bean gum is a galactomannan vegetable gum extracted from the seeds of the carob tree. The seeds or beans, powdered, are sweet with a taste similar to chocolate. It is also used to sweeten food and as a substitute for chocolate.

Sago

Sago is a starch extracted from various tropical palm stems, especially Metroxylon sago (palm tree) and Cycas rumphii (one species of gymnosperms), and used as staple food in East Asia. As a starch, the benefits of sago come primarily from carbohydrates. Sago is not a low-calorie food, nor is it a good source of protein and fiber.

Arrowroot

Arrowroot is a starch obtained from the rootstock of several tropical plants, especially *Maranta arundinacea*, but also Florida arrowroot from *Zamia integrin folia*, and tapioca from cassava (*Manihot esculenta*), which is often labeled as arrowroot. It is used in cooking to thicken sauces and ice creams.

Katakuri Starch

Katakuri (*Erythronium japonicum*) is a species of pink flower belonging to the lily family that is native to Japan, Korea, Russia, East Asia and northeastern China. It is used to thicken sauces.

Tapioca

Tapioca is the starch extracted from cassava root, usually prepared in granulated form. Tapioca powder is commonly used in cooking as a smooth thickener for soups, sauces and puddings. It can also be used as a substitute for corn starch.

Potato Starch

Potato starch is starch extracted from potatoes. It is a very refined starch, containing minimal fat or protein. It is an excellent and effective thickener for sauces and gravies. It is also perfect for the people who suffer from gluten intolerance or celiac disease, as it contains no gluten.

Eggs

Eggs are a perfect thickener. The proteins in eggs coagulate at different temperatures, and this results in thickening. Keep in mind that eggs must be cooked gently and heated carefully for sauces or other mixtures, or they will curdle and leave the product lumpy.

The Base Sweetener

Chocolate Fairy Ice Cream



Nutrition Facts

Serving size: 1/8 of a recipe (3.9 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 273.76

Calories from Fat (70%) 190.68

% Daily Value

Total Fat 21.44g 33%
Saturated Fat 12.9g 65%
Cholesterol 45.68mg 15%
Sodium 31.31mg 1%
Potassium 217.27mg 6%

Total Carbohydrates 16.83g 6%
Fiber 2g 8%
Sugar 12.19g
Protein 3.34g 7%

Ingredients

1 cup milk
1 can condensed milk
7 oz. dark chocolate
2 cups fresh cream
2 tsp vanilla sugar

Servings: 8

Cooking Times

Preparation Time: 20 minutes
Inactive Time: 12 hours

Instructions

1. Melt the chocolate a water bath or double boiler. Stir well and add milk and condensed milk.
2. Stir again until smooth and creamy. Allow to cool, stirring often.
3. Beat the cream in a mixing bowl and add the vanilla.
4. Combine cream with chocolate mixture, and beat until well incorporated.
5. Place the chocolate ice cream in a freezer-safe container (with plastic wrap and lid over it). Keep it in the freezer for at least 12 hours, as you do the next step number 6 during these hours.
6. Transfer frozen mixture to a bowl and beat with a mixer until smooth. Repeat the process at least 5 times. This will prevent crystallization.

Honey

Honey is an aromatic, viscous, sweet material derived from the nectar of the plants. Honey contains 77-78% sugar (mainly fructose and glucose), and because of its relatively low moisture content, it does not go bad easily.

Stevia

Stevia is a sweetener and sugar substitute extracted from the leaves of the *Stevia rebaudiana* plant, which is native to parts of Brazil and Paraguay. The most important components of stevia are glycosides, which are 250 to 400 times sweeter than sugar. An additional advantage is that it contains no calories.

Coconut Sugar

Coconut sugar is a natural sweetener; it is the boiled and dehydrated sap of coconut palm flowers. (It's not actually made from coconuts.) Usually, the coconut sugar is converted into a solid form, similar to brown sugar, which makes it easier to use. Coconut sugar is 3% to 9% fructose, while regular sugar is 50% fructose.

Yacón Syrup

Yacón syrup is a sweetening agent extracted from the tuberous roots of the yacón plant (*Smallanthus sonchifolius*), which is indigenous to the Andes mountains. In Peru, people eat yacón because of its nutritional properties, very low calories, and low sugar levels. In Bolivia, yacón roots are eaten by people with diabetes and digestive and renal disorders. In some regions of South America, the dried leaves are used to make a tea that is said to be anti-diabetic.

Agave Nectar

Agave nectar (also called agave syrup) is a sweetener made from several species of agave (a type of succulent plant from Mexico and the southwestern parts of the US). Agave syrup is sweeter than honey and tends to be less viscous. Agave nectar is a real sugar, unlike artificial and non-nutritive sweeteners. Agave nectar is a perfect in all kinds of cold drinks, cocktails and desserts. It gives ice cream a honey-like taste.

Maple Syrup

Maple syrup is a natural sweetener; it is a syrup extracted from the raw sap of trees of the genus *Acer*. The syrup is high in zinc and manganese. Each 100g contains 44% to 157% of your daily recommended intake of these substances, respectively. It is also rich in amino acids. Maple sugar is less calorific than cane sugar: 100g of common sugar has 400 calories, while maple sugar contains only 261.

Blackstrap Molasses

Blackstrap molasses is the dark, viscous molasses that remain after maximum extraction of sugar from raw sugar cane. It has the consistency of a thick syrup and has the lowest sugar content of any sugar cane product. You can substitute it in recipes that call for honey, maple sugar or brown sugar.

Brown Sugar

Brown sugar, or sucrose sugar, is a variety of unrefined or partially refined soft sugar that varies in color between caramel and brown, resulting from the crystallization of the sugar mill. Brown sugar has trace amounts of calcium, potassium, iron and magnesium, but does not have any significant health benefits.

Sucrose

Pure sucrose is most often obtained as a fine, crystalline powder with no color or odor, and has a pleasant, sweet taste. Solid crystals can be obtained by crystallization on a wooden stick, which is sold as a treat known as the “candy stone.” Pure sucrose is not considered a healthy food, but is added to other foods to make them more delicious.

Fructose

Fructose is an organic compound that belongs to the group of carbohydrates known as monosaccharides. It is a natural sugar that is found in fruits. Fructose is considered to be the sweeter monosaccharide found free in nature, and commonly accompanies glucose in grapes and other fruits. It is also found in various vegetables and syrups.

Chocolate Flavor

Easy Chocolate and Banana Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (6.2 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 153.62

Calories from Fat (15%) 22.82

% Daily Value

Total Fat 2.61g 4%

Saturated Fat 1.55g 8%

Cholesterol 6.51mg 2%

Sodium 40.62mg 2%

Potassium 484.41mg 14%

Total Carbohydrates 32.39g 11%

Fiber 3.86g 15%

Sugar 21.19g

Protein 4.63g 9%

Ingredients

4 ripe bananas
6 Tbsp raw cacao
2 tsp vanilla sugar
2 1/2 Tbsp honey
2 cups milk

Servings: 6

Cooking Times

Preparation Time: 15 minutes
Inactive Time: 12 hours

Instructions

1. Peel and slice the bananas into discs. Freeze for 8 hours.
2. Remove the frozen banana pieces from the freezer and blend them in a high-speed blender.
3. Add some of the milk and beat again. Add more milk, cacao and vanilla sugar, and beat until creamy.
4. Add some more milk and the honey, and beat again. Add the rest of the milk and beat well.
5. Place the mixture in a freezer safe container and freeze for 4 hours.
6. Transfer the frozen mixture to a bowl and beat with an electric mixer until smooth. Repeat the process at least 5 times. This will prevent crystallization.

Raw Cacao

Cacao is the raw, unprocessed chocolate superfood. It is the purest form of chocolate you can consume, which means it is raw and much less processed than cocoa powder. Raw cacao contains up to four times the antioxidants of traditional cacao powder, and has the highest antioxidant value of all the natural foods in the world.

Dark Chocolate

Also called black or pure chocolate, dark chocolate is made with roasted cocoa beans without added milk. European standards dictate that it must contain at least 35% cocoa. It is one of the best sources of antioxidants (such as polyphenols, flavanols and catechins) on the planet. According to one study, cocoa and dark chocolate provide greater antioxidant effects than even berries.

Cocoa Powder

Cocoa solids are a mixture of many substances that remain after cocoa butter is extracted from cacao beans. Unlike chocolate powder, it contains no sugar. It is widely used in recipes, including hot chocolate. It has a bitter taste and should not be confused with soluble chocolate (cocoa powder + sugar) or with chocolate, which has a higher concentration of sugar and less chocolate.

Chocolate Liqueur

Chocolate liquor (cocoa liquor) is pure cocoa mass in solid or semi-solid form. Like the cocoa beans (nibs) from which it is produced, it contains both cocoa solids and cocoa butter in roughly equal proportion. Chocolate liquor can be consumed as an aperitif, or it can be used in desserts, cakes and ice creams. Chocolate liqueur has a long history; it is mentioned in France as early as 1666.

Chocolate Extract

Chocolate extract is made by infusing an alcohol solution with cocoa beans. It has a very strong chocolate aroma and flavor with an alcohol

note, and is entirely natural. The chocolate extract can be used in many desserts, including cakes and ice creams.

Chocolate Syrup

Chocolate syrup, or chocolate sauce, is a type of condiment made from sugar and cocoa. It is usually added to certain culinary preparations in order to increase the taste and aroma of chocolate. Chocolate syrup can be added to a wide range of dishes, though it is often used to cover various desserts, such as ice cream, or mixed with milk to obtain chocolate milk.

Chocolate Chips

Chocolate chips, or chocolate drops (in Brazil), or chocolate nuggets (in Portugal), are small pieces of chocolate. They are often made in a teardrop shape with a flat base, and are used in breads, cookies and ice creams.

Raw Chocolate

Raw chocolate is made from cold pressed cacao butter and unroasted cacao beans. It is now being sold as a “superfood” because the antioxidants present in the cacao are preserved through minimal processing.

Chocolate Chip Cookies

A cookie (in Europe), a biscuit in Canada or a nugget, is a small, dry, round biscuit with chocolate chips originating in the United States. Variations include recipes with other types of chocolate or additional ingredients such as nuts or oats. It can be used in different desserts and ice creams.

Unsweetened Chocolate

Unsweetened chocolate is mainly used for cooking purposes as it usually has a cocoa liquor component of 99%.

The Preparation Mixing

Paleo Chocolate Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (3.7 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 91.71

Calories from Fat (78%) 71.65

% Daily Value

Total Fat 8.58g 13%

Saturated Fat 7.52g 38%

Cholesterol 0mg 0%

Sodium 6.05mg <1%

Potassium 128.84mg 4%

Total Carbohydrates 4.31g 1%

Fiber 0.96g 4%

Sugar 0.31g

Protein 1.03g 2%

Ingredients

2 Tbsp raw cacao powder
2 cups coconut milk
1/3 cup agave nectar
1/2 tsp vanilla bean powder
1/2 tsp guar gum
1 tsp vanilla extract
1 pinch of salt

Servings: 6

Cooking Times

Preparation Time: 30 minutes
Inactive Time: 40 minutes

Instructions

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Place the ice cream mixture in a freezer-safe container (with plastic wrap and lid over it) and freeze for 30-40 minutes.
3. Place chilled ice cream mixture into an ice-cream maker and follow the manufacturer's instructions.
4. Keep refrigerated.

Introduction

There are two schools of thought when it comes to mixing an ice cream: hot and cold. The hot mixing method involves blending everything together with some ingredients being either warm or warmed up as they're mixed, while the cold mixing method means simply mixing the ingredients and then freezing. There are slight differences in the taste and texture of the resulting ice cream. The main advantage of having two types of methods is the flexibility. You choose how you want to work, and having the option to relax while you're making a bowl of your favorite ice cream for your loved ones is just the best thing in the world.

These are 10 different methods of mixing ingredients to make ice cream, for details look in volume 1 (about vanilla ice cream) in this series:

1. Hot One by One
2. Hot, Thick, and Sweet
3. Hot Starting Base and All Together
4. Hot All Together
5. Hot Together and Thickener
6. Hot as Couple
7. Hot Double
8. Cold Sweetener
9. Cold Thickener
10. Cold Chocolate

The Preparation Freezing

Simple Chocolate Ice Cream (Thermomix)



Nutrition Facts

Serving size: 1/6 of a recipe (5.4 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 309.64

Calories from Fat (50%) 154.72

% Daily Value

Total Fat 17.68g 27%

Saturated Fat 10.19g 51%

Cholesterol 167.34mg 56%

Sodium 55.87mg 2%

Potassium 148.74mg 4%

Total Carbohydrates 34.62g 12%

Fiber 0.42g 2%

Sugar 29.16g

Protein 5.35g 11%

Ingredients

3 oz. dark chocolate
4 large egg yolks
2 cups milk
3/4 cup fresh cream
3/4 cup sugar

Servings: 6

Cooking Times

Preparation Time: 15 minutes

Instructions

1. Place the milk and dark chocolate in the Thermomix, then finely chop it at turbo speed for 5 seconds. Add all remaining ingredients and stir well for 5 minutes at 160°F.
2. Cool the mixture at room temperature and let chill in the refrigerator for a couple of hours.
3. Transfer the ice cream to a freezer-safe container (with plastic wrap and lid over it). Leave it in the freezer overnight.
4. Before serving, cut the ice cream into pieces with a knife and place in the Thermomix at speed 9 for about 15 seconds, and then at speed 6 for 30 seconds.
5. Serve and enjoy!

Introduction

You made some cream and gave it a chocolate flavor. Now, all that's left for it to do is turn into ice, or at least become partially frozen. Naturally, the market is swarming with ice cream makers for all budgets, and you're most likely to choose solely based on price. It's possible to use the freezer part of your refrigerator, but if it's already packed solid with frozen goods, you might just want to get a dedicated ice cream maker.

Even if you can afford it, I recommend against buying the most expensive ice cream maker on the market, as they're really only meant for professionals. Most ice cream makers will work just fine, as long as they can do one thing: freeze.

The freezing process itself can be quite varied, with different stirring speeds, temperatures, and so on. This means each ice cream maker brand has a slightly different result, and individual models in those brands can vary as well.

Freezer

It's "ice" cream, so you'll need a way to make ice, meaning the temperature in the ice cream maker should be able to drop near or below 0°C (32°F). When that happens without the mixture being stirred, ice crystals will form, which you will be able to feel on your tongue. That's not a good thing. To prevent the ice cream from freezing solid, you can buy a device that includes a mixer. Failing that, you can always stir it by hand, and you'll notice that the ice cream will turn out differently the more you stir it during freezing. The whole freezing process takes five hours on average.

Freezer Cubes

Who said the ice cube tray is only good for making ice cubes? It might sound weird, but it actually works. Just pour the ice cream into the tray, wait for it to freeze, place the cubes in a food processor, and mix until you're happy with the result. Because the ice cream will be freezing in small chunks, it will freeze evenly without forming crystals, which

means no stirring is necessary. The only requirement is a food processor that can handle ice cubes.

Hand Freezer

Imagine a wooden barrel. Inside, there is a metal cylinder made out of stainless steel. Inside the cylinder are metal blades connected by an external crank shaft. When the cylinder is filled with 85% ice cream and 15% table salt to help the freezing process, the handle is turned and the ice cream settles evenly.

Electric Ice Cream Maker

This method requires ice and salt, in about a 5-to-1 ratio. The salt melts the ice, creating a mixture that drains heat from its surroundings. Using the right mix of ice and salt can lower the temperature all the way to 10°F. If you can, use rock salt; the shape and size of its crystals result in much faster freezing than regular table salt.

An Electric Ice Cream Maker's Freezing Unit

Certain ice cream makers are actually a special freezing unit with double walls with a freezing liquid between them. Pack the unit with the ice cream mixture and toss it in the freezer. The liquid will cool and do the job of the brine mixture we have to mix by hand using other methods. This method is considerably slower, however: the average wait time is about 15 hours, depending on the unit size and fullness. Opening the freezing unit will extend this wait, so just shake it—if the mixture inside moves, it isn't ready.

Pacojet®

This is a specialized kitchen appliance meant for ice cream professionals. Pacojet is made in Switzerland and essentially works by pureeing food without thawing it. Sorbets, sauces and mousses can be made with Pacojet, as the resulting product is extremely velvety. The best part is how effortlessly it turns even deeply frozen ice cream mixes into

fresh and magnificent sorbets and ice creams, ready to be served and endlessly enjoyed. Simply blend what you want into your ice cream, fill the container with the mixture and put it in the freezer until it is set. This results in a wonderful frozen base that can be used whenever you fancy a chilled delicacy.

Pre-Freeze Bowl

Some ice cream maker models come with a special detachable pre-freeze bowl. It should be chilled for 24 hours (or as long as the instructions say) before you fill it with your ice cream mixture. Without this pre-freezing process, the temperature will never drop low enough for the ice cream to form.

Hand-Crank Ice Cream Maker

This is a domestic kitchen appliance that is only able to produce small amounts of ice cream. Because it's not large enough for commercial use, you'll hardly ever see them, but they're a delight to use. Some models have a crank handle, but you might be able to find one with an electric motor that does the job for you, stirring and aerating the mix as it goes cold. Because of its size, this type of ice cream maker tends to do the job surprisingly quickly. Alcohol will generally resist freezing, so any ice creams containing alcohol will need to be chilled further, even after being processed with this adorable ice cream maker.

Built-In Freezer

Forget about pre-chilling the bowl for 24 hours in advance—this is the way to make ice cream fast. Plug it in, start it up and it's ready to chill after just a couple minutes. This type of ice cream maker is fully equipped to handle producing a commercial amount of ice cream, churning out one batch of ice cream after another. Better yet, each batch can have a completely different flavor. Of course, this comes at a price, and these are generally more expensive than the pre-freeze bowl model, but it's often possible to find a used model that fits your budget.

Carpigiani® FantaStick

Finally, we come to the pinnacle of ice cream making. Using Carpigiani® FantaStick is like launching rockets into space with the press of a button. This powerful professional ice cream maker is a blast freezer with easily fillable molds. Everything in Carpigiani® FantaStick is optimized to absolute brilliance, and not even opening the unit counts against you. Since the hatch is on top, the cold air will sink to the bottom of the molds and stay there. Create your very own popsicles and ice cream sticks in the blink of an eye.

Liqueur Fogg Chocolate Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (3.3 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 239.87

Calories from Fat (45%) 107.59

% Daily Value

Total Fat 12.01g 18%	Total Carbohydrates 26.98g 9%
Saturated Fat 5.77g 29%	Fiber 2.15g 9%
Cholesterol 100.91mg 34%	Sugar 20.52g
Sodium 38.13mg 2%	Protein 4.48g 9%
Potassium 81.88mg 2%	

Ingredients

5 oz. dark chocolate
(90% cocoa)
1/4 cup sugar
1 cup milk
(dairy or non-dairy)
3 large egg yolks
1 cup whipped cream
1 tsp vanilla extract
2 tsp Liqueur Fogg
(Chocolate Liqueur)

Servings: 6

Cooking Times

Preparation Time: 40 minutes

Inactive Time: 30 minutes

Instructions

1. Chop the chocolate and place with the milk in a sauce pan over low heat.
2. Beat until smooth. The chocolate mixture is ready when becomes light brown and shiny.
3. Combine yolks, vanilla extract, liqueur and sugar in a mixing bowl. Beat with a mixer until it turns white.
4. Pour the chocolate slowly into the egg-sugar mixture. Continue to beat until the bubbles appear (about 1-2 minutes).
5. Beat the cream with a mixer at the lowest speed, until a uniform consistency is obtained. Add the cream to chocolate-egg mixture and gently beat for 1-2 minutes.
6. Pour the mixture into ice cream maker and churn according to the manufacturer's instructions, usually 20 to 25 minutes.
7. Transfer the chocolate ice cream to a freezer-safe container and top with plastic wrap, then the lid. Freeze for 30 minutes.
8. Serve and enjoy!

Caffete Chocolate Ice Cream



Nutrition Facts

Serving size: 1/8 of a recipe (4.2 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 399.1

Calories from Fat (55%) 218.4

% Daily Value

Total Fat 24.62g 38%

Saturated Fat 14.89g 74%

Cholesterol 56.89mg 19%

Sodium 107.69mg 4%

Potassium 374.63mg 11%

Total Carbohydrates 40.64g 14%

Fiber 2.88g 12%

Sugar 34.46g

Protein 6.26g 13%

Ingredients

7 oz. bittersweet chocolate,
roughly chopped
1/4 cup raw cacao
2 Tbsp strong coffee
1 1/2 Tbsp honey
1 tsp vanilla extract
1 pinch of salt
1/2 cup milk
1 can (11 oz.) condensed milk
2 cups fresh cream

Servings: 8

Cooking Times

Preparation Time: 20 minutes
Inactive Time: 12 hours

Instructions

1. Place the condensed milk in the freezer.
2. In a heavy-bottomed pan, place the chocolate, cacao, coffee, honey, vanilla, salt and milk.
3. Bring to the boil over medium heat until the chocolate is just melted. Set aside.
4. Beat the fresh cream in a mixing bowl at high speed until firm. Do not overmix.
5. Decrease the speed and add the previously frozen condensed milk without hitting.
6. Add the chocolate mixture and beat until creamy.
7. Place in a freezer-safe container and cover the surface of the ice cream with plastic wrap to avoid forming ice crystals. Refrigerate for at least 12 hours before serving.

Chestnut Chocolate Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (5.1 oz.).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 544,68

Calories from Fat (74%) 403.12

% Daily Value

Total Fat 45.61g 70%

Saturated Fat 27.19g 136%

Cholesterol 170.99mg 57%

Sodium 36.86mg 2%

Potassium 362.74mg 10%

Total Carbohydrates 30.06g 10%

Fiber 3.74g 15%

Sugar 15.48g

Protein 5.26g 11%

Ingredients

2 cup cream
8 oz. dark chocolate
2 egg yolks
4 Tbsp chopped chestnut
(boiled or roasted)
1/4 cup stevia (optional)

Servings: 6

Cooking Times

Preparation Time: 25 minutes

Instructions

1. Chop the chocolate and melt over a water bath.
2. Add the egg yolk and stir quickly. Cook for another 1-2 minutes and remove from heat.
3. Beat the chilled cream in a mixing bowl until it reaches the stiff peaks stage. Add stevia if using.
4. Add the chocolate mixture into the cream, stir again, and add the chopped chestnut.
5. Pour the mixture into a large container and place in the freezer for 2-3 hours.
6. Transfer frozen mixture to a bowl and beat with a mixer until smooth. Repeat the process at least 5 times. This will prevent crystallization.
7. Leave in a freezer overnight before serving.

Choco-Coco Ice Cream



Nutrition Facts

Serving size: 1/8 of a recipe (5 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. One of the recipe's ingredients was not possible to calculate. This ingredient is not included in the nutrition data.

Amount Per Serving

Calories 337.99

Calories from Fat (56%) 188.63

% Daily Value

Total Fat 22.58g 35%

Saturated Fat 19.8g 99%

Cholesterol 0mg 0%

Sodium 21.66mg <1%

Total Carbohydrates 37.84g 13%

Fiber 1.8g 7%

Sugar 26.84g

Protein 2.78g 6%

Potassium 362.93mg 10%

Ingredients

3 1/2 cups coconut milk
1/2 cup raw cacao
1 tsp pure vanilla extract
1 cup granulated sugar
2 Tbsp corn starch
1 pinch of salt

Servings: 8

Cooking Times

Preparation Time: 25 minutes
Inactive Time: 4 hours

Instructions

1. In a bowl, mix the raw cacao and 2/3 cup of milk until it forms a paste. Stir in the vanilla extract.
2. In a small saucepan, mix the cane sugar, corn starch, and salt.
3. Slowly add the remaining milk and cook over medium heat, stirring with a wooden spoon. Bring to boil, reduce the heat to low, and continue stirring for 3 minutes.
4. Combine the milk mixture with the cacao mixture. Stir well and let cool to room temperature.
5. Transfer the ice cream mixture to a freezer-safe container (with plastic wrap and lid over it). Freeze for 4 hours.
6. Transfer frozen mixture to a bowl and beat with an electric mixer until smooth. Repeat the process at least 5 times. This will prevent crystallization.

Chocolate Dew Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (5.2 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. One of the recipe's ingredients was not possible to calculate. This ingredient is not included in the nutrition data.

Amount Per Serving

Calories 351.16

Calories from Fat (50%) 174.42

% Daily Value

Total Fat 20.18g 31%

Saturated Fat 11.65g 58%

Cholesterol 165.88mg 55%

Sodium 47.59mg 2%

Potassium 162.14mg 5%

Total Carbohydrates 40.41g 13%

Fiber 1.8g 7%

Sugar 25.83g

Protein 6.16g 12%

Ingredients

4 large egg yolks
1 cup fructose
1 1/2 cups whole milk
1 1/2 cups fresh cream
6 1/2 oz. dark chocolate,
grated or chopped
3 Tbsp raw cacao
2 tsp vanilla extract

Servings: 6

Cooking Times

Preparation Time: 1 hour

Inactive Time: 6 hours

Instructions

1. In a large bowl, using an egg whisk beat the egg yolks well with the fructose until it forms a white, fluffy cream.
2. Place the milk and cream in a pan and bring to the boil.
3. Turn off the heat and add the grated chocolate and cacao. Mix well until chocolate melts and is fully incorporated.
4. Add the chocolate milk to the egg yolk mixture and stir well.
5. Return everything to the pan and place over very low heat, stirring without stopping until the liquid becomes a thick cream. This process takes around 10 to 15 minutes.
6. When thickened slightly, remove from heat. Add the vanilla extract and keep in the freezer until it freezes completely.
7. When the ice cream mixture is chilled, place it in the bowl of the ice cream machine and mix for about 40 minutes, or until ice cream consistency.
8. Freeze for at least 6 hours before serving.

Chocolate Ice Cream with Nutella



Nutrition Facts

Serving size: 1/7 of a recipe (5 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 443.37

Calories from Fat (46%) 204.51

% Daily Value

Total Fat 22.99g 35%

Saturated Fat 13.83g 69%

Cholesterol 47.21mg 16%

Sodium 74.82mg 3%

Potassium 364.87mg 10%

Total Carbohydrates 54.47g 18%

Fiber 2.29g 9%

Sugar 49.43g

Protein 6.22g 12%

Ingredients

1 can sweetened condensed milk
1/2 cup milk
8 Tbsp Nutella
1 cup dark chocolate, finely chopped or grated
1 1/4 cups fresh cream
1/2 cup powdered sugar

Servings: 7

Cooking Times

Preparation Time: 15 minutes
Inactive Time: 8 hours

Instructions

1. Beat the cream and powdered sugar together with a hand mixer. Beat on high speed until the cream becomes frothy.
2. Add the milk and condensed milk. Continue to beat for another 3 minutes.
3. Add the Nutella and beat for another minute.
4. Place the ice cream in a freezer-safe container and sprinkle with the chopped chocolate.
5. Place the ice cream mixture in the freezer for 6-8 hours. You can also make this ice cream in an ice cream machine by following the manufacturer's instructions.

Chocolate Ice Cream with Passion Fruit Syrup



Nutrition Facts

Serving size: 1/6 of a recipe (4.9 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 326.35

Calories from Fat (40%) 131.24

% Daily Value

Total Fat 14.76g 23%
Saturated Fat 8.9g 45%
Cholesterol 32.5mg 11%
Sodium 33.58mg 1%
Potassium 192.55mg 6%

Total Carbohydrates 46.93g 16%
Fiber 1.33g 5%
Sugar 43.84g
Protein 3.03g 6%

Ingredients

- 1 cup cream
- 3 1/2 oz. dark chocolate,
melted
- 1 can condensed milk
- 1 cup milk, warmed

Servings: 6

Cooking Times

Preparation Time: 20 minutes

Inactive Time: 3 hours

Syrup

- 1 cup sugar
- 1 cup water
- 2 Tbsp passion fruit pulp

Instructions

1. Blend all the ingredients for the ice cream in a blender until creamy and stiff.
2. Pour the mixture into a deep refractory container and freeze for 2-3 hours.
3. Transfer frozen mixture to a bowl and beat with a mixer until smooth. Repeat the process at least 5 times. This will prevent crystallization.

Syrup

1. Place all the ingredients for the syrup in a pan and bring to boil over medium heat.
2. Reduce heat and cook for 5 minutes, or until slightly thickened. Let cool.
3. Remove the ice cream from the freezer 10 minutes before serving and pour over the cold syrup.
4. Enjoy!

Choco Yogurt and Cherries Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (11.6 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 499.24

Calories from Fat (40%) 199.5

% Daily Value

Total Fat 22.7g 35%

Saturated Fat 13.99g 70%

Cholesterol 84.12mg 28%

Sodium 133.83mg 6%

Potassium 381.43mg 11%

Total Carbohydrates 68.98g 23%

Fiber 2g 8%

Sugar 47.24g

Protein 8.39g 17%

Ingredients

3 cups plain Greek yogurt
1 1/2 cups condensed milk
1 cup fresh cream
1 cup cherries, pitted
1 cup chocolate chips

Servings: 6

Cooking Times

Preparation Time: 20 minutes
Inactive Time: 4 hours

Instructions

1. Wash, pit, and dry the cherries. Freeze for 1 hour.
2. Beat the cream until thickens slightly. Slowly add the condensed milk as you continue beating.
3. Pour in the yogurt and chocolate chips and continue for 2 more minutes.
4. Fold in the frozen cherries.
5. Pour the chocolate cream into a freezer-safe container (with plastic wrap and lid over it). Chill for 4 hours.
6. Transfer frozen mixture to a bowl and beat with an electric mixer until smooth. Repeat the process at least 5 times to break up the ice crystals.

Chocolate Pistachio Ice Cream



Nutrition Facts

Serving size: 1/8 of a recipe (7.8 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. Two of the recipe's ingredients were not possible to calculate. These ingredients are not included in the recipe nutrition data.

Amount Per Serving

Calories 140,09

Calories from Fat (27%) 38.34

% Daily Value

Total Fat 4.54g 7%

Saturated Fat 1.09g 5%

Cholesterol 2.44mg <1%

Sodium 48.2mg 2%

Total Carbohydrates 24.52g 8%

Fiber 1.95g 8%

Sugar 20.95g

Protein 3.32g 7%

Potassium 175.43mg 5%

Ingredients

4 cups plain Greek yogurt
1/3 cup raw cacao
3/4 cup sucrose
1 cup milk
1/2 tsp vanilla extract
1/2 cup chopped pistachios
1 pinch of salt
1/2 cup grated dark chocolate

Servings: 8

Cooking Times

Preparation Time: 30 minutes

Inactive Time: 2-3 hours

Instructions

1. Whisk the sucrose, yogurt, cacao, milk, vanilla and salt in a large mixing bowl, until the sucrose has dissolved.
2. Cover and refrigerate overnight.
3. Pour the mixture into the frozen bowl of your ice cream maker and churn according to the manufacturer's directions, generally 15 to 20 minutes.
4. Transfer the ice cream mixture to a freezer-safe container and place in the freezer for about 2 hours.
5. Remove from freezer about 15 minutes before serving.
6. Sprinkle with chopped pistachios and grated chocolate to serve.

Chocolate Coconut Ice Cream with Cognac



Nutrition Facts

Serving size: 1 serving (18.6 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 1849.26

Calories from Fat (63%) 1159.44

% Daily Value

Total Fat 132.67g 204%

Saturated Fat 77.47g 387%

Cholesterol 1088.8mg 363%

Total Carbohydrates 150.05g 50%

Fiber 9.65g 39%

Sugar 101.91g

Sodium 435.83mg 18%
Potassium 618.1mg 18%

Protein 22.04g 44%

Ingredients

2 1/4 cups fresh cream
4 Tbsp raw cacao
4 Tbsp grated dark chocolate
4 egg yolks
2 tsp vanilla sugar
1/2 cup coconut sugar
1 pinch of salt
1 tsp cognac (or to taste)

Servings: 1

Cooking Times

Preparation Time: 20 minutes
Inactive Time: 6 hours

Instructions

1. Place the cream in a small pot over medium heat.
2. As soon as it starts to foam, remove it from the heat and add the cacao and grated dark chocolate. Stir well.
3. Beat the yolks together with coconut sugar and salt in a mixing bowl for 2-3 minutes. Mix in the cream.
4. Cook the chocolate mixture in a double boiler over medium heat for about 5 minutes, stirring frequently.
5. Remove from heat and add the vanilla sugar and cognac.
6. Place the ice cream in a freezer-safe container (with plastic wrap and lid over it) and freeze for 6 hours.
7. Transfer frozen mixture to a bowl and beat with an electric mixer until smooth. Repeat the process at least 5 times, once every 30 minutes. This will prevent crystallization.
8. Serve and enjoy!

Coffee & Honey Chocolate Sorbet



Nutrition Facts

Serving size: 1/6 of a recipe (5.4 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 227.11

Calories from Fat (8%) 18.52

% Daily Value

Total Fat 2.09g 3%
Saturated Fat 1.21g 6%
Cholesterol 0.25mg <1%
Sodium 12.85mg <1%

Total Carbohydrates 54.76g 18%
Fiber 1.59g 6%
Sugar 51.65g
Protein 1.1g 2%

Potassium 138.02mg 4%

Ingredients

2 1/4 cups water
3/4 cup brown sugar
1/2 cup dark honey
4 Tbsp raw cacao
4 Tbsp grated dark chocolate
(at least 85% cacao)
2 tsp vanilla extract
1 tsp instant coffee

Servings: 6

Cooking Times

Preparation Time: 15 minutes
Inactive Time: 5 hours and 50 minutes

Instructions

1. Pour the water, brown sugar, honey and cacao into a pot. Heat over low heat, bring to boil and boil for 8 minutes, stirring continuously.
2. Remove the pot from the heat and add chocolate, vanilla, and coffee. Stir until all ingredients melt and let cool to room temperature.
3. Cool the sorbet mixture in the fridge for 2-3 hours.
4. Once the chocolate mixture is chilled, pour into the ice cream maker and freeze according to the manufacturer's instructions. (If you do not have an ice cream machine, place the chocolate mixture in a freezer-safe container and freeze for a few hours.)
5. Transfer frozen mixture to a bowl and beat with a mixer until smooth. Repeat the process at least 5 times, once every 30 minutes.

Coffee Liqueur Chocolate Ice Cream



Nutrition Facts

Serving size: 1/8 of a recipe (5.2 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 260.11

Calories from Fat (23%) 59.63

% Daily Value

Total Fat 6.67g 10%

Saturated Fat 3.94g 20%

Cholesterol 8mg 3%

Sodium 83.12mg 3%

Total Carbohydrates 40.48g 13%

Fiber 2.09g 8%

Sugar 36.83g

Protein 4.43g 9%

Potassium 255.16mg 7%

Ingredients

3 cups milk
3/4 cup sweetener of your
choice
1 pinch of salt
1/3 cup raw cacao
6.35 oz. Couverture*
chocolate, finely chopped
1 Tbsp vanilla sugar
3 Tbsp coffee liqueur

Servings: 8

Cooking Times

Preparation Time: 20 minutes

Inactive Time: 2 hours

Instructions

1. Heat 1 1/2 cups of the milk together with the sweetener, cacao and salt in a saucepan.
2. Bring the mixture to a boil, stirring continuously. Then, reduce the temperature and continue stirring for 30 seconds.
3. Remove the pot from the heat and add the chocolate, vanilla and liqueur. Pour in the rest of the milk and stir well.
4. Remove from heat and allow to cool to room temperature. Freeze for at least 2 hours.
5. Empty the mixture into the ice cream machine and make the ice cream according to the manufacturer's instructions.
6. Place the ice cream in the freezer or serve immediately.

Author Note

Couverture is a very high quality chocolate that contains a higher percentage of cocoa butter than baking or eating chocolate.

Dark Imperial Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (4.6 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 278.52

Calories from Fat (40%) 112.08

% Daily Value

Total Fat 12.5g 19%

Saturated Fat 6.72g 34%

Cholesterol 132.73mg 44%

Sodium 50.67mg 2%

Total Carbohydrates 36.2g 12%

Fiber 1.32g 5%

Sugar 32.7g

Protein 4.79g 10%

Daddy-Cool Chocolate Ice Cream



Nutrition Facts

Serving size: 1/8 of a recipe (5.2 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 338.46

Calories from Fat (54%) 181.66

% Daily Value

Total Fat 21.26g 33%
Saturated Fat 12.89g 64%
Cholesterol 74.05mg 25%
Sodium 53.74mg 2%
Potassium 148.7mg 4%

Total Carbohydrates 36.96g 12%
Fiber 1.36g 5%
Sugar 21.37g
Protein 4.27g 9%

Ingredients

13 oz. dark chocolate,
chopped
2 1/4 cups milk
2 1/4 cups fresh cream
2/3 cup brown sugar
1 egg yolk
1 vanilla pod

Servings: 8

Cooking Times

Total Time: 20 minutes
Inactive Time: 2 hours

Instructions

1. Place the chocolate in a mixing bowl and set aside.
2. Pour the milk, egg yolk, cream and sugar into a saucepan. Remove the seeds from the vanilla pod and add to the saucepan. Heat the mixture, stirring occasionally, until just warmed.
3. Pour the mixture into the bowl of chocolate. Allow it to cool to room temperature and place in the refrigerator.
4. Once chilled, stir the chocolate mixture and pour it into the ice cream machine. (Alternatively, beat it with an electric mixer and place it in the freezer.)
5. Transfer the frozen mixture to a bowl and beat until smooth. Repeat the process at least 5 times, once every 30 minutes. This will prevent crystallization.
6. Serve and enjoy!

Potassium 226.32mg 6%

Ingredients

1 1/4 cups milk
4 egg yolks
5 oz. granulated sugar
1 Tbsp vanilla extract
1 cup whipped cream
3.5 oz. dark chocolate,
chopped (at least 75%
cacao)

Servings: 6

Cooking Times

Preparation Time: 50 minutes
Inactive Time: 2 hours

Instructions

1. Place the chocolate and milk in a deep pot.
2. Cook over low heat, stirring constantly, and bring to a boil.
3. Place the yolks and sugar in a double boiler over medium heat and stir for 5-7 minutes. The sugar should completely dissolve, the yolk mass should brighten and increase in volume.
4. Add the vanilla extract, pour in the chocolate mixture and continue whisking for another 2-3 minutes. Let cool to room temperature.
5. In a mixing bowl, beat the chilled whipped cream until stiff peaks form.
6. Fold the chocolate-egg mixture into the whipped cream until well combined.
7. Pour the ice cream mixture into the ice cream maker and churn according to the manufacturer's directions, generally 20 to 25 minutes.
8. Transfer the ice cream to a freezer-safe container with a lid and freeze for 30-40 minutes.
9. Serve and enjoy!

Finno Chocolate Ice Cream with Hazelnuts



Nutrition Facts

Serving size: 1/8 of a recipe (6.4 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 249.18

Calories from Fat (32%) 80.08

% Daily Value

Total Fat 9.15g 14%

Saturated Fat 4.29g 21%

Cholesterol 23.94mg 8%

Sodium 139.09mg 6%

Potassium 415.47mg 12%

Total Carbohydrates 34.19g 11%

Fiber 0.39g 2%

Sugar 33.69g

Protein 8.89g 18%

Ingredients

4 1/4 cups milk
1 can (6 oz.) condensed milk
3 Tbsp powdered milk
1 Tbsp emulsifier
1 Tbsp chocolate ice cream powder
3 Tbsp chocolate cream with hazelnuts
4 Tbsp hazelnuts or chopped nuts
Chocolate syrup

Servings: 8

Cooking Times

Preparation Time: 30 minutes
Inactive Time: 12 hours

Instructions

1. Blend the milk, condensed milk and powdered milk in a blender until well combined.
2. Transfer the mixture to a freezer-safe container and freeze for about 12 hours.
3. Remove the mixture from the freezer, add the emulsifier and beat with an electric mixer.
4. Add the chocolate ice cream powder and continue to beat. Place in a freezer again.
5. When the ice cream is almost firm, remove from the freezer and beat in the chocolate hazelnut spread. Freeze again.
6. Remove from the freezer 20 minutes before serving. Garnish with chocolate syrup and chopped hazelnuts.

Kahlúa Chocolate Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (5 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 209.31

Calories from Fat (42%) 87.82

% Daily Value

Total Fat 10.3g 16%

Saturated Fat 5.72g 29%

Cholesterol 104.16mg 35%

Sodium 59.69mg 2%

Potassium 152.75mg 4%

Total Carbohydrates 24.96g 8%

Fiber 0.84g 3%

Sugar 15.38g

Protein 4.93g 10%

Ingredients

2 cups milk
3 oz. dark chocolate, chopped
3 egg yolks
4 Tbsp brown sugar
2 tsp Kahlúa
1 cup whipped cream
2 tsp vanilla sugar

Servings: 6

Cooking Times

Preparation Time: 55 minutes

Instructions

1. Heat the milk in a small, non-stick saucepan. Add the chocolate and cook over low heat, stirring constantly, until the chocolate completely dissolves.
2. Bring to boil and immediately remove from the heat. Cool slightly at room temperature.
3. Beat the egg yolks, sugar and vanilla with an electric mixer at high speed. Add the Kahlúa and stir. The mixture should become pale and increase in volume.
4. Add the hot chocolate cream and continue beating until the chocolate mass becomes homogeneous and the bubbles appear on the surface.
5. Cool the mixture to room temperature.
6. Beat chilled cream in a separate bowl.
7. Add the chocolate-egg mixture to the whipped cream. Whisk until just combined, for no more than one minute.
8. Pour the chocolate mixture into the ice cream maker and churn according to the manufacturer's directions.
9. Serve immediately, or keep in a freezer in a sealed container with a tightly fitting lid.

Marquise de Chocolate Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (5.8 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 527.95

Calories from Fat (59%) 309.69

% Daily Value

Total Fat 35.43g 55%

Saturated Fat 16.06g 80%

Cholesterol 239.46mg 80%

Sodium 49.19mg 2%

Potassium 326.95mg 9%

Total Carbohydrates 49.04g 16%

Fiber 3.89g 16%

Sugar 36.28g

Protein 8.89g 18%

Ingredients

2 cups heavy cream
6 egg yolks
1/4 cup raw cacao
3/4 cup sugar
1 cup whole milk
2 1/2 oz. dark chocolate,
chopped
2 1/2 oz. white chocolate,
chopped
1 tsp almond extract
Pinch of kosher salt
1 oz. nuts, chopped
2 oz. roasted almonds,
chopped
2 oz. roasted hazelnuts,
chopped
1 1/2 oz. mini marshmallows

Servings: 6

Cooking Times

Preparation Time: 35 minutes

Instructions

1. Whisk together egg yolks and cacao in a heavy bottom saucepan until very smooth and no lumps remain.
2. Add the sugar and continue to whisk until it forms a smooth paste.
3. Whisk in the cream and milk and put the pan over medium heat. Cook, whisking frequently, for about 10 minutes.
4. Strain the mixture into an airtight container, stir in the almond extract and salt, and chill in refrigerator overnight.
5. The next day, pour cold ice cream mix into an ice cream maker, turn on the machine, and churn according to the manufacturer's directions.
6. Transfer the ice cream to a large freezer-safe container and stir in the nuts, grated chocolate and mini marshmallows.
7. Freeze for at least 4 hours before serving.

Minty Chocolate Ice Cream



Nutrition Facts

Serving size: 1/5 of a recipe (4 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 343.98

Calories from Fat (92%) 316

% Daily Value

Total Fat 35.95g 55%

Saturated Fat 21.82g 109%

Cholesterol 128.44mg 43%

Sodium 116.57mg 5%

Potassium 93.21mg 3%

Total Carbohydrates 3.28g 1%

Fiber 0g 0%

Sugar 1.08g

Protein 3.12g 6%

Ingredients

2 cup heavy cream
1 cup cheese cream
1 tsp vanilla extract
1 tsp liquid stevia
1 tsp peppermint extract
100% dark chocolate, to
garnish

Servings: 5

Cooking Times

Preparation Time: 20 minutes

Inactive Time: 4 hours

Instructions

1. Place all ingredients except chocolate in a mixing bowl. Beat with electric mixer until well combined.
2. Pour the ice cream mixture into a freezer-safe container (with plastic wrap and lid over it). Freeze for 4 hours.
3. Transfer frozen mixture to a bowl and beat with a mixer until smooth. Repeat the process at least 5 times.
4. Before serving, top the ice cream with chocolate shavings.

Naranja Chocolate Ice Cream



Nutrition Facts

Serving size: 1/4 of a recipe (4.5 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 279.55

Calories from Fat (72%) 200.1

% Daily Value

Total Fat 22.78g 35%

Saturated Fat 14.1g 71%

Cholesterol 81.86mg 27%

Sodium 24.37mg 1%

Potassium 184.48mg 5%

Total Carbohydrates 14.75g 5%

Fiber 3.13g 13%

Sugar 1.71g

Protein 2.54g 5%

Ingredients

2 cups fresh cream
3 Tbsp raw cacao
Juice of 1 orange
2 1/2 Tbsp orange liqueur
(e.g., Cointreau, Grand
Marnier)
1/2 cup powdered sugar

Servings: 4

Cooking Times

Preparation Time: 10 minutes

Instructions

1. Place all ingredients in a large bowl and beat with an electric mixer until foamy.
2. Pour the mixture into a freezer-safe container (with plastic wrap and lid over it). Place the container in a freezer overnight.
3. Remove the ice cream from the freezer at least 15 minutes before serving.

Peanut Chocolate Ice Cream



Nutrition Facts

Serving size: 1/7 of a recipe (4.9 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 386.58

Calories from Fat (56%) 216.08

% Daily Value

Total Fat 25.16g 39%
Saturated Fat 13.54g 68%
Cholesterol 178.21mg 59%
Sodium 38.28mg 2%
Potassium 153.97mg 4%

Total Carbohydrates 39.69g 13%
Fiber 2.33g 9%
Sugar 23.53g
Protein 6.13g 12%

Ingredients

2 cups heavy cream
3 Tbsp raw cacao
5 oz. semisweet chocolate,
finely chopped
5 large egg yolks
1 cup milk
3 cup granulated sugar
1 pinch of coarse sea salt
1 tsp peanut extract
4 Tbsp peanuts, finely
chopped

Servings: 7

Cooking Times

Preparation Time: 45 minutes

Instructions

1. Heat 1 cup of the cream and the raw cacao in a medium saucepan, whisking constantly. Bring to a boil, then reduce the heat and simmer for 30 seconds, whisking constantly.
2. Remove the mixture from the heat and add the chopped chocolate. Stir until smooth, then stir in the remaining cup of cream.
3. Pour the mixture into a large bowl and set aside.
4. Warm the milk, sugar and salt in the saucepan.
5. In a mixing bowl, whisk the egg yolks. Slowly pour the warm milk into the egg yolks, whisking constantly. Pour the warmed egg yolks back into the saucepan.
6. Stir the mixture constantly over low heat, until thickened.
7. Pour the custard through a strainer and stir it into the chocolate mixture until smooth, then stir in the peanut extract and finely chopped peanuts.
8. Let cool to room temperature, then chill in the freezer.
9. Pour cold ice cream mixture into an ice cream maker and churn according to the manufacturer's directions.
10. Sprinkle with chopped peanuts before serving.

Rumichino Chocolate Ice Cream with Raisins



Nutrition Facts

Serving size: 1/8 of a recipe (5.2 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 281.54

Calories from Fat (66%) 184.75

% Daily Value

Total Fat 20.87g 32%

Saturated Fat 11.44g 57%

Cholesterol 212.46mg 71%

Sodium 49.94mg 2%

Potassium 251.56mg 7%

Total Carbohydrates 17.84g 6%

Fiber 2.64g 11%

Sugar 11.61g

Protein 6.66g 13%

Ingredients

2 1/4 cups milk
1 cinnamon stick
6 oz. dark chocolate, chopped
8 egg yolks
1/2 cup stevia
1 1/4 cups fresh cream
1 tsp raisins
1/2 tsp rum

Servings: 8

Cooking Times

Preparation Time: 35 minutes
Inactive Time: 5 hours and 30 minutes

Instructions

1. Heat the rum in a saucepan. Place the raisins in a small bowl and pour the rum over them. Cover and set aside for 30 minutes, then drain.
2. Add the milk, cinnamon and chocolate to a pan. Cook on very low heat, stirring with a wooden spoon to melt the chocolate.
3. Remove from heat and allow to cool 5 minutes, then transfer the mixture to a bowl. Remove the cinnamon stick.
4. Using a hand mixer, beat the yolks with stevia until it completely dissolves. Pour the chocolate mixture slowly, while simultaneously stirring the yolks.
5. Put the mixture back into the saucepan and leave it on low heat without boiling for about 15 minutes, until the mixture thickens slightly.
6. Place the mixture in a bowl, cover, and let cool.
7. Place the chocolate mixture in a freezer-safe container and freeze for 1 hour.
8. Add the cream and raisins and whisk well.
9. Freeze the ice cream for 4 hours.
10. Transfer the chocolate ice cream to a mixing bowl and beat with an electric mixer to break up the ice crystals. Repeat the process at least 5 times.

Sangster's Chocolate Ice Cream



Nutrition Facts

Serving size: 1/6 of a recipe (3.8 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 385,62

Calories from Fat (68%) 262.1

% Daily Value

Total Fat 29.45g 45%

Saturated Fat 17g 85%

Cholesterol 166.43mg 55%

Total Carbohydrates 23.57g 8%

Fiber 2.65g 11%

Sugar 16.01g

Sodium 67.68mg 3%

Protein 5.26g 11%

Potassium 266.96mg 8%

Ingredients

4 yolks

4 1/2 cups whipped cream

1/2 cup powdered sugar

7 oz. dark chocolate, chopped
finely

2 Tbsp butter

1 1/2 Tbsp Sangster's rum
liqueur (or rum)

Servings: 6

Cooking Times

Preparation Time: 40 minutes

Inactive Time: 2 hours and 10
minutes

Instructions

1. Place the chocolate and butter in a heatproof bowl over a double boiler and allow the chocolate to melt, stirring occasionally.
2. Add the cream. Stir well and remove from heat.
3. Whisk the sugar and yolks until firm and pale. Pour in the chocolate mixture and stir until well combined.
4. Place the mixture over a double boiler and stir constantly with a wooden spoon or spatula.
5. When it thickens, remove it from the heat. Pour in the rum liqueur, stir well and let cool for 5-10 minutes. Chill in the freezer for 2 hours.
6. Pour the cold ice cream mixture into an ice cream maker and churn according to the manufacturer's instructions.
7. Pour the ice cream into freezer-safe container and place in the freezer.

Smooth Chocolate Ice Cream with Pistachios



Nutrition Facts

Serving size: 1/6 of a recipe (7.3 oz.)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 733.53

Calories from Fat (65%) 478,63

% Daily Value

Total Fat 56.62g 87%

Saturated Fat 32.54g 163%

Cholesterol 100.88mg 34%

Total Carbohydrates 61.18g 20%

Fiber 5.95g 24%

Sugar 8.44g

A MILLION WAYS TO MAKE CHOCOLATE ICE CREAM

Sodium 96.48mg 4%
Potassium 258.1mg 7%

Protein 8.58g 17%

Ingredients

1 lb dark chocolate
1 1/2 cans condensed milk
3 1/2 cups fresh cream
1 cup milk
2 vanilla sugar or extract
4 Tbsp dark chocolate, grated
4 Tbsp pistachios, chopped

Servings: 6

Cooking Times

Preparation Time: 20 minutes

Inactive Time: 6 hours

Instructions

1. Heat the sugar with the chocolate in non-stick saucepan over low heat, stirring constantly. Cook until the sugar is dissolved.
2. Add the milk and stir well, then remove from heat and let cool completely.
3. Beat the cream and vanilla until stiff, with a consistency similar to yogurt.
4. Fold the chocolate mixture gently into the whipped cream.
5. Freeze the ice cream mixture for 6 hours.
6. Before serving, sprinkle with grated chocolate and chopped pistachios.

Vegan Chocolate Ice Cream



Nutrition Facts

Serving size: 1/5 of a recipe (4.4 oz.)

Percent daily values based on the Reference Daily Intake (RDI)
for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 273.28

Calories from Fat (70%) 190.11

% Daily Value

Total Fat 22.72g 35%

Saturated Fat 19.83g 99%

Cholesterol 0mg 0%

Sodium 17.09mg <1%

Potassium 376.94mg 11%

Total Carbohydrates 20.55g 7%

Fiber 4.24g 17%

Sugar 12.81g

Protein 3.5g 7%

Ingredients

1 can (15 oz.) full-fat coconut
milk
1/4 cup raw cacao
1/4 cup maple syrup
1 tsp vanilla extract
1 Tbsp corn flour
2 Tbsp cocoa powder
Nuts or chocolate syrup to
garnish

Servings: 5

Cooking Times

Preparation Time: 20 minutes

Inactive Time: 4 hours

Instructions

1. Combine all ingredients except nuts or syrup in a blender, and blend until creamy and smooth.
2. Transfer the mixture to a freezer-safe container and freeze for 4 hours, or until firm.
3. Transfer the frozen mixture to a mixing bowl and beat to break up the ice crystals. Repeat the process at least 5 times.
4. Leave the ice cream at room temperature for 15-20 minutes before serving.
5. Serve in a bowl garnished with nuts or chocolate syrup.

Conversion Tables

Volume

American	Imperial	Metric
1 tsp	1 tsp	5 ml
1 tbsp	1 tbsp	15 ml
1/2 cup (8 tbsp)	4 fl oz	125 ml
1 cup (16 tbsp)	8 fl oz	250 ml
2 cups (1 pint)	16 fl oz	500 ml

Weights

American/British	Metric
1/4 oz	7 g
1 oz	30 g
2 oz	55 g
3 oz	85 g
4 oz (1/4 lb)	110 g
5 oz	140 g

Temperatures

Degrees Fahrenheit	Degrees Celsius
39	4
158	70
184	84

About the Author

Karl Melby has his formal education within Media & Communication, Business & Administration and Economics. In addition he has studied subjects as philosophy, music and language. In his profession he has worked within the oil industry, humanitarian aid and accounting.

The interest for numbers, finding a common playground with his children and the love for ice cream has led him on the journey writing this unique book series.

Through many years Karl Melby has made homemade ice cream for his own pleasure. Family and friends have enjoyed being with him on this long adventure. He has explored the world of tastes of the vanilla and combined the vanilla with different choices of ice cream, as well as other flavors such as chocolate, strawberries, nuts and more.

Do you like ice cream, you'd love his books.

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I'll let you know of my new books or projects on how to make really good ice cream.

