



Cuizoo Cooking School!

Chocolate Ice Cream and Pizzelle Cookie Bowls

Super Rich Chocolate Ice Cream

<https://www.davidlebovitz.com/chocolate-ice-cream-recipe/>

Modified from recipe author: David Lebovitz

Makes about 1 quart (1L)

1 cup (250ml) whole milk

4 teaspoons cornstarch

1 cup (250ml) heavy cream

1 cup (250ml) evaporated milk, unsweetened condensed milk

2/3 cup (130g) sugar

2 tablespoons (60g) light corn syrup

1/3 cup (35g) unsweetened cocoa powder, natural or Dutch-process, sifted

3 ounces (85g) bittersweet or semisweet chocolate, chopped (or $\frac{2}{3}$ cup chocolate chips)

1/4 teaspoon sea salt

1/2 teaspoon vanilla extract

1. Make a slurry (a mixture) by mixing a few tablespoons of the milk with the cornstarch in a small bowl until smooth.
2. In a 4-quart (4l) saucepan, heat the rest of the milk, cream, evaporated milk, sugar, and corn syrup. When the mixture comes to a moderate boil, whisk in the cocoa powder, then let it cook at a modest boil for 4 minutes, whisking frequently.

3. After four minutes, re-whisk the cornstarch slurry well and then add to cocoa/milk mixture and continue to cook for one minute, stirring constantly with a spatula, until slightly thickened.
4. Remove from heat and add the chopped chocolate and salt, stirring until the chocolate is completely melted and the mixture is smooth. Stir in the vanilla or chocolate extract.
5. Transfer the ice cream mixture into a zip-top plastic bag or metal bowl and then submerge the bag/bowl into a larger bowl filled with ice, and let sit until cool, about 30 minutes. If you put the ice cream mixture in a small bowl set inside a larger bowl filled with ice water, be careful not to get any of the water into the ice cream! If necessary, add more ice during the cooling period. (You can also just put it into a bowl and refrigerate until cold, about 2-3 hours.)
6. Carefully remove the bag or bowl from the ice bath and wipe off any excess water. Pour the mixture into the canister of an ice cream maker, then freeze according to the manufacturer's instructions. (Note: if your ice cream base looks like it has any lumps that didn't get worked out, you can put it through a strainer on the way into the ice cream freezer.) It will take anywhere between 20-40 minutes to freeze in the machine depending on brand and how much is in the container.

Pizzelle Waffle Cookie Bowls

Modified recipe based on saveur.com

Yield: makes about 2 1/2 dozen small bowls

1/2 cup plus 1 tbsp sugar

3 eggs

1 1/2 cups all-purpose flour

1/2 tsp baking powder

1/4 tsp kosher salt

4 tbsp whole milk

1/2 tsp vanilla extract

1/2 vanilla bean, split and scraped, seeds only reserved

8 tbsp plus 1 tbsp butter, melted in two separate dishes and cooled

Using an electric mixer with paddle attachment, beat sugar and eggs in a bowl until pale yellow and thick, about 4 minutes. In a separate bowl, whisk together flour, baking powder, and salt. Stir in 3 tbsp milk, the vanilla extract, and vanilla bean seeds into egg/sugar mixture. Gently fold in flour mixture until just incorporated, followed by the remaining 1 tbsp milk and 7 tbsp melted butter. Mix until combined. Let batter rest at room temperature for 15 minutes. Heat a pizzelle iron to medium high heat (mine was set to 4 on a 5 point scale). Working in batches, brush iron with a bit of the remaining butter and add 1 heaping teaspoon of batter to each mold (more or less depending on size of your iron). Close cover; cook until wafers are nicely golden, about 1 1/2 minutes depending on the size of your pizzelle iron. I usually test one to make sure the temperature and timing are correct before I cook the rest. Wrap each wafer into a cone or tube (using a chopstick or cone form) or drape over a bowl for a bowl shape and let harden. Serve immediately, or store in an air-tight container for 1-2 days.

About Vanilla Beans

We used whole vanilla beans in our waffle bowls, as well as real vanilla extract in both the ice cream and the waffle bowls. We think of vanilla as a “plain” flavor, but vanilla beans come from a very unique and special source: an orchid plant, called the Vanilla Orchid or **Vanilla planifolia**. Can you imagine who the first person was to figure out that these flower pods might taste good in dessert?

Vanilla beans grow in warm locations like Mexico, Madagascar, Guatemala, and Tahiti. They look like actual beans that grow on the orchid flower vine. Once the beans are picked, they are dried until they are dark brown and soaked in a mixture of alcohol and water. This puts the flavor of the vanilla into the liquid that you use in cooking and baking. You can also use the whole vanilla bean seeds in baking for that “speckled” vanilla appearance and rich flavor. When you make ice cream or pudding, try to find “Real Vanilla Extract” rather than “Imitation Vanilla Extract,” which does not come from vanilla beans and has a more chemical vanilla taste.



About Cocoa Beans

If it weren't for cocoa beans, we wouldn't have chocolate! And how sad would that be? Cocoa beans are little beans that grow in pods on the Cocoa Tree (also known as Cacao) in places south of the equator like Brazil, Ecuador, and Ghana. The pods don't look much like chocolate -- they are orange and about the size of a pumpkin! When they are ready to be picked, the pods are opened up to reveal the cocoa beans inside. The beans are then roasted and ground into Cocoa Powder which is the basis of all of your favorite chocolate treats.

If you have ever tasted cocoa powder by itself, you know that it is very bitter and not delicious like most chocolate you know. In order to become chocolate, ground cocoa beans are mixed with sugar and sometimes milk. Chocolate is graded by how much cocoa is actually in it, with dark and semi-sweet chocolate having higher percentages of cocoa. Milk chocolate has both milk and sugar in it and much lower percentages of cocoa. That's why most kids like milk chocolate better than dark chocolate! And did you know that white chocolate isn't really chocolate at all? While it usually has cocoa butter in it (the fat from the cocoa bean), it doesn't have any ground cocoa in it and is really just a confection made from the cocoa butter, milk, and sugar.

