

SICILIAN-STYLE GELATO BASE

A Skillshare Class
by **FoodNouveau**

INGREDIENTS

Makes 2 quarts

2¼ cups [560 ml] whole milk
¾ cup [180 ml] heavy cream (35% m.f.)
¾ cup [180 ml] granulated sugar
2 tbsp [30 ml] cornstarch
1 egg yolk (from a large egg, about 20 grams)

OPTIONAL, to make Vanilla Bean Gelato

1 vanilla bean, halved lengthwise

METHOD

In a saucepan, pour 1¼ cups [310 ml] of the milk and the cream, then add the split vanilla bean. Warm over medium heat until it just starts to bubble around the edge (no need to bring it to a boil).



Meanwhile, in a small bowl, whisk the remaining 1 cup [250 ml] milk, sugar, and cornstarch together. Remove the saucepan with the hot milk from the heat and whisk in the cornstarch mixture. Return the saucepan to medium heat and cook, stirring regularly, until the sugar is dissolved and the mixture thickens slightly, about 6 to 8 minutes.

Place the egg yolk in a medium bowl and whisk until it is pale and slightly thickened, about 2 minutes. Slowly pour one ladleful of the hot milk mixture into the yolk, whisking constantly, then slowly pour the egg yolk mixture back into the saucepan, whisking to combine.

Remove from the heat. If making Vanilla Bean Gelato, drop the halved vanilla bean into the hot mixture. Let cool to room temperature, then refrigerate for a few hours until thoroughly cold, or, if making Vanilla Bean Gelato, preferably overnight so the vanilla bean infuses fully.

If making Vanilla Bean Gelato, fish the vanilla bean out of the custard. Strain the gelato base through a fine mesh strainer (straining the mixture will ensure a silky smooth gelato). Whisk in the flavorings of your choice (pistachio paste, fruit puree, etc.), then pour into the bowl of an ice cream maker. Freeze according to the manufacturer's instructions. Stop the machine when the gelato is icy but still soft.

Transfer the gelato to an airtight container and freeze until firm, about two hours. The gelato will keep, frozen, for up to two weeks. Always take the gelato out to room temperature 10 to 15 minutes before serving to soften it and make it easier to scoop.