

# Bourbon-spiked Chocolate Ice Cream

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Jay Jones, proprietor and head bartender at the soon-to-open restaurant, Pourhouse, in Vancouver, B.C., and Executive Chef Chris Irving like to create spirited dishes like bourbon-spiked chocolate ice cream. “The earthy flavor from the booze adds something special,” Jones says. The alcohol also plays an important role in the cooking process, he explains: “The alcohol content aids in stopping the ice cream from freezing to a hard block, essentially giving it the texture of gelato without using stabilizers or emulsifiers.”

## Ingredients

- 4 ounces unsweetened chocolate, chopped
- 2 cups evaporated milk
- 1 1/4 cups sugar
- 1 Tablespoon flour
- 1/4 teaspoon salt
- 6 egg yolks
- 1 1/2 cups heavy cream
- 1 teaspoon vanilla extract
- 1 ounce bourbon (we used McCarthy’s Oregon Single Malt Whiskey)

## Preparation with Ice Cream Machine:

In a heavy saucepan, combine chocolate and evaporated milk. Cook over medium heat, whisking until chocolate is melted and mixture is smooth. In a small bowl, combine sugar, flour, and salt. Gradually whisk dry ingredients into the melted chocolate mixture and bring to boil. Reduce heat to low and cook, whisking occasionally. Place egg yolks in a medium bowl, and whisk briefly. Slowly whisk in half of the hot chocolate mixture then transfer this mixture back to the remaining in saucepan. Cook about 5 minutes, until it starts to thicken. **DO NOT BOIL.** Remove from heat and stir in heavy cream, vanilla, and bourbon. Pour into bowl and chill over ice bath until cool, then chill completely in refrigerator. Pour into ice cream maker and freeze. Transfer to container and freeze at least 30 minutes before serving.

## No Ice Cream Machine Preparation:

Follow the ice cream recipe as above; except, rather than using an ice cream machine, pour the ice cream mixture into a wide, airtight container. Metal bowls work best as they speed up the freezing process—stainless steel works particularly well.

Place ice cream mixture in refrigerator for at least 1 hour to completely chill, then place the chilled ice cream mixture in the freezer for 30 minutes.

Remove the ice cream mixture from the freezer and scoop out into the bowl of an electric mixer. Beat the mixture on medium-high until smooth, about 2-3 minutes. Pour the mixture back into the metal bowl and place in the freezer for 40 minutes.

Repeat “40 minute freeze-then-beat cycle” 3 more times. After the last time, let the ice cream freeze for at least 2 hours before serving.

