

Death by Chocolate HyperKeto Ice Cream

I just started an egg-fast, and a fascinating part is making high-protein, high-fat ICE CREAM. It feels really counter-intuitive, but I'm enjoying low-carb ice cream for breakfast. A friend gave me a Ninja Creami for my birthday, and I just love the opportunity to make ice cream in-house.

I looked around YouTube and found a base recipe which I have tweaked (of course) to make it higher protein, higher fat, and (of course) more intensely chocolate...

Ingredients:

250ml (8 oz) heavy cream

50g (scant 2 oz) unsalted butter

30g (1/2 cup) Dutch-processed cocoa

30g (1/2 cup) sweetener – I used monkfruit and erythritol, but allulose or similar will do.

Four eggs, beaten

70g (2.5 oz) 85% chocolate, chopped

Good pinch of kosher salt

Optional:

Up to 30ml (1-2 tablespoons) coffee liqueur

Good pinch of cinnamon

11g (one packet) collagen

Method:

1. Set a medium saucepan with 1" water over medium heat. Place a metal bowl over the top (or use a double-boiler). Combine the cream, cocoa powder, and sweetener(s); whisk and stir until the mixture reaches 70°C/160°F on an instant-read thermometer.
2. In the meantime, whisk the eggs in a medium bowl – I used the same size stainless steel bowl as in Step 1. Once the cream mixture reaches temperature, slowly add a ladle-full of the hot cream to the eggs, whisking vigorously all the time. Add the rest of the cream to the eggs, stirring well, and scraping the hot bowl with a rubber spatula.
3. Place the egg-and-cream mixture back over the double-boiler pan. Cook very gently, stirring, until the thermometer reads 73°C or 165°F. This custard should be thick enough to coat the back of a spoon.
4. Remove from the heat and add the chopped chocolate. Let sit for about five minutes until the chocolate has melted, then whisk until the mixture is perfectly smooth. Add the coffee liqueur, cinnamon, and collagen, and stir well. (To make extra sure of the texture, I run this custard through my Ninja NutriBullet using the largest cup.).
5. If you're using the Ninja Creami, pour the custard into one of the 'pint' containers provided.
6. If using a normal ice cream maker, use whatever method you're accustomed to. Either way, chill the mixture for at least six hours.
7. When frozen, process in whatever machine you use. I usually spin it twice in the Creami, then spoon into spare Talenti tubs (of which I have dozens). Pop in the freezer for another two hours and top with homemade chocolate sauce because nothing exceeds like excess!