

Fermented Pumpkin Ice Cream



Profitability:

Steps:

To start ferment the pumpkin. This process depends on the chef's preference. I usually ferment my vegetables until ripe, but my preferred time is four months.

Make an ice bath for a 2l metal bowl, with a mesh strainer over the top

Mix the milk, cream, granulated sugar, ginger, ground cinnamon, cinnamon stick, nutmeg, and salt. Heat until the edges begin to bubble and foam

Whisk the egg yolks in a separate bowl and gradually whisk in about half of the warm mixture, stirring constantly

Scrape the warmed yolks back into the saucepan and cook over low heat, stirring constantly and scraping the bottom until the mixture thickens and coats the spatula. If using an instant-read thermometer, it should read between 71°-76°C

Immediately strain the mixture into the bowl nestled in the ice bath. Mix in the brown sugar, then stir until cool. Chill thoroughly, preferably overnight

Whisk in the vanilla, rum (if using), and pumpkin pureé. Press the mixture through a fine-mesh strainer, then freeze in ice cream maker according to the manufacturer's instructions

Melt chocolate over the steam or in a Chocolate Melter

After ice cream is frozen, use Paco Jet and piping bag to shape (work in the walk-in freezer if possible) and cover with thin layer of chocolate

Ingredients:

Whole milk 400ml

Double cream 250ml

Granulated sugar 95g

Freshly-grated ginger 1 tsp

Ground cinnamon ½ tsp

Cinnamon stick 1

Seaweed salt ½ tsp

Egg yolks 6 large

Dark brown sugar 60g

Vanilla extract ½ tsp

Dark chocolate (74%) 800g

Rum 2 tsp (optional)

Pumpkin (fermented 100% pure) 180g

Author: Damian Wawrzyniak, Fine Art of Dining