



Cook the Book: Chocolate Stout Gelato

READY IN



45 min.

SERVINGS



2

CALORIES



1410 kcal

DESSERT

Ingredients

- ☐ 4 ounces bittersweet chocolate 60% finely chopped (cacao)
- ☐ 2 tablespoons milo chocolate malt powder
- ☐ 4 large egg yolk
- ☐ 1 cup cup heavy whipping cream
- ☐ 2 servings porter
- ☐ 1.5 cups porter such as guinness
- ☐ 0.8 cup sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 cups milk whole

Equipment

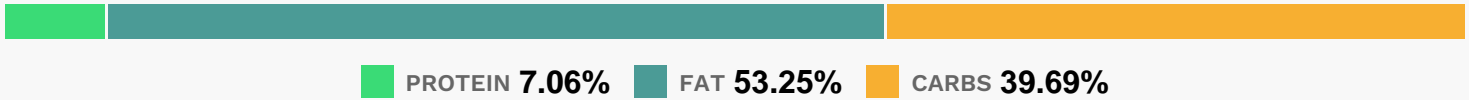
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ ice cream machine

Directions

- ☐ For the Chocolate Base: In a heavy-bottom saucepan, combine the milk and cream.
- ☐ Place over medium-low heat and cook, stirring occasionally so a skin doesn't form, until tiny bubbles start to form around the edges and the mixture reaches a temperature of 170°F. Turn off the heat and whisk in the cocoa powder.
- ☐ Add the chopped chocolate, and stir or whisk until the chocolate is completely melted and the mixture is smooth.
- ☐ Meanwhile, in a medium heat-proof bowl, whisk the egg yolks until smooth. Gradually whisk in the sugar until it is well incorporated and the mixture is thick and pale yellow. Temper the egg yolks by very slowly pouring in the hot milk mixture, whisking continuously. Return the custard to the saucepan and place over low heat. Cook, stirring frequently with a wooden spoon, until the custard is thick enough to coat the back of the spoon and it reaches a temperature of 185°F. Do not bring to a boil.
- ☐ Pour the mixture through a fine-mesh strainer into a clean bowl and cool to room temperature, stirring every 5 minutes or so. To cool the custard quickly, make an ice bath by filling a large bowl with ice and water and placing the bowl with the custard in it; stir the custard until cooled. Once completely cooled, cover and refrigerate until very cold, at least 4 hours or overnight.
- ☐ Pour the beer into a medium saucepan and place over medium-low heat. Bring to a simmer and simmer until reduced to 1 cup, watching the pan carefully so the beer doesn't boil over (take the pan off the heat immediately if it starts to bubble quickly and rise to the top).
- ☐ Remove the pan from the heat, and let cool completely.

- ☐
- Transfer to a bowl, cover, and refrigerate until cold, about 1 hour.
- ☐
- Gently whisk the reduced beer and the malt powder into the base.
- ☐
- Pour the mixture into the container of an ice cream machine and churn according to the manufacturer’s instructions.
- ☐
- Transfer to an airtight container and freeze for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:56.69, Inflammation Score:-10, Nutrition Score:37.169999796411%

Flavonoids

Catechin: 13.94mg, Catechin: 13.94mg, Catechin: 13.94mg, Catechin: 13.94mg Epicatechin: 42.23mg, Epicatechin: 42.23mg, Epicatechin: 42.23mg, Epicatechin: 42.23mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 1410.21kcal (70.51%), Fat: 84.95g (130.69%), Saturated Fat: 49.51g (309.45%), Carbohydrates: 142.49g (47.5%), Net Carbohydrates: 129.73g (47.18%), Sugar: 115.11g (127.9%), Cholesterol: 534.41mg (178.14%), Sodium: 162.55mg (7.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 100.25mg (33.42%), Protein: 25.33g (50.65%), Manganese: 1.61mg (80.44%), Copper: 1.58mg (79.02%), Phosphorus: 762.91mg (76.29%), Magnesium: 250.24mg (62.56%), Vitamin A: 2669.64IU (53.39%), Selenium: 35.91µg (51.3%), Fiber: 12.75g (51.02%), Vitamin B2: 0.84mg (49.69%), Calcium: 489.24mg (48.92%), Iron: 7.78mg (43.23%), Vitamin D: 6.42µg (42.83%), Vitamin B12: 2.3µg (38.27%), Potassium: 1199.88mg (34.28%), Zinc: 5.09mg (33.91%), Vitamin B5: 2.47mg (24.72%), Vitamin B6: 0.36mg (18.14%), Vitamin B1: 0.26mg (17.65%), Vitamin E: 2.46mg (16.4%), Folate: 63.31µg (15.83%), Vitamin K: 9.54µg (9.08%), Vitamin B3: 1.39mg (6.97%)