PIERRE HERMé S PISTACHIO ICE CREAM

The Recipe

https://www.cuisinedaubery.com/recipe/pistachio-ice-cream/

Pierre Hermé?s Pistachio Ice Cream

Chef: Pierre Hermé
Skill: Intermediaire Level
Cuisine: French Cuisine
Courses: Ice Cream, Dessert, Ice Cream And Sorbet,

Ingredients

With 6 Egg Yolks
1/2 Cup Pistachios (50 grams)
2 1/4 Cups Whole Milk (500 grams)
1/2 Cup Cream (100 grams)
1/2 Cup Pistachio Paste (100 grams) For the recipes, see HERE
1 Tablespoon Glucose syrup (25 grams)
6 Egg Yolks 1/2 Cup or 120 grams
1/2 Cup Sugar (100 grams)

With 4 Egg Yolks
1/3 Cup Pistachios (33.3 grams)
1 1/2 Cup Whole Milk (333.3 grams)
1/3 Cup Cream (66.6 grams)
1/3 Cup Pistachio Paste (66.6 grams) For the recipes, see HERE
2 teaspoons Glucose syrup (16.6 grams)
4 Egg Yolks 1/3 Cup or 80 grams
1/3 Cup Sugar (66.6 grams)

With 8 Egg Yolks
1/2 Cup Pistachios (66.6 grams)
3 Cups Whole Milk (666.6 grams)
1/2 Cup Cream (133.3 grams)
1/2 Cup Pistachio Paste (133.3 grams) For the recipes, see HERE
2 Tablespoons Glucose syrup (33.3 grams)
8 Egg Yolks 2/3 Cup or 160 grams
1/2 Cup Sugar (133.3 grams)

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With 10 Egg Yolks

3/4 Cup Pistachios (83.3 grams)

3 2/3 Cups Whole Milk (833.3 grams)

3/4 Cup Cream (166.6 grams)

3/4 Cup Pistachio Paste (166.6 grams) For the recipes, see HERE

2 Tablespoons Glucose syrup (41.6 grams)

10 Egg Yolks 3/4 Cup or 200 grams

3/4 Cup Sugar (166.6 grams)

Steps

The toasted pistachios

Hermé recommends cutting and then roasting the Pistachios (1/2 Cup or 50 g) in the oven (something I don't roast...)

The Ice Cream Mix

You may find pistachio paste in specialized stores, but the best way to enjoy your own pastries is to make the paste yourself

I am showing you a few recipes HERE

1. Bring the Whole Milk (2 1/4 Cups or 500 g) and the Cream (1/2 Cup or 100 g) to a boil then reduce the heat

2. Add in the Pistachio Paste (1/2 Cup or 100 g) and stir

3. Add in the Glucose syrup (1 Tablespoon or 25 g) and stir

4. Remove from the heat and cover with a plastic wrap for 15 minutes

5. In a bowl, whisk the Egg Yolks (6) and the Sugar (1/2 Cup or 100 g)

6. After 15 minutes, pour the milk (in the saucepan) into the bowl and mix

7. Then, pour the mixture into the saucepan

8. Cook on low heat

9. Keep stirring with a rubber spatula to avoid lumps

10. Check the temperature and when the temperature reaches 185 F / 84 C remove from the heat

11. Transfer the cream to a bowl

12. Add in the Pistachios (1/2 Cup or 50 g)

13. Wrap airtight

14. Place into the refrigerator for at least 4 hours

Churning

There are several ice cream makers that you will need to chose from :

Ice Cream Maker with a Freezer Bowl : This ice cream maker has a special bowl, a container that goes into the freezer overnight. Once it's frozen, you put it in your ice cream maker, add your mix, and let the machine stir them until the ice cream is ready.

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Ice Cream Maker with a Compressor : This top of the line ice cream maker chills using a compressor. You don't need neither ice nor bowl : you don't need to remember to freeze anything overnight; when you're ready to make ice cream, just add your ingredients and go

If you are using like me an Ice Cream Maker with a Freezer Bowl, you need to place the bowl and the plastic over into the freezer for a few hours

15. Also, clean and dry the container that will store the ice cream when done, and chill in the freezer until you are done preparing your ice cream or sorbet

Churning

16. Pour the chilled cream into your ice-cream maker

At first, the mix is liquid, but gradually, it thickens

In summer, I cover the ice cream maker with aluminium foil

Churning

17. At first, the cream is liquid

18. After 10/15 minutes, the cream thickens

19. After 30 minutes (or sooner depending on your device), you get the ice-cream !

Let the cream churn, and let it get thicker and thicker

20. Place in the freezer for at least 2 hours