

STÉPHANE TRÉAND'S OLIVE OIL ICE CREAM

The Recipe

<https://www.cuisinedaubery.com/recipe/olive-oil-ice-cream/>

Stéphane Tréand's Olive Oil Ice Cream

Chef: Stéphane Tréand

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Ice Cream, Dessert, Ice Cream And Sorbet,

Ingredients

2 2/3 Cups Whole Milk (600 grams)
3/4 Cup Powdered Milk (100 grams)
3 oz Powdered Glucose (90 grams)
1 teaspoon Ice cream stabilizer (6 grams)
1/2 Cup Olive Oil (83 grams)
1/4 Cup Sugar (60 grams)
3 Tablespoons Egg Yolks (40 grams)
1/2 teaspoon Salt (3 grams)
*Optionally
1 tablespoon of Vanilla Paste

Steps

The Ice Cream Mix

1. In a saucepan, mix together the Whole Milk (2 2/3 Cups or 600 g) and the Powdered Milk (3/4 Cup or 100 g)
2. Cook on low/medium heat
For the Powdered Glucose (3 oz or 90 g), not an ingredient you will find easily in a convenience store... However, it's easily available on the internet: To purchase online, see [HERE](#)
3. In a bowl, mix together with a wire whip the Powdered Glucose (3 oz or 90 g) and the Ice cream stabilizer (1 teaspoon or 6 g) (will avoid lumps)
4. Add into the saucepan and cook on low/medium heat
5. Pour the Olive Oil (1/2 Cup or 83 g) in the saucepan

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6. Keep stirring, while cooking
 7. In a clean bowl, whisk the Egg Yolks (3 Tablespoons or 40 g), the Salt (1/2 teaspoon or 3 g) and the Sugar (1/4 Cup or 60 g)
 8. Optionally, you may add in the Vanilla Paste (1 tablespoon) (like Pierre Hermé suggests)
 9. Keep an eye on the thermometer !
 10. As soon as the temperature reaches 185 F / 85 C, transfer to a clean bowl
- As I told you earlier, the quality of the olive oil is of paramount importance ! I chose the Olive Oil from Provence producer "Collet Blanc", "Fruité Intense"
11. Mix
 12. Wrap airtight
 13. Let cool down at room temperature for 1 hour

To the fridge

14. Place in the refrigerator and let cool down for at least 4 hours

Churning

There are several ice cream makers that you will need to choose 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.

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
16. Remove the plastic wrap and mix well
17. Pour into the ice cream maker

Churning

18. Pour in the mix onto 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

19. First, the mix is liquid
 20. After 10/15 minutes, the liquid thickens
 21. After 30 minutes (or sooner depending on your device), you get the ice-cream !
- Churn... churn... churn... and observe the mix getting thicker and thicker