



Recipes excerpted from ***Making Artisan Gelato*** by Torrance Kopfer. Published by Quarry Books, a member of Quayside Publishing Group, Beverly, MA. Copyright 2009. Reprinted with permission of the publisher. All rights reserved.

If you were looking for a reason to go strawberry picking, here it is. Strawberry gelato is almost as wonderful to look at and to smell, as it is to eat. Almost. As a frozen treat, gelato elevates strawberries and cream beyond a mere complementary flavor pairing. As with most fruit recipes, this one is best served when strawberries are in season and at their ripest. Macerating the strawberries before adding them to the gelato will also help to bring out their full flavor and sweetness.

Strawberry Gelato

FOR THE STRAWBERRY PURÉE:

2 cups (365 grams) fresh strawberries, rinsed and hulled
1-1/2 tablespoons (20 g) granulated sugar
2 teaspoons (10 ml) freshly squeezed lemon juice

FOR THE MACERATED STRAWBERRIES:

1 cup (160 grams) fresh strawberries, rinsed, hulled, and quartered
3 tablespoons (29 g) granulated sugar

FOR THE GELATO:

1-3/4 cups (410 ml) whole milk
3/4 cup (150 g) granulated sugar
4 large egg yolks
2 tablespoons (40 g) all-natural strawberry jam, optional
1-1/4 cup (295 g) heavy cream
1 cups (250 ml) homemade or store-bought strawberry puree

To make the strawberry purée: Cut the berries in half and place in a medium-size, nonreactive bowl with the 1-1/2 tablespoons (20 g) of sugar. Mix gently to combine and allow the berries to macerate several hours, covered in the refrigerator. Once macerated, place in a blender and purée until smooth. Stir in the lemon juice and set aside until ready to use for up to 2 days in an airtight container in the refrigerator.

To make the macerated strawberries: Combine the strawberries and sugar in a small, nonreactive bowl and toss gently until the berries are fully coated in sugar. Cover and chill several hours in the refrigerator and until ready to use. Before adding the macerated berries to the gelato, drain off the syrup and discard.

To make the gelato: Place the milk and approximately 1/2 cup (100 g) of the sugar in medium-size, heavy-bottomed saucepan over medium heat and cook, stirring occasionally, until the mixture registers 170°F (77°C) on an instant-read thermometer.



Strawberry Gelato, (continued)

In a nonreactive, medium-size bowl, whisk together the egg yolks and remaining 1/4 cup (50 g) of the sugar until foamy and slightly thickened.

Carefully temper the egg yolks with the hot milk mixture by slowly adding about half of the hot liquid to the eggs, whisking continuously. Whisk the heated egg mixture into the saucepan with the hot milk, add the strawberry jam if desired, mix to combine, and return to the stovetop. Stirring continuously with a wooden spoon or heatproof rubber spatula, cook the mixture over medium heat until it registers 185°F (85°C) on an instant-read thermometer or is thick enough to coat the back of the spoon or spatula, taking care to make sure the mixture does not boil. Remove from heat. Emulsify the mix, if not completely smooth, before incorporating it into the cold cream.

Pour the heavy cream into a clean, large stainless-steel or glass mixing bowl set over an ice bath.

Pour the heated custard through a fine-mesh sieve or strainer into the cold cream and stir until fully incorporated. Add the strawberry purée to the strained custard. Stir occasionally (about every 5 minutes) until the mixture has fully cooled. This should take about 1/2 hour. Remove the mixing bowl from the ice bath, dry off the bottom of the bowl if necessary, cover with plastic wrap, and chill in the refrigerator for at least 8 hours or overnight.

When ready, pour the chilled mixture into the ice-cream maker and process according to manufacturer's specifications. When the gelato is about 2 minutes from being done, slowly add the strawberry pieces. Finish processing the gelato.

Remove the finished gelato from the ice-cream maker and place in a plastic container. Cover with plastic wrap by pressing the wrap gently against the top of the gelato, affix lid to container, and place in the freezer to fully harden before serving.

Yield: approximately 1 quart (528 g)