

Chocolate M&M Ice Cream

Poetry & Pies

prep time: 10-15 minutes

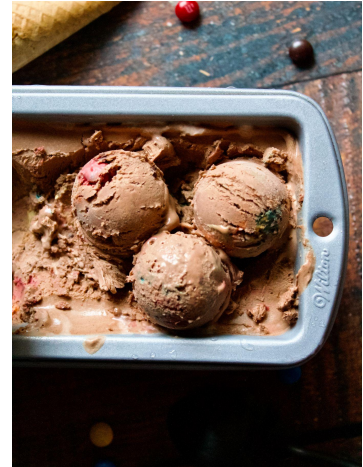
chill time: 1 hour

churn time: 30 minutes

freeze time: 4-8 hours

total time: 10 hours

servings: about 12 (½ cup servings)



Ingredients

- 3 large egg yolks, room temperature
- 1 cup (200g) granulated sugar
- 1 cup (240g) whole milk
- ¼ cup (30g) unsweetened cocoa powder
- 1 tablespoon (13g) pure vanilla extract
- pinch sea salt
- ⅔ cup (4 ounces or 113g) chocolate chips or chopped baking chocolate
- 1 ½ cups (360g) heavy whipping cream, cold
- ice cream maker, prepped per directions (optional—see no-churn option at the bottom)*
- about 1 cup (200g) mini M&Ms

Instructions

1. Follow your ice cream maker's directions to prepare it for use, which could include placing the bowl in the freezer for up to 24 hours*.
2. Whisk the egg yolks and sugar in a medium mixing bowl. Whisk until pale frothy, 2-3 minutes. At first it may seem thick and clumpy, but keep going until the sugar melts and it becomes pale and frothy. Set aside.

3. Combine the whole milk, cocoa powder, vanilla, and pinch sea salt in a medium saucepan over medium heat, stirring frequently, until it begins to steam and small bubbles begin to form along the edge of the pan.
4. Temper the milk into the eggs by very, very slowly streaming the milk into the eggs while whisking the eggs very quickly. Be sure to whisk constantly and quickly as you do this to avoid scrambling the eggs.
5. Once all of the milk has been added to the eggs, scrape the mixture back into the saucepan and cook, stirring constantly with a rubber spatula (be sure to get to the edges and corners), until the mixture has thickened enough to coat the back of a spoon. It should feel thicker as you stir, as well.
6. Add the chocolate chips or chopped baking chocolate and stir until the chocolate is mostly melted. Remove the pan from the burner and continue stirring until the chocolate is fully melted.
7. Pour into a medium bowl (the bowl the eggs were in works just fine). Cover well and refrigerate until cool, about 1 hour.
8. Once the custard is cooled, combine with the heavy cream and mix well. Follow your manufacturer's directions to churn the ice cream. Don't overmix.
9. Once the ice cream is finished, gently fold the mini M&M's into it, being careful not to stir too much or the color will run. Pour into a [9x5 loaf pan](#) or an [ice cream container](#).
10. Freeze for at least 4 hours, ideally overnight. You may need to let it sit on the counter for 5 minutes before scooping.

Enjoy!

Store leftovers in an airtight container. Ice cream should last at least 1-2 months, but this can vary depending on your freezer and how well-sealed it is.

**If you do not have an ice cream maker, you can make this a no-churn ice cream. Follow the directions up to step 7. While the chocolate custard cools, make the marshmallow fluff. When the chocolate custard is cooled, Place the heavy whipping cream in the bowl of a*

stand mixer fitted with the whisk attachment (or use a large mixing bowl and a handheld mixer). Beat on medium until frothy then increase speed to high until stiff peaks just begin to form (the mixture will turn matte in appearance—watch carefully and stop your mixer when this just begins to happen). Fold $\frac{1}{3}$ of the whipped cream into the chocolate custard until fully combined, then continue with the next $\frac{1}{3}$ of the whipped cream, followed by the final $\frac{1}{3}$ until all whipped cream is mixed in. Stir in mini M&M's as directed in step 9 then freeze 4-8 hours before serving.