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How to Make Homemade Low-fat Gourmet Chocolate Ice cream; Using a Gel-container Ice Cream maker!

What's better than homemade low-fat Chocolate ice cream? It is actually quite easy, and costs less than buying ice cream! These directions work with ANY ice cream maker with a gel-freezer container. Electric ice cream makers make it fast and easy! If you have an ice cream maker that requires ice and salt instead of the freezer bowl, [see these instructions instead!](#)

If you are looking for an instruction manual for your ice cream maker, we have them, too! [See this page.](#)



Directions for Making Homemade Low-fat Chocolate Ice Cream

Ingredients

- 2 cups fat-free milk
- 1 cup sugar
- 1/4 cup fat-free powdered milk
- 8 eggs (yolks only needed)
- 1 cup half-and-half - regular or fat-free OR light cream for lighter more ice cream, more like gelato)
- 1 teaspoon vanilla extract
- 1/2 cup chocolate syrup



<http://www.pickyournown.org/howtomakelowfatfatchocolateicecream.htm>

Equipment

- 1 ice cream maker with a freezer gel canister
- 1 large pot
- 1 wooden or plastic spatula

Instructions

Step 1 - Pre-Freeze your ice cream maker's gel container

Before you even think about making ice cream, you better get the gel container in the deep freeze and start it freezing up. Models vary, but generally they recommend the length of time needed to freeze the unit is between 6 hours and 22 hours. It depends on how cold your freezer is. If you have the room, just leave your freezer bowl in the freezer at all times. That way, you can take it out any time for immediate use.

To determine whether the bowl is completely frozen, just shake it. If you don't hear liquid moving, it's frozen! Before freezing the bowl, wash and dry the bowl, then place the freezer bowl in the back of your freezer where it is coldest. (Note: Your freezer should be set to 0°F for most foods, including ice cream!)



Step 2 - Heat the milk, sugar and powdered milk

In a large pot (4 quarts or larger) with a heavy bottom (for even heat distribution), mix the milk, sugar and powdered milk. Bring the mix to a low simmer over medium heat and stir to dissolve the sugar, then turn the heat down and just keep it warm.



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Step 3 - Separate 8 egg yolks

Separate the egg yolks from 8 large eggs. Just crack the eggs against the edge of the bowl and either pour them from one half of the shell to the other, or use your fingers to let the whites drop through while holding the yolk. Remember, you can use the Egg Beaters or Egg White equivalent of 8 yolks if you want to reduce fat further.



Step 4 - Whip the egg yolks until thickened

Put the egg yolks in a medium bowl and whisk until they are thickened (it only takes about 2 minutes. I use a hand mixer on low speed).



Step 5 - Slowly add 1 cup of the hot milk mixture to the egg yolks

While constantly whisking, slowly add 1 cup of the hot milk mixture and whisk until it is blended (a few seconds).



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Step 6 - Pour the egg yolk mix into the pot of hot milk

Then pour the egg mixture back into the pot of hot milk and increase heat to medium. Stir the mixture constantly with a wooden or plastic spoon, until the mixture is thickened (like gravy) and registers between 170F and 180F (check with an instant-read thermometer, like the ones with a probe or a candy thermometer).



Step 7 - Add the light cream (or half and half) and vanilla and refrigerate

Stir in whipping cream (or light cream or half-and-half) and vanilla. Cover and pop into the refrigerator for at least 6 hours before continuing on to step 8. Overnight or even 24 to 48 hours is fine.



Step 8 - Fire up the ice cream maker!

Turn the ice cream maker on and let the maker work until it is thickened, altogether about 20 to 25 minutes.

Step 9 - when the ice cream starts to get thick, add the chocolate syrup

After about 20 minutes when the ice cream starts to get thick and nearly done, that is the time to add the chocolate. After about 20 minutes when the ice cream starts to get thick and nearly done, that is the time to add the chocolate syrup.



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I add about 1/2 cup of chocolate syrup - I use the Hersey's sugar free syrup, but both the variety and amount are a matter of personal taste preferences!

You can tell when the ice cream is done, by simply checking the consistency through the opening on the top of the ice cream maker. You will also hear the motor straining, as the ice cream freezes. On some units, the directions with the maker tell you to let it work until the motor stalls and stops.



When it is done, the ice cream should have a soft, creamy texture. If you want firmer, harder ice cream, transfer the ice cream to an airtight container and place it in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Step 10 - Enjoy!

Hey, once it reaches the consistency you like, it's time to eat! That's it! You made great homemade ice cream!

