

Homemade Chocolate Ice Cream

This homemade chocolate ice cream is incredibly **rich, creamy, and indulgent**, with deep chocolate flavors and a smooth, velvety texture. Whether scooped into a bowl or shaped into frozen pops, this ice cream is a true treat.

Ingredients (Makes ~6 servings)

- **2 cups** heavy cream + **1/8 cup** for melting chocolate
- **6 oz.** dark chocolate (preferably 86%), broken into pieces
- **3** egg yolks
- **1 teaspoon** vanilla extract
- **Pinch** of salt
- **3/4 cup** sweetened condensed milk (*or allulose for a sugar-free version*)

Instructions

1 Heat the Cream:

- In a **heavy-bottomed pot**, heat the **2 cups of heavy cream** over medium heat. Watch for tiny bubbles forming on the edges, but do not let it boil.

2 Melt the Chocolate:

- Place the **chocolate pieces** in a microwave-safe bowl.
- Add the **1/8 cup of cream** and microwave for **30 seconds**. Stir.
- If not fully melted, microwave for another **30 seconds**. Some small pieces are okay, as they will continue melting when mixed with the cream. (*Alternatively, use a double boiler.*)

3 Temper the Egg Yolks:

- In a separate bowl, whisk the **egg yolks**.
- Slowly drizzle a **ladleful of the hot cream** into the yolks while whisking continuously.
- Repeat with a **second ladle**. This process prevents the eggs from scrambling when added to the hot mixture.

4 Cook the Ice Cream Base:

- Return the pot of cream to medium heat.
- Slowly pour in the **tempered yolks**, whisking constantly.
- Add the **vanilla extract, salt, and melted chocolate**. Stir well.
- Add the **condensed milk (or allulose for sugar-free)** and continue mixing.

5 Thicken the Custard:

- Stir continuously for **20-30 minutes** until the mixture is **smooth, thick, and creamy**. Do not overheat.

6 Freeze:

- If making popsicles, pour into molds and freeze.
- Otherwise, pour the mixture into a container, let it cool, then cover and freeze overnight.

7 Serve:

- Let the ice cream sit at room temperature for a few minutes to soften before scooping.
Enjoy!