

Salt and Serenity

Malted Milk Ice Cream Sandwiches

The chocolate wafer recipe is from Cook's Illustrated (July 2002 issue).
Malted Milk Ice cream recipe is slightly adapted from kingarthur.com

Malted Milk Ice Cream:

454 grams (2 cups) whole milk
474 grams (2 cups) heavy (35%) cream
105 grams ($\frac{3}{4}$ cup) malted milk powder (such as Ovaltine or Hoosiers)
4 large egg yolks
148 grams ($\frac{3}{4}$ cup) granulated sugar
80 grams ($\frac{1}{4}$ cup plus 2 Tablespoons) light brown sugar
 $\frac{1}{4}$ teaspoon kosher salt
1 Tablespoon vanilla extract

Chocolate Wafers:

140 grams (1 cup) all-purpose flour
42 grams ($\frac{1}{2}$ cup) Dutch-processed cocoa powder
 $\frac{1}{4}$ teaspoon kosher salt
 $\frac{1}{8}$ teaspoon baking soda
2 large eggs
135 grams ($\frac{2}{3}$ cup) granulated sugar
78 grams ($\frac{1}{4}$ cup) chocolate syrup (like Nesquik)
113 grams ($\frac{1}{2}$ cup) unsalted butter, melted

Decorating:

1 cup milk chocolate, finely chopped and melted
1 cup mini chocolate chips or Skor Bits or chopped Maltesers

1. **Make Ice Cream:** Line a rimmed quarter-sheet pan (13x9 inches) with plastic wrap and set aside.
2. Freeze the work bowl of an ice cream maker according to the manufacturer's instructions. You should freeze work bowl for at least 24 hours.
3. Place the milk, cream, and malted milk powder in a 3-quart saucepan set over medium heat. Bring to a simmer.
4. While the milk mixture is heating, whisk together the egg yolks, sugars, and salt in a large heatproof bowl. Slowly add the hot milk to the bowl, whisking constantly. Place a strainer over the saucepan and pour the cream/yolk mixture through it back into the pan.
5. Reduce the heat to low and cook until the mixture thickens slightly, coats the back of a wooden spoon and reaches 170°F on an instant read thermometer. Remove from the heat; strain it into a bowl set over an ice water bath and stir in the vanilla. Chill mixture for several hours until quite cold.
6. Transfer the chilled base to the ice cream maker and freeze according to the manufacturer's instructions. I have a Cuisinart ice cream machine and it usually takes about 20 minutes. It will reach the consistency of soft serve ice cream.
7. Spread ice cream out into an even layer onto the plastic wrap lined sheet pan. Press a fresh sheet of plastic wrap onto the surface and freeze until very firm, at least 8 hours.
8. **Make Chocolate Wafers:** Adjust oven rack to middle position and heat to 350°F. Lightly spray 18x13-inch half-sheet pan with non-stick cooking spray and line with parchment paper (do not grease parchment).

9. Sift flour, cocoa, salt, and baking soda into medium bowl. Beat eggs, sugar, and chocolate syrup in large bowl until light brown. Add melted butter and whisk until fully incorporated.
10. Add dry ingredients to egg mixture. With rubber spatula, gradually incorporate dry ingredients into wet; stir until evenly moistened and no dry streaks remain. Pour batter into prepared baking sheet. Use an offset metal spatula to spread batter evenly in pan. Bake until cookie springs back when touched with finger, 10 to 12 minutes. Cool in pan on wire rack 5 minutes, then run paring knife around perimeter of baking sheet to loosen. Invert cookie onto work surface or large cutting board; carefully peel off parchment. Cool to room temperature, about 30 minutes.
11. Once ice cream is quite firm, remove from freezer and unwrap. Cut chocolate cookie in half, widthwise and sandwich the ice cream slab with the two pieces of chocolate wafer. Press on the cookie to make sure it adheres to the ice cream. Wrap large ice cream sandwich in plastic wrap, and place back on sheet pan and chill for another 30 minutes.
12. Using a very sharp knife, cut into 12 squares (3 columns and 4 rows).

13. Dip sandwich in melted chocolate and roll edge in topping of choice. Freeze sandwiches on a baking sheet until firm again.
14. Serve immediately or for longer storage, wrap each sandwich, individually, in plastic wrap and then freeze in a zip-loc freezer bag.