

Iced Yule Log in the Style of a Cinnamon Roll

Ingrédients

- 60g of egg whites (about 2 whites)
- 50g of granulated sugar
- 40g of egg yolks (about 2 to 3 yolks)
- 50g of T55 flour
- 310g of whole milk
- 110g of cream
- 80g of sugar
- 35g of atomized glucose
- 35g of milk powder
- 3g of ice cream stabilizer
- 335g of water
- 170g of sugar
- 80g of atomized glucose
- 3g of stabilizer
- 250g of cream cheese or mascarpone

Préparation

1. New day, new log!
2. As every year, I offer you a recipe for an ice cream log for those who don't want a layered log or a rolled log.
3. The advantages are numerous, starting with the fact that ice cream sometimes goes down easier at the end of a big meal, not to mention that there's no need to find room in the refrigerator or time for defrosting!
4. Here, after the cake version, I wanted to make a log version of the famous cinnamon rolls, with a roll made of sponge cake and cinnamon ice cream enclosed in a cream cheese ice cream to recall the cheese-based frosting of the buns.
5. I made egg-free ice creams that I find lighter, inspired by recipes from Emmanuel Ryon found in his book *The Art of Ice Cream and Sorbets*.
6. Equipment: Thermometer Whisk Perforated plate Silikomart log mold (I used the mold without a patterned mat)
Ingredients: I used cinnamon Koro: code ILETAITUNGATEAU for 5% discount on the entire site (non-affiliated).
7. French meringue: beat the egg whites, then tighten them by adding the sugar in three parts and gradually increasing the speed of the mixer.
8. The meringue is ready when it is smooth, shiny, and forms soft peaks.
9. Then, add the egg yolks and whisk again for a few seconds, just long enough to incorporate them.
10. Finish by gently folding in the sifted flour with a spatula.
11. Spread the sponge biscuit on a baking sheet lined with parchment paper, forming a rectangle of about 30x30.
12. Dust with icing sugar twice, then bake in the preheated oven at 180°C for 12-15 minutes.
13. Let cool and trim the edges to have a perfect rectangle/square.
14. Bring the milk, cream, and cinnamon to a boil.
15. Add the powder mixture (glucose, stabilizer, milk powder, sugar), and put it back on the heat until it reaches 85°C.
16. Blend with an immersion blender, then cover and let cool completely in the refrigerator for at least 4 hours.
17. Then, pour the mixture into your ice cream maker or sorbet maker.

18. When the ice cream is ready, pour it immediately over the cooled sponge biscuit, spread, and roll the biscuit immediately.
19. Wrap it tightly in plastic wrap, then place it in the freezer.
20. Bring the water to a boil, add the powder mixture (sugar, glucose, stabilizer) and bring to 100°C.
21. Blend, then cover in contact and let cool completely in the refrigerator.
22. Then, add the cheese, blend again and put back in the refrigerator for at least 4 hours.
23. Then, pour the mixture into the ice cream maker or ice cream turbine.
24. When the ice cream is ready, pour 2/3 of it into the log mold.
25. Add the cinnamon biscuit roll insert, then cover with the remaining ice cream.
26. Place in the freezer until the ice cream is well set, then unmold, sprinkle with cinnamon, and enjoy!

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