

# Vanilla Coconut Ice Cream (non-dairy)

Prep Time 1.5 hours

Yield: 5 quarts

Cuisine: Gluten-Free, Vegan

Freezer Friendly about 10 Days

## Ingredients

		<u>Notes</u>
1 Gallon	Coconut Milk, Unsweetened	In dairy cooler at Publix
2 cups	Sugar	Original recipe calls for "organic cane sugar (sub to half with agave nectar or maple syrup)." Note: may affect texture???
3 ½ Tbsp	Vanilla Extract	
3 Tbsp	Whiskey (Bourbon is fine)	See untested alternatives below
1 Box	Ice cream (rock) salt	Note: No real saving on salt or ice in the freezer for the ½ recipe, since the machine still needs to churn with the same ice cold outer mixture.
2 bags	20 pounds ice	

## Instructions

1. Mix sugar, vanilla and ½ gallon coconut milk in the ice cream freezer, with a wooden spoon. Then add the remaining ½ gallon coconut milk and stir and the 3 tablespoons of whiskey.
2. Churn in the ice cream freezer until it stops, in about

$\frac{1}{2}$  hour.

3. Let sit and harden in the freezer for  $\frac{1}{2}$  hour, before removing from the freezer.

**Culinary Tradition:** USA, special diet

My rating: 4 out of 5 stars



**COMMENTS:**

- Not bad. Everyone liked the recipe.
- Not as smooth and creamy as my best (cooked) dairy based home made ice cream recipe.
- There was a slight coconut taste. Discernible, but not overpowering. Hidden with a bit of chocolate syrup.
- The texture changes somewhat over time. It was somewhat more crumbly and crystallized each day. The bourbon was added to prevent/slow this process, and did help considerably, compared to no whiskey.

**OTHER UNTESTED SUGGESTIONS:**

- The following were other suggestions compared to no whiskey. Remember, the whiskey is added to make the mixture smoother, especially over time; not for the taste. The taste and alcohol content is not discernible, at this level.
- This recipe starts to crystalize after a day. Online ideas to stop/slow crystallization–NOT all at once – **not tested...**
  - Churn less than capacity, to incorporate more air when churning; or
  - Add corn starch; or
  - Use agave, especially since the syrupy nature of agave helps prevent ice crystals from forming, keeping the ice cream very smooth (or use some honey); or
  - Add one Tbsp pectin (Publix, Sure-Gel Pectin)