

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)

Country Style Vanilla Ice Cream (requires cooking)

Recipe: Country Style Vanilla Ice Cream

Summary: *Home made vanilla ice cream, printed years ago in the Ft. Lauderdale Sun-Sentinel. Requires cooking. Note, this is a 5 quart recipe. See variation for 6 quart recipe. This ice cream is very creamy, and has a custard texture. It is a little more work, but worth it, in my opinion.*

Ingredients

- 5 eggs (6 eggs for 6 quart recipe)
 - 3 1/4 cup sugar (4 cups for 6 quart recipe)
 - 5 cups whipping cream (6 cups for 6 quart recipe)
- Approx. 6 1/2 cups milk (8 cups for 6 quart recipe).
NOTE: Only 4 cups is cooked
- 2 1/2 tablespoons vanilla extract (3 tablespoons for 6 quart recipe). ADDED AFTER COOKING
- about 3 bags of ice
- Rock Salt

Instructions

1. Combine eggs (beaten), sugar, cream and 4 cups of milk



Cooking the ice cream ingredients

2. Cook mixture until 160-165 degrees F. The recipe in the *Sun-Sentinel* says, "*lightly coats spoon and finger leaves a path when drawn across back of spoon.*" Frankly, this method of checking the temperature never works for me. However, there are two important reasons to achieve this temperature—which is pretty hot but NOT boiling—so it is probably best to use a thermometer. First of all, cooking the mixture fundamentally changes the taste and texture of the final product. Secondly this temperature is what is needed to kill any salmonella bacteria.[2. Apparently the risk of contracting salmonella is small. However, this factor is why I personally recommend skipping the "raw egg" ice cream recipes, unless you use an "egg substitute." There is an excellent article on point at MissouriFamilies.ORG]
3. Chill completely in fridge or ice bath. If warm, you may churn flakes of butter. I put the can in the ice cream freezer, and add the ice, but DON'T start the motor/cranking, for about an hour until the mixture in the can is cool to the touch.
4. Add the additional ingredients. Note the milk is added last, and the amount listed is only an estimate. Add until the fill line.
5. Crank the ice cream per the general instructions.

CulinaryTradition: *USA (Traditional)*

My rating: 5.0 stars



Home Made Vanilla Ice Cream Recipe – No Eggs or Cooking

Recipe: Vanilla Ice Cream (No Eggs. No Cooking)

Summary: *Easy ice cream recipe. Makes 6 quarts (adjust if your freezer is larger or smaller).*

Ingredients

- 4 Quarts half-n-half
- 4 Tablespoons vanilla extract
- 3 cups sugar
- 1/2 teaspoon salt
- About 3 bags of ice and a box of rock salt to cool the freezer

Instructions

- Add the ingredients together in the can—excluding, of course, the ice and rock salt. Use freezer per separate instructions.

CulinaryTradition: *USA (Traditional)*

My rating: 5.0 stars

