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Vanilla Bean "Ice Cream"



Lauren's peachy-pear crisp Photo Susie Iventosch

seeds. Put the seeds and pod into the coconut milk to simmer. After it comes to a simmer, remove vanilla bean pods and set aside.

In an electric stand mixer, with whisk attachment, beat egg yolks on medium-high about 5 minutes until pale and light and a thick ribbon runs off the whisk when lifted. Reduce to low speed and slowly drizzle in 1 cup of hot coconut milk/honey.

Pour egg/coconut milk mixture back into saucepan of the remaining coconut milk, remove vanilla bean pod. Whisk constantly over medium-high heat until it is thick and at 180 degrees. Dip a spoon into mixture and wipe a clean line across the middle of the spoon. If the line stays clean and the mixture does not run down into the line, it's done, otherwise continue to cook a little longer and test every minute. If you overcook it, it will curdle.

Add remaining chilled light coconut milk, 1 tablespoon real vanilla extract if you did not use vanilla beans and whisk. Pour into a glass pitcher, cover mixture and refrigerate 6 hours or until 38 degrees. Be sure you have a thermometer in your refrigerator and keep it between 34-38 degrees-over 40 degrees is optimal temperature for bacterial growth!

Follow the manufacturer's ice cream machine instructions to churn. When finished churning, pour into plastic containers and freeze for 8 hours or overnight for premium ice cream texture, or eat a little of it now, which will be soft serve consistency. Scoop and enjoy!

*Note: you can use all light coconut milk, but the texture will not be as creamy.

Vanilla Bean "Ice Cream"

Cold, smooth and creamy with the exotic flavor of vanilla bean! Add a scoop to any dessert or enjoy alone.

Yields: 1 quart

Special Equipment: Ice cream maker or Kitchen Aid frozen ice cream bowl attachment with paddle, glass pitcher.

INGREDIENTS

2 cups regular coconut milk*

1 1/2 cups light coconut milk, chilled

1/2 cup agave nectar or clover honey

6 large organic egg yolks

1 tablespoon real vanilla extract or 2 vanilla beans

DIRECTIONS

In a saucepan, heat 1 2/3 cup regular coconut milk, 1/2 cup agave nectar or honey over medium-high heat until it simmers (170 degrees). If using a vanilla bean, split lengthwise and use the back of a knife to scrape out the



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