

Toasted Coconut Ice Cream

Recipe By *Estee Kafra*



Cooking and Prep:  3
h 45 m

Serves:  12

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Passover

Diet: Vegetarian, Gluten Free,
Low Carb

Source: KosherScoop.com

You don't have to love coconut to go for this recipe. You can serve it topped with chocolate syrup or in an actual coconut for a stunning dessert presentation.

Ingredients (5)

Main ingredients

- 1 cup dessicated coconut (or coarsely shredded dried coconut)
- 10 eggs (8 separated, 2 whole)
- 1 and 1/2 tablespoons vanilla sugar
- 1/2 cup oil
- 1 and 1/4 cups sugar

Start Cooking

For the ice cream

1. Spread the coconut on a baking sheet and bake at 350°F for 10 minutes, or until lightly browned. Let cool.
2. In an electric mixer fitted with a whisk, whip 8 yolks with vanilla sugar and oil until light. Add the 2 whole eggs and whip until stiff.
3. In a second bowl, beat 8 egg whites until foamy. Gradually add the sugar and beat until whites are stiff and peaks form.
4. Combine the two beaten mixtures by folding them together using a spatula. Add most of the toasted coconut into the mixture and fold lightly.
5. Freeze in a 9 x 13-inch pan, well-covered. At serving time, scoop into individual serving dishes and sprinkle with reserved coconut.

Tip:

Save some of the toasted coconut for garnishing.