

Toasted Coconut Ice Cream With Macadamias

Servings: 1

Source: Whole Foods, Summer 2002

Ingredients

- 1 cup Sugar
- 2½ teaspoons Cornstarch
- pinch Salt
- 1 cup Milk
- ¾ cups Whipping Or Heavy Cream
- 2 large Egg Yolks
- ½ cup Evaporated Milk, Chilled
- 1 cup Unsweetened Coconut Milk, Chilled
- ¼ cup Sweetened Coconut Flakes, Lightly Toasted
- ¾ cups Toasted Macadamia Nuts, Roughly Chopped

Method

1. In a medium saucepan, combine the sugar, cornstarch and salt. Gradually stir or whisk in the milk and cream, bring to a boil, and then reduce the heat to a simmer for one minute. Remove the pan from the heat.
2. In a large bowl, beat the egg yolks until blended, about 30 seconds. Whisk about ½ c of the hot milk-cream mixture into the yolks and then beat in another ½ cup. Slowly whisk in the remaining hot liquid and then pour the mixture back into the pan. Heat the mixture over medium to medium-high heat until it reaches 180°F and begins to thicken, stirring constantly; it will look like it is about to boil. Remove the pan from the heat and whisk in the chilled evaporated milk and coconut milk, whisking until the mixture begins to cool. Strain to remove any cooked pieces of egg and refrigerate at least 2 hours and up to 24 hours, stirring occasionally.
3. Pour chilled mixture into an ice cream maker (following maker's instructions) and begin churning. Pour toasted coconut and macadamias into the ice cream as it churns. Churn until the ice cream is very thick and cold (times vary depending on type of ice cream maker). Transfer to a resealable plastic or stainless steel container and freeze until it's firm enough to scoop, at least 3 hours.

Makes 1½ quarts

Notes

Adapted from "Fine Cooking" September 2000