



Magic Chocolate Shell Flecked Ice Cream

By Dylan Sabuco

Prep Time 15 / **Cook Time** 2 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- ☐ Microwave
- ☐ Gallon-size ziplock bags (2) OR blender if making dairy-free Ice Cream
- ☐ Small bowl
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Spoon for stirring chocolate

Ingredients

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- ☐ Ice cream:
- ☐ 1 C heavy cream ****(for DAIRY ALLERGY sub 1 10-oz can coconut cream + 2 T sunflower seed butter, like SunButter—more info below)****
- ☐ 1/2 C granulated sugar

- ☐ 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use gluten-free pure vanilla extract, not imitation flavor—check label)******
- ☐ 1 C ice
- ☐ 1 T salt
- ☐ 2 large ziplock bags for shaking the ice cream
- ☐ Magic shell:
- ☐ 3 T coconut oil
- ☐ 1/2 C chocolate chips ******(for CHOCOLATE ALLERGY sub carob chips and for DAIRY/NUT/SOY ALLERGY sub Enjoy Life brand chocolate chips)******

Food Allergen Substitutions

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Dairy: For 1 C heavy cream in Ice Cream, substitute 1 10-oz can coconut cream + 2 T sunflower seed butter, like SunButter—see separate Ice Cream recipe step. Use Enjoy Life brand chocolate chips in Magic Shell.

Gluten/Wheat: Use gluten-free pure vanilla extract, not imitation vanilla flavor.

Chocolate: Substitute carob chips in Magic Shell.

Nut: Use Enjoy Life brand chocolate chips in Magic Shell.

Soy: Use Enjoy Life brand chocolate chips in Magic Shell.

Instructions

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intro

The magic in this ice cream comes from the coconut oil! Coconut oil is a very unique fat because it melts at a very low temperature and solidifies quickly when cold. We can use that to our advantage to make a drizzle chocolate sauce that will harden, creating a shell over the top of the ice cream.

dairy free ice cream

Use the ingredients listed for the dairy substitution instead. Combine **1 can coconut cream, 2 tablespoons sunbutter, 3 tablespoons sugar**, and **1 cup ice** to a blender and blend until ultra smooth and soft serve texture.

measure + shake

In a gallon-size ziplock bag, measure **1 cup heavy cream, 1/2 cup sugar**, and **1 teaspoon vanilla**

extract. Seal the bag tightly and shake until all the sugar is combined. In another bag, measure **1 cup ice** and **1 tablespoon salt**. Place the first bag inside the second bag, and shake the entire thing. The salt and ice in the second bag will freeze the cream in the first bag, creating a soft serve ice cream by the end.

shake + serve

Continue to shake the bag for about 10 minutes. Serve the ice cream immediately with the magic shell poured over top.

measure + microwave + melt

Measure and melt **3 tablespoons coconut oil** and **1/2 cup chocolate chips** in a small bowl for 20 seconds at a time in the microwave until the chocolate is fully melted. Remove the bowl from the microwave every 20 seconds to stir the chocolate shell mixture. The chocolatey drizzle should harden over the cold ice cream for a tasty and magical treat!

Featured Ingredient: Coconut Oil!

Hi! I'm Coconut Oil!

"I start out as a white, solid fat that melts and becomes oil when heated, similar to vegetable shortening. And, not surprisingly, I smell and taste a lot like coconut!"

Coconut oil is extracted from coconut meat or milk. It is native to tropical areas of Southeast Asia and has a long history in Asian cuisine and medicine, possibly since 4,000 years ago.

A simple way to extract coconut oil from a coconut at home is to heat the coconut meat. In the Philippines, they boil coconut milk to distill it and extract the oil (or lara).

In coconut oil manufacturing, either wet or dry processes are used. The wet process extracts the oil from the raw coconut meat. Coconuts are opened and laid in the sun to dry out for the dry process. The oil is extracted from the dried-out flesh or "copra."

The Philippines produces the world's most coconut oil, followed by Indonesia.

Coconut oil is used as a base for making harder and more water-soluble soap with more lather. It is also found in some cosmetics.

Some tropical countries use coconut oil as a fuel alternative.

Coconut oil can replace butter or other vegetable oils in baked goods and salad dressings, for frying and sautéing, and in curries and popcorn.

Coconut oil is sensitive to temperature changes. Adding the oil to melted chocolate helps it to firm up when dipped into or drizzled over cold treats like ice cream, creating a shiny, hard coating.

Coconut oil is 99 percent fat. It is not considered a healthy fat. Of all food oils, it has one of the highest percentages of saturated fats at 82.5 percent. The largest percentage of these fats is lauric acid, at almost 50 percent. It is known to increase good cholesterol or HDL but also increases the amount of bad cholesterol or LDL.