

GOURMET FISHING

Season IV- Episode 03



INFO-SHORTS



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Coconut Ice Cream



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Coconut Ice Cream





Grocery List

Coconut Ice Cream topped with Rum Infused Whipped Cream

Coconut Ice Cream Ingredients

Heavy Cream, 40% Milk Fat
Sweet Cream of Coconut
Whole Milk
Vanilla Extract
Large Egg
Salt

Rum Infused Whipped Cream Ingredients

Heavy Cream, 40% Milk Fat
Pineapple Rum
Confectioners Sugar
Cream of Coconut



Coconut Ice Cream Ingredients



Rum Infused Whipped Cream Ingredients

Coconut Ice Cream topped with Rum Infused Whipped Cream



3 Cup of Ice Cream
Ingredients

Coconut Ice Cream Ingredients

1 pint or 8oz Heavy Cream, 40% Milk Fat
1/2 cup Sweet Cream of Coconut
1/2 cup whole Milk
1 tsp Vanilla Extract
1 Large Egg
Pinch of Salt

Rum Infused Whipped Cream Ingredients

5oz Heavy Cream, 40% Milk Fat
2oz Pineapple Rum
1 1/2 Tbs Confectioners Sugar
1 tsp Cream of Coconut

Coconut Ice Cream

Place the combined ingredients into the refrigerator until cold—about 30 minutes. Pour into the cold ice cream churn, and process. Churn for 15-20 minutes. Place in a container and into the freezer for about an hour or until hard.

Make without an ice cream churn:

Beat the cream until it is thick. Add the remaining ingredients and combine. Place it in the freezer for 30minute or until hard. Remove and beat the mixture. Refreeze for about an hour.

Pineapple Rum Infused Whipped Cream

Place all ingredients into a Whipped Cream Dispenser. Place the top on the dispenser and shake to combine. Depending on the size of your dispenser, charge with the appropriate number of NO₂ cartridges.

If you do not have a whipped cream dispenser, combine in a bowl and whip until stiff peaks are formed with a whisk or a hand mixer with a whisk attachment.

Plate yourself a few scoops of ice cream, decorate however you like, and top with some of the infused whipped cream and enjoy.



Gourmet Fishing



We catch fish, and then, We cook our catch...



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