Vegan Gelato Base

Make rich and creamy vegan gelato with helpful tips and an easy recipe for a vegan gelato base you can turn into a variety of flavors.

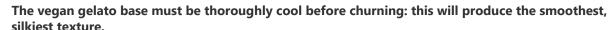|	
Prep Time:	15 mins
Cook Time:	10 mins
Freezing Time:	4 hrs
Servings	1 quart (4 cups/1L)
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Ingredients

- 3 cups unsweetened full-fat (regular) coconut milk or cream (look at the label to make sure the product you're choosing contains at least 60% coconut extract)
- ¾ cup granulated sugar
- 2 tbsp cornstarch
- 1 vanilla bean, split lengthwise (**optional**, use only to make vegan vanilla gelato, or if instructed by the recipe you're making)

Instructions

In a medium saucepan, whisk together the coconut milk, sugar, cornstarch, and vanilla bean, if using. Set over medium-high heat and bring to a boil, whisking constantly. Lower the heat and simmer until the mixture thickens slightly, about 5 minutes.

Remove from the heat. Let cool to room temperature, then refrigerate for 4 hours, or preferably overnight. (Leave the vanilla bean in while the vegan gelato custard cools.)

The vegan gelato base must be thoroughly cool before churning: this will produce the smoothest, silkiest texture.

Once cool, fish out and discard the vanilla bean, or, if making a fruit-flavored vegan gelato, whisk the fruit puree of your choice into the vegan gelato base. You need 2 cups (500 ml) fruit puree to produce a flavorful fruit-based vegan gelato.

Strain the vegan gelato to get the smoothest texture. Pour into the bowl of an ice cream maker and churn according to the manufacturer's instructions. Stop the machine when the gelato is thick and icy but still easily spoonable.

STORAGE: Transfer the vegan gelato to an airtight container and freeze until firm, about two hours. The gelato will keep, frozen, for up to two weeks.

Vegan gelato is at its creamiest and best if enjoyed within 2 weeks. Past that, some ice crystals will inevitably start forming (especially if the gelato is kept in the freezer section of a regular fridge, as opposed to a chest freezer) and the texture won't be quite as smooth. The gelato will still be perfectly edible for up to 2 months, but my advice is: enjoy is as quickly as possible after churning.

SERVING: Always take vegan gelato out to room temperature 20 minutes before serving to make it easier to scoop and enjoy it at its ideal temperature and texture.

Did you make this?

Tell me how you liked it! Leave a comment or take a picture and tag it with @foodnouveau on Instagram.

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