

COCONUT-GHEE GELATO

INGREDIENTS (4 ONLY)

Ingredient	Purpose	Amount	Key Notes
Coconut Milk (full-fat)	Creamy fat base (no gums, no additives)	400g (1 can)	**Must be confirmed gum-free. <i>Use only the thick cream on top.</i>
Ghee (homemade or high-quality store-bought)	Rich, buttery depth (no lactose)	70g (5 tbsp)	Clarify your own or use a good one that is tested pure.
Allulose	Sweetness without sugar	50g (¼ cup)	** Get 99.9% pure, no fillers.**
Vanilla Extract (pure)	Flavor enhancement	½ tsp	No imitation vanilla. <i>Alcohol-based for best distribution.</i>

Optional (But Recommended) Boosters: - Pinch of Salt → Balances sweetness, enhances flavor. - ¼ tsp Nutritional Yeast → Adds umami depth.

METHOD (STEP-BY-STEP)

PREP (5 min)

- Chill the ice cream maker bowl for 24 hours (critical for proper freezing).
- Open the coconut milk can without shaking. Scoop out only the thick cream (leave the watery part behind).

MIX (1 min)

- In a chilled bowl, whisk together:
 - Thick coconut cream
 - Melted ghee (cooled to 30°C)
 - Allulose
 - Vanilla extract
- Blend until fully homogeneous (no separation).

CHURN (15–18 min)

- Pour the mixture into the pre-frozen ice cream maker.
- Churn until it reaches soft-serve consistency (~15–18 min).
 - If too thick, add 1 tsp vodka (or water in a pinch).
 - If too thin, freeze the bowl for 10 more minutes and rechurn.

FREEZE (2 hrs)

- Transfer to an airtight glass container.
- Press parchment paper directly on the surface to prevent ice crystals.
- Freeze for 2 hours at -18°C or colder.

SERVE

- Let it sit at **room temperature for 5–10 minutes** before scooping.
- **Enjoy with a wooden spoon** for the best texture and flavor.

TROUBLESHOOTING (JUSTIN CASE)

Problem	Cause	Fix
Grainy texture	Allulose not dissolved	Blend longer or use powdered allulose .
Oily mouthfeel	Ghee too hot when mixed	Cool ghee to 30°C before blending.
Too hard	Over-frozen	Add 1 tsp vodka next time.
Too soft	Not enough fat	Use full-fat coconut milk (13.5%+ fat) .

PRO TIPS (FOR THE OBSESSED)

- **Chocolate Version:** Add **20g cocoa powder** + **10g extra allulose**.
- **Fruit Version:** Blend in **50g frozen berries** (adds natural pectin for thickness).
- **Coffee Version:** Mix in **1 tsp instant espresso** before churning.