

Coconut Ice Cream

Ingredients

2 cups milk
2 cups heavy cream
2 cups coconut milk
1 cup coconut flakes, toasted
egg yolks
1 1/2 cups sugar
Pinch salt

Method

Step 1

Bring milk, heavy cream, coconut milk, and coconut flakes to simmer in heavy saucepan for a few minutes. Allow to steep for 10 minutes.

Step 2

Whisk the egg yolks, sugar, and salt together, long enough to dissolve the sugar.

Step 3

Temper hot liquid into egg mixture. Return all back into saucepan over low heat, stirring all the while, until mixture starts to thicken. Strain through a chinois. Chill immediately over ice bath.

Step 4

Churn in a standard ice cream machine.

THE
COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

www.facebook.com/secretjozichef