



Magic Chocolate Shell Flecked Ice Cream

By Dylan Sabuco

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

Fun-Da-Mentals Kitchen Skills

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

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

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!