

Dairy Free Coconut Sorbet

By Diane Kuehn

Coconut sorbet is a fantastic alternative for those who can't tolerate the dairy in regular ice cream or the egg in frozen custard. This recipe comes out rich and creamy, and is amazing by itself or with the cake and pie recipes in the Gluten-free One-mix Baking cookbook. You will need an ice cream maker for this recipe. Chill the cans of coconut milk for one hour prior to making this recipe to ensure that the coconut cream stays at the top of the can. Makes 4 half-cup servings.

Contains tree nuts (coconut).

Ingredients:

2 cans full-fat coconut milk (13.5 oz. or 398 ml)
¼ c. honey or maple syrup (60 ml)
½ of a vanilla bean pod (about 3 inches (8 cm) long)

Directions:

Step 1. Pour one full can of coconut milk into a microwaveable bowl; add all of the thick cream (about ⅔ cup or 160 ml) from the top of a second can of coconut milk (reserve the coconut water from the second can for other recipes). Microwave the coconut milk for 90 seconds and then stir till smooth.

Step 2. Add the honey or maple syrup to the coconut milk; mix well with a rubber spatula to combine.

Step 3. Slice the vanilla bean pod open lengthwise with a paring knife. Scrape the tiny vanilla seeds out of the vanilla bean. Add them to the warm bowl of coconut milk and stir well to combine (make sure that any small clumps of seeds are broken up).

Step 4. Cover the bowl of coconut milk with a piece of plastic wrap. Refrigerate for one hour.

Step 5. Follow the instructions for your ice cream maker. Pour the coconut milk into the ice cream maker bowl, and begin the freezing process.

Step 6. After the coconut milk mixture has sufficiently hardened, scrape it out of the ice cream maker's bowl and into a glass container; cover and place it in the freezer to harden further. Enjoy!



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