

COFFEE ICE CREAM

SERVES 5 • COOK TIME 25 MINUTES, PLUS OVERNIGHT TO COOL

INGREDIENTS

2 (13.5-OUNCE) CANS UNSWEETENED, WHOLE-FAT COCONUT MILK OR COCONUT CREAM

½ CUP HONEY

1 TABLESPOON FLAVORLESS GRASS-FED GELATIN (SEE NOTE)

1 CUP DARK ROAST COFFEE GRINDS



** Note: I like to use Great Lakes Unflavored Beef Gelatin (the one with the orange label).*

In a medium saucepot over medium-low heat, warm the coconut milk very slowly so it doesn't separate. Once it gets warm, about 5 minutes, add the honey while whisking.

Continue to heat until the coconut mixture is just below a simmer (180 °F), about 10 minutes total. Add the gelatin and whisk until it's fully dissolved.

Once the mixture is at a good simmer (180 °F to 195 °F), pour it into a French press with the coffee grinds. Give it a good stir and allow to steep for 8 minutes. Strain it through a sieve held over a bowl.

Allow to cool in the fridge overnight. The next day, if the mixture has solidified, allow it to sit at room temperature for 30 minutes.

Pour into an ice cream maker and run for 25 minutes. Eat it right away if you like soft-serve or freeze it overnight for firm, scoopable ice cream. If you do freeze it, let it sit out for 5 to 10 minutes before serving for the perfect texture.

