



# **Tender Coconut Ice Cream**



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## Introduction

Ice cream lovers rejoice! This tender coconut ice cream recipe is a delightful treat that combines the creaminess of ice cream with the refreshing flavors of tender coconut. Perfect for hot summer days or a sweet indulgence any time of year, this homemade ice cream is sure to impress your friends and family.

## Detailed Ingredients with measures

- 2 cups thick coconut milk
- 1 cup tender coconut flesh, chopped
- 3/4 cup sweetened condensed milk
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

## Prep Time

Preparation time for this recipe is approximately 15 minutes.

## Cook Time, Total Time, Yield

Cook time is not applicable for this no-churn recipe. The total time from preparation to enjoying your ice cream is about 6 hours, including freezing time. This recipe yields about 4 servings of delicious tender coconut ice cream.





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## Detailed Directions and Instructions

### **Step 1: Prepare the Coconut Cream**

Begin by refrigerating a can of full-fat coconut milk overnight. This allows the cream to separate from the liquid.

### **Step 2: Extract the Coconut Cream**

After chilling, open the can and scoop out the solidified coconut cream into a mixing bowl, discarding the liquid.

### **Step 3: Whip the Coconut Cream**

Using an electric mixer or a whisk, whip the coconut cream until it becomes light and fluffy.

### **Step 4: Add Sweetener and Flavoring**

Incorporate powdered sugar and a splash of vanilla extract into the whipped cream. Mix until well combined.

### **Step 5: Fold in Tender Coconut Water**

Gently fold in freshly extracted tender coconut water to the whipped mixture until fully combined.

See also [Pecan Pie Pudding Cake Recipe](#)

### **Step 6: Transfer to Container**

Pour the mixture into an airtight container, spreading it evenly.

**Step 7: Freeze the Mixture**

Cover the container and place it in the freezer for at least 6-8 hours, or until it is completely firm.

**Step 8: Serve and Enjoy**

Once frozen, scoop the ice cream into bowls and serve immediately.

## Notes

**Note 1: Using Fresh Coconut**

For a more authentic flavor, consider using fresh tender coconut instead of canned products.

**Note 2: Sweetness Levels**

Adjust the sweetness according to your taste preference; less sugar can be added if desired.

**Note 3: Texture Tips**

To maintain a smooth texture, mix the ice cream every 30 minutes for the first 3 hours of freezing.

**Note 4: Storage Instructions**

Store any leftover ice cream in an airtight container for up to 2 weeks in the freezer.





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## Cook techniques

### Chilling the ice cream mixture

Chilling the mixture before churning helps to create a smoother texture by ensuring that it freezes evenly.

### Using a blender

Blending the ingredients thoroughly ensures that you achieve a creamy and homogenous mixture, essential for a good ice cream consistency.

### Churning the ice cream

Churning introduces air into the mixture, making the ice cream light and fluffy while also preventing ice crystals from forming.

### Storing properly

Proper storage in an airtight container helps to maintain the ice cream's texture and prevents freezer burn.

## FAQ

### Can I use regular coconut milk instead of tender coconut water?

Yes, you can use regular coconut milk, but the flavor and texture may differ slightly.

### How long does the ice cream take to set?

The ice cream typically takes about 4-6 hours to set in the freezer.

See also Plum Cake



**Can I add other flavors or ingredients?**

Absolutely! You can customize your ice cream by adding flavorings, fruits, or mix-ins according to your preference.

**Is this recipe suitable for vegans?**

Yes, this ice cream recipe is vegan-friendly as it does not include any dairy ingredients.

**How do I know when the ice cream is done churning?**

The ice cream is ready when it has doubled in volume and has a soft-serve consistency.



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## Conclusion

The tender coconut ice cream is a delightful treat that captures the essence of tropical flavors. Its creamy texture and refreshing taste make it a perfect dessert for warm days or any occasion. Whether enjoyed on its own or as a part of a dessert platter, this ice cream is sure to impress your family and friends. Embrace the richness of tender coconut and indulge in this homemade ice cream that balances sweetness with a hint of nuttiness.

## More recipes suggestions and combination

### **Tropical Fruit Salad**

Combine various tropical fruits such as mango, pineapple, and papaya for a refreshing salad that pairs perfectly with tender coconut ice cream.

### **Coconut Milk Pudding**

Prepare a smooth and creamy coconut milk pudding that can be served alongside or topped with the tender coconut ice cream for a delicious dessert experience.

### **Coconut Cream Cake**

Bake a moist coconut cream cake and serve it with a scoop of tender coconut ice cream for a delightful combination of flavors and textures.

### **Chocolate Sauce**

Make a rich chocolate sauce to drizzle over the tender coconut ice cream for a decadent and indulgent treat that balances sweetness with

chocolatey goodness.

### **Coconut & Mango Parfait**

Layer tender coconut ice cream with fresh mango chunks and granola for a tropical parfait that is not only tasty but also visually appealing.

See also Sausage, Egg & Hash Brown Breakfast Bake



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