



Coconut-Corn Ice Cream with Brown-Sugar Syrup and Peanuts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



583 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoons peppercorns whole black
- ☐ 2 teaspoons coriander seeds
- ☐ 1 cup brown sugar dark packed ()
- ☐ 6 ears of corn husked
- ☐ 1 teaspoon kosher salt
- ☐ 8 servings lime zest finely grated
- ☐ 1 cup roasted peanuts salted coarsely chopped

- ☐ 0.8 cup condensed milk sweetened
- ☐ 27 ounce coconut milk unsweetened canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ mortar and pestle
- ☐ cutting board
- ☐ pastry brush

Directions

- ☐ Toast coriander seeds in a small dry skillet over medium heat, stirring often, until fragrant, 1–2 minutes.
- ☐ Transfer to a cutting board; crush with the bottom of a small pan or with a mortar and pestle.
- ☐ Stir sugar and 1/3 cup water in a small saucepan over medium–low heat until sugar dissolves.
- ☐ Add coriander and peppercorns; season with salt. Bring to a simmer over medium heat. Simmer, swirling pan occasionally and brushing down sides with a wet pastry brush, until slightly thickened, about 5 minutes.
- ☐ Let cool. Strain; cover and chill for up to 1 month.
- ☐ Using the large holes on a box grater, coarsely grate corn kernels from cobs into a large bowl; reserve cobs.
- ☐ Heat coconut milk in a large saucepan over medium heat until almost simmering.
- ☐ Add grated corn, corn cobs, and condensed milk; cook, stirring occasionally, until mixture barely begins to simmer, about 5 minutes.
- ☐ Remove from heat, cover, and let steep for 1 hour. Discard cobs.
- ☐ Strain corn mixture through a fine-mesh sieve into a medium bowl, pressing on solids to extract as much liquid as possible; discard solids.
- ☐ Whisk in salt. Cover corn ice cream base; chill for at least 4 hours or overnight.

- ☐
- Process ice cream base in an icecream maker according to manufacturer'sinstructions.
- ☐
- Transfer to an airtightcontainer, cover, and freeze for at least3 hours and up to 1 week.
- ☐
- Scoop ice cream into bowls.
- ☐
- Drizzle some brown-sugar syrup over.
- ☐
- Garnish with peanuts and lime zest.

Nutrition Facts

PROTEIN

7.66%

FAT

51%

CARBS

41.34%

Properties

Glycemic Index:15.63, Glycemic Load:9.58, Inflammation Score:-5, Nutrition Score:15.554347955662%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 582.85kcal (29.14%), Fat: 35.23g (54.2%), Saturated Fat: 23.37g (146.07%), Carbohydrates: 64.25g (21.42%), Net Carbohydrates: 58.86g (21.4%), Sugar: 49.72g (55.25%), Cholesterol: 9.75mg (3.25%), Sodium: 438.57mg (19.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.82%), Manganese: 1.48mg (74.05%), Phosphorus: 302.72mg (30.27%), Magnesium: 103.16mg (25.79%), Vitamin B3: 4.75mg (23.77%), Copper: 0.44mg (21.91%), Fiber: 5.39g (21.55%), Potassium: 729.58mg (20.85%), Selenium: 12.43µg (17.76%), Folate: 70.21µg (17.55%), Iron: 2.7mg (15.02%), Calcium: 144.48mg (14.45%), Vitamin B1: 0.22mg (14.33%), Vitamin B5: 1.17mg (11.71%), Zinc: 1.62mg (10.82%), Vitamin B2: 0.17mg (10.24%), Vitamin C: 8.41mg (10.2%), Vitamin B6: 0.17mg (8.41%), Vitamin A: 204.82IU (4.1%), Vitamin B12: 0.13µg (2.1%), Vitamin E: 0.24mg (1.61%)