

SIDE DISH

Fryer and Ice

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
165 min	150 min	15 min	8	\$2.12	880 kcal



Fryer and Ice might be a good recipe to expand your side dish recipe box. This recipe serves 8 and costs \$2.12 per serving. One serving contains 880 calories, 12g of protein, and 69g of fat.

Ingredients

- ☐ 4 ounces bittersweet chocolate, chopped
- ☐ 2 tablespoons heavy cream
- ☐ 3 cups panko breadcrumbs
- ☐ 1 tablespoon sugar
- ☐ ½ teaspoon vanilla extract
- ☐ 8 cups Vegetable oil, for frying (about
- ☐ 4 large eggs
- ☐ 2 pints ice cream (any flavor)
- ☐ 1 pinch Pinch of salt
- ☐ 1 tablespoon unsalted butter
- ☐ 1 tablespoon vanilla extract
- ☐ 6 tablespoons whole milk

EQUIPMENT Bowl, Baking sheet, Paper towels, Whisk, Pot, Kitchen thermometer, Microwave, Slotted spoon

Method

- 1 Prepare the ice cream: Scoop 8 balls of ice cream onto a baking sheet. Freeze until hard, about 1 hour.
- 2 Put the panko in a shallow bowl. In another shallow bowl, whisk the eggs and vanilla until combined.
- 3 Roll the ice cream balls in the egg mixture; let the excess drip off, then roll in the panko to coat. Return to the baking sheet and freeze until the coating is firm, about 1 hour. Repeat, rerolling in the egg mixture, then the panko (the ice cream should be completely covered). Return to the freezer until firm, at least 1 more hour. (At this point, you can wrap the breaded ice cream in plastic and freeze for up to 3 days.)
- 4 Combine the chocolate, milk, heavy cream, butter, sugar, vanilla and salt in a microwave-safe bowl. Microwave in 30-second intervals, stirring, until the chocolate is melted and the sauce is smooth.
- 5 Heat about 2 1/2 inches of vegetable oil in a deep pot over medium-high heat until a deep-fry thermometer registers 400 degrees F. Fry the frozen ice cream balls, two at a time, until the coating is golden brown, about 30 seconds.
- 6 Remove with a slotted spoon and drain on a paper towel-lined plate.
- 7 Serve immediately with the chocolate sauce; dust with cocoa powder. Photograph by Kang Kim
- 8 What do you think this fried ice cream should be called?
- 9 Let us know; you must use the entry form in order to be considered.

Nutrition per serving

	880 KCAL	12 g PROTEIN	69 g FAT	54 g CARBS
Saturated Fat				20.8 g · 130% of daily needs
Fibre				3 g · 12% of daily needs
Sugar				34.2 g · 38% of daily needs
Sodium				307 mg · 13% of daily needs
Cholesterol				155 mg · 52% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/fryer-and-ice-147758