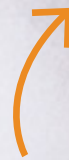


# dessert guide

## *Ice Cream*



Your guide to  
perfect, no-churn  
Ice Cream



# Welcome

First of all, thank you for registering for our Webinar + No-Churn Ice Cream class! Please use this guide as your grocery list for the August 10 event and use the enclosed Visa Gift card to make your purchase. This guide will also walk you through the basics on how to make no-churn ice cream, along with variations you can make in the future. Please read the full guide to see which steps you must prep before the class - you'll find prep items labeled in GREEN ink.

## So... how does this work?

Happy you asked! This guide will walk you through everything you need to know before you throw on your chef hat.

VLCM's kicking off the class with a webinar on HPE GreenLake and Aruba's Network as a Service platform . You'll find the link to join the Zoom meeting in your confirmation and/or reminder email.

Following the webinar, turn on the camera and grab the family where our professional chefs will guide you through a live virtual ice cream making class.

Your chef instructor will walk you through all of the preparation and assembly steps, offering tips and will help troubleshoot, until your dishes are plated. Your class is your time to ask your chef questions, ask for feedback, learn a little something and most importantly, have fun!

For class, ***simply purchase your ingredients using the enclosed Visa Gift Card you received along with this guide*** and gather your kitchen equipment from the following list on the next page.

**Helpful Tip!** For a more relaxed class, prep your ingredients ahead of time (chopping, measuring).

## What are we making?

**No-Churn Ice Cream**  
**"Nice" Cream Banana Ice Cream**  
**Magic Shell Chocolate Topping**  
**Amaretto Whipped Cream**  
**Candied Nuts**  
**Toasted Coconut Flakes**

\*We recommend to select 2 ice cream flavors to prepare in class. Your Chef will prepare one No-Churn Ice Cream flavor and "Nice" Cream Banana Ice Cream along with all of the recommended toppings.

## Equipment List

- Hand mixer or stand mixer with whisk attachment
- 2 Aluminum loaf pans
- Plastic wrap
- Large zipper-lock bag
- Food processor or blender
- Rubber spatula
- Small metal bowl
- Pan
- Rimmed baking sheet
- Parchment paper
- Whisk
- Large mixing bowl
- Wire rack

# Full Ingredients List

Serves 6

Take this to the grocery store!

## No-Churn Ice Cream Base

- 1 pint whipping cream
  - Vegan Sub: 41 oz of coconut cream (3 cans), **chilled in the refrigerator at least 1 hour with any liquid at the bottom of the can - this must be done prior to class time**
- 1 can sweetened condensed milk
  - Vegan Sub: 5 ½ oz of sweetened condensed coconut milk (½ can)
- ½ tsp vanilla bean paste, optional
- ¼ tsp almond extract

## Optional Mix-Ins

### Pistachio

- ¾ cup roasted and salted hulled pistachios, chopped

### Orange Liquor, Hazelnut and Chocolate

- 1 tbsp orange liquor (add to ice cream base)
  - can sub with orange juice concentrate
- Pinch of salt
- 1 cup hazelnuts, roasted and chopped
- 1 cup chopped 56% cacao chocolate
- Flaked salt for garnish

### Cookies and Cream

- ¾ cup Oreos, crushed
- Flaked salt for garnish

## “Nice” Cream Banana Ice Cream

- 3 cups frozen bananas or mango (**frozen before class**)
- 1 tsp vanilla
- ¼ tsp kosher salt

## Magic Shell Chocolate Topping

- 7 oz bittersweet chocolate, chopped
- 2 tbsp virgin coconut oil

## Amaretto Whipped Cream

- 1 cup heavy cream, chilled
- 2 tbsp Amaretto
- 1 tbsp confectioners' sugar

## Candied Nuts

- ½ cup nuts, we recommend shelled pistachios, walnut or pecan halves
- 1 tbsp granulated sugar
- 1 tbsp hot water
- ⅛ tsp salt

## Toasted Coconut Flakes

- 1-2 cups sweetened shredded coconut or sweetened coconut flakes



## Recipe Procedures

### No-Churn Ice Cream:

- Using a hand mixer or stand mixer with whisk attachment on high speed, whip the whipping cream or coconut cream for about 5 minutes, or until peaks form and the cream is light and airy.
- Add in the sweetened condensed milk or sweetened condensed coconut milk, vanilla bean paste, and almond extract and continue to whip on high until incorporated, about 1 minute.
- Pour the mixture into an aluminum loaf pan lined in plastic wrap. Smooth the top. Cover with plastic wrap and freeze for about 20 minutes, or until the mixture firms up a bit.
- Remove the mixture from the freezer and gently fold in your favorite mix-ins. Cover and freeze about 2 hours, or until the ice cream has firmed up through the center. Serve and enjoy!

### “Nice” Cream:

- Purchase frozen bananas or mangos or freeze fresh fruit by peeling and placing in large zipper-lock bag, pressing out excess air. **Freeze until solid, at least 8 hours - this must be done prior to class time.**
- Let bananas sit at room temperature to soften slightly, about 10-15 minutes. Slice into ½-inch-thick rounds and place in food processor or blender. Add vanilla and salt, and process until smooth, about 5 minutes, scraping down sides of bowl as needed with a rubber spatula. Scoop and serve or transfer mixture to an aluminum loaf pan lined in plastic wrap and freeze until firm, at least 2 hours or up to 5 days. Serve immediately for “soft-serve.”

### Magic Shell Chocolate Topping:

- Melt the chocolate in a small metal bowl set over a pan of simmering water. Stir in the coconut oil and heat until dissolved, about 1 minute. Keep the liquid lukewarm until ready to pour over the ice cream. Chocolate will harden into a shell within a few seconds when spooned over ice cream.

## Amaretto Whipped Cream:

- Using stand mixer fitted with whisk attachment or a metal bowl and hand mixer, whip cream, Amaretto, and sugar on medium-low speed until foamy, about 1 minute. Increase speed to high and whip until soft peaks form, 1 to 3 minutes.
- For the best results, chill the bowl and the whisk attachment before whipping the cream.

## Candied Nuts:

- Adjust oven rack to middle position and heat oven to 350 degrees. Spread nuts in single layer on rimmed baking sheet and toast until fragrant and slightly darkened, 8 to 12 minutes, shaking sheet halfway through toasting. Transfer nuts to plate and let cool for 10 to 15 minutes. Do not wash sheet.
- Line now-empty sheet with parchment paper. Whisk sugar, hot water, and salt in large bowl until sugar is mostly dissolved. Add nuts and stir to coat. Spread nuts on prepared sheet in single layer and bake until nuts are crisp and dry, 10 to 12 minutes.
- Transfer sheet to wire rack and let nuts cool completely, about 20 minutes. Transfer nuts to cutting board and chop as desired. Nuts can be stored at room temperature for up to 1 week.

## Toasted Coconut Flakes:

- Preheat oven to 350°F (177°C). Spread the coconut into one even layer on a rimmed baking sheet.
- Bake at 350°F (177°C) for 8-12 minutes, stirring a few times so that the coconut browns evenly. Once the coconut is lightly browned, remove it from the oven and cool completely on the baking sheet.



🔗 If you have any ingredients or equipment questions, please reach out to Fest at [info@festcooking.com](mailto:info@festcooking.com). If you have any event questions, please reach out to VLCM at [events@vlcm.com](mailto:events@vlcm.com).