

There's a Chef in My Kitchen, llc



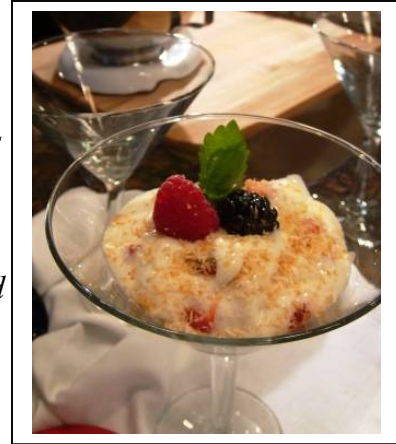
Make ahead: If your ice cream freezes longer than 30 minutes, it may become too hard to scoop and serve. Let soften on the counter a bit and, if necessary, scoop chunks into a food processor, processing again until smooth and the consistency of soft ice cream.



Recipe: Strawberry Coconut Banana Ice Cream

Serves 4 to 6

This is a terrific use for very ripe bananas. Once frozen and then pureed in a food processor, the bananas take on the texture of a light ice cream. Adding sweet strawberries and coconut milk provides an added flavor boost, but it's the coconut milk that tricks the palate into thinking the ice cream is loaded with heavy cream. You can blend the strawberries straight into the mixture, or chop them up and stir them in by hand. If they are not super-sweet, toss them in a bit of sugar while you prepare the recipe. The sugar will help pull out their natural sweet juices. Toasted coconut sprinkled over top is a flavorful, and pretty, garnish. I use and recommend the sweet plump berries from Driscoll's Organic brand. Their flavor is sweet and true.



Ingredients

3 very ripe large bananas
1/2 cup very cold canned coconut milk (shake can thoroughly before opening)
1 tablespoon superfine sugar
1 to 3 teaspoons fresh squeezed lime juice, to taste
1/8 teaspoon dark rum (I recommend *Zaya Aged Blended Rum* brand)
1/2 cup chopped very ripe and sweet *Driscoll's Organic* strawberries
Driscoll's Organic Raspberries and Blackberries, to garnish
Toasted shredded (sweetened) coconut, to garnish

Preparation

Peel the bananas. Slice into 1/2-inch thick pieces and place on a baking sheet. Freeze until solid, at least 1 hour. Meanwhile, toast the coconut in a skillet over medium heat. Toast until lightly browned; do not burn. Set aside to cool.

Place the frozen bananas in the bowl of a food processor fitted with a metal blade and process for about 1 to 2 minutes, scraping down the bowl as necessary. As the bananas are processed and begin to thaw the mixture will become very creamy. With the motor running, add in the coconut milk, the sugar, lime juice, and rum and continue processing until the mixture is the consistency of soft ice cream. Remove the blade from the food processor. Add the chopped strawberries to the mixture and using a spatula carefully mix until evenly distributed. Serve at once or transfer to an airtight container and freeze up to 30 minutes, or until firm but still scoop-able. Garnish with fresh berries and a sprinkle of toasted coconut.