

Sorvete de abacate e doce de coco |

Recipe for 4 servings

Description

A surprising frozen dessert made with avocado and coconut.

Note

It's important to have very tender avocado for this recipe.

Ingredients

Ice cream

- 2 Unit(s) Avocado
- 1 Unit(s) Lime
- 60 Gr Icing sugar
- 60 Ml 35% whipping cream

Coconut nougatine

- 120 Ml Condensed milk
- 65 Gr Grated coconut
- 40 Ml Coconut milk
- 40 Gr Sugar

Preparation

- Preparation time **30 mins**
- Resting time **90 mins**

Ice cream

Prepare a large bowl with ice cubes, a handful of coarse salt and a little water.

Place a second bowl on top of the freezer and whisk all the ice cream ingredients together until smooth and creamy.

Place the ice cream in the freezer for at least an hour.

Nougatine

Line a baking tray with aluminum foil, using the butter to stick the foil. Finish with a final layer of butter on the foil.

Place all nougatine ingredients in a non-stick frying pan. Keep the heat low, stirring continuously until you obtain a dry, glossy mixture. This should take about 15 minutes.

Then spread the mixture on the tin lined with aluminium foil. Place in the fridge to harden.

Bon appétit!