

Caramel Fried Ice Cream

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Meet the Cook: For birthday parties or outdoor barbecues, this is a hit. At times, I substitute strawberry or Neopolitan for the vanilla ice cream...either works fine, too. Our children - my husband and I have two daughters, 21 and 16 - used to love eating out at Mexican restaurants just so they could order fried ice cream for dessert. When I came upon this recipe, I copied it down quickly! -

8 Servings Prep: 30 min. + freezing Cook: 5 min.

Ingredients

- 1 quart vanilla ice cream
- 1/4 cup heavy whipping cream
- 2 teaspoons vanilla extract
- 2 cups flaked coconut, finely chopped
- 2 cups finely crushed cornflakes
- 1/2 teaspoon ground cinnamon

CARAMEL SAUCE:

- 1 cup sugar
- 1/2 cup butter, cubed
- 1/2 cup evaporated milk
- Oil for deep-fat frying

Directions

- Using a 1/2-cup ice cream scoop, place eight scoops of ice cream on a baking sheet. Cover and freeze for 2 hours or until firm. In a bowl, combine whipping cream and vanilla. In another bowl, combine coconut, cornflakes and cinnamon.
- Remove scoops of ice cream from freezer; wearing plastic gloves, shape the ice cream into balls. Dip balls into cream mixture, then roll in coconut mixture, making sure to coat entire surface. Place coated balls on a baking sheet. Cover and freeze at least 3 hours or until firm.
- For caramel sauce, heat sugar in a heavy saucepan over medium heat until partially melted and golden, stirring occasionally. Add

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Directions (continued)

butter. Gradually add milk, stirring constantly. Cook and stir for 8 minutes or until sauce is thick and golden; keep warm.

- Heat oil in an electric skillet or deep-fat fryer to 375°. Fry ice cream balls until golden, about 30 seconds. Drain on paper towels. Serve immediately with caramel sauce. Yield: 8 servings.