

MINT CHOCOLATE CHIP ICE CREAM ON FUDGE BROWNIES

INGREDIENTS:

FOR THE MINT CHOCOLATE CHIP ICE CREAM (GLUTEN FREE):

2 cups whole milk
1/3 cup (67 g) granulated sugar
2 tablespoons golden syrup, inverted sugar syrup, or light agave nectar
2 tablespoons tapioca starch or cornstarch
1/4 teaspoon kosher salt
1 cup heavy cream
6 to 8 drops LorAnn Pure Peppermint Oil
1/2 cup (100 g) bittersweet (60 to 70 percent) chocolate, chopped or chips
1 tablespoon neutral vegetable oil or coconut oil



FOR THE FUDGE BROWNIES:

Neutral vegetable oil, for the parchment
6 ounces (170 g) chopped bittersweet (60 to 65 percent) chocolate
1/2 cup (1 stick) unsalted butter
2/3 cup (134 g) granulated sugar
1 teaspoon instant espresso granules (optional)
1 teaspoon LorAnn Pure Vanilla Extract
1/4 teaspoon kosher salt
2 large eggs, at room temperature
1 cup (132 g) all-purpose flour
1/2 teaspoon baking powder

DIRECTIONS:

FOR MINT CHOCOLATE CHIP ICE CREAM:

1. Whisk 1/2 cup of the milk with the sugar, golden syrup, tapioca, and salt in a medium saucepan until no lumps remain. Stir in the remaining 1 1/2 cups milk and the cream.
2. Heat the mixture over medium-high heat, stirring with a heatproof spatula, until it begins to steam and slightly bubble at the edges. Adjust to a simmer and cook, stirring constantly, until the mixture thickens to the consistency of a cream sauce, about 3 minutes longer; do not fully boil.
3. Transfer the mixture to a metal bowl set over a larger bowl of ice and water. Stir occasionally until the mixture is cool, taking care not to slosh water into the bowl. Stir in 4 to 5 drops of peppermint oil (or 3/4 teaspoon extract), then cover and refrigerate until very cold, at least 2 hours. Transfer the bowl to the freezer for the last half hour before spinning it.

4. Freeze the mixture in an ice cream maker according to the manufacturer's directions. While the mixture spins, melt the chocolate and vegetable oil in the microwave or in a small saucepan over low heat until you can stir it smooth. Stir in 2 to 3 drops of peppermint oil. Let cool to room temperature, keeping it fluid.
5. With the machine running, drizzle in the melted chocolate during the last minute of spinning. (Alternatively, drizzle the chocolate over the ice cream as you transfer it to the container, folding it in = with a spatula or ice cream paddle to break it up as you go.) Transfer the ice cream to a chilled = container, cover, and freeze until firm but still spreadable, about 4 hours.

FOR FUDGE BROWNIES:

1. Preheat the oven to 350°F with racks in the upper and lower thirds of the oven. Line two 8-inch square pans with lightly oiled parchment paper or foil to cover the bottom and run up two sides to the top of the pan as a sling to later aid in lifting the brownies from the pans.
2. Melt the chocolate and butter in a medium metal bowl nested over a saucepan holding about 1 inch of simmering water. Remove the bowl from the heat and wipe the bottom dry.
3. Whisk the sugar, espresso (if using), vanilla, and salt into the melted chocolate. Whisk in the eggs one at a time, mixing each until smooth. Stir the baking powder into the flour, then stir the mixture into the batter with a spatula just until no white streaks remain.
4. Divide the batter equally between the pans, spreading each into an even layer, smoothing the tops with a spatula. Bake until the tops feel firm but a toothpick inserted near the center finds some moist crumbs clinging to it, about 15 minutes, rotating the pans top to bottom and front to back halfway through baking. Let the brownie layers cool in the pans for 10 minutes, then lift out the brownies using the parchment slings and transfer them on the parchment to wire racks to cool completely. Wrap the cooled brownie layers in plastic and freeze until the ice cream is ready, or at least 1 hour.

FOR THE SANDWICH:

1. Line an 8-inch square pan with plastic wrap, extending it well beyond the edges on all four sides. Place one brownie layer top-side down in the pan and spread the ice cream over it in an even layer. Top with the second brownie layer, top-side up. Press firmly to evenly distribute the ice cream. Wrap tightly in the plastic wrap and freeze until very firm, at least 6 hours or overnight, for easiest cutting.
2. Once firmly frozen, remove the filled brownie from the pan, unwrap, and place on a flat cutting surface. Use a sharp, heavy knife to cut the block into 3 strips in one direction and 2 in the other, then cut each bar in half diagonally to form 12 triangular sandwiches, dipping the knife into hot water and wiping it dry between cuts. Alternatively, form sandwiches using ice cream sandwich molds according to the manufacturer's directions.

TAKE IT EASY: Use a brownie mix, adding 1 teaspoon instant espresso granules, if desired. Bake the brownies in two pans until still slightly moist at the center, about 5 minutes less than specified on the box. Use store-bought mint chocolate chip ice cream, or mix 4 to 5 drops of peppermint oil and mini chocolate chips

into softened vanilla or chocolate ice cream.

DRESS IT UP: Roll the sides of the sandwiches in crushed candy canes. Serve with minty hot cocoa topped with marshmallows.

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