

GF Friendly

Coconut Ice
For anyone with a really sweet tooth

I remember making this back in the dim dark ages from a kid's recipe, but I must have lost the book it came from. So we Googled one and it sounded pretty right. I wanted a recipe that used mashed potato for binding the mixture. Yes, that's right, cold mash! I've also tried using cold cooked spaghetti, but I didn't think it was as good.

There's a bit of a story attached to this, my latest attempt, and I'll tell it to you because it proves anyone can turn a disaster into a mouth-watering treat. To start with, I used too much potato. Rather than ending up with a dough that could be kneaded, mine was a thick slurry. According to the borrowed recipe, adding more icing sugar would thicken the mixture. It didn't! I tried extra coconut, then more icing sugar; and finally gave up on these two, moving on to rice flour. A few tablespoons of that still didn't give me a dough, but it was heavy enough to spoon into a dish without it running everywhere.

Give this one a go, why don't you? If it's anything like mine, you'll end up with heaps that will keep you in toothache for many days to come!

- 2 ½ cups icing sugar
- 1 ½ cups desiccated coconut
- ½ cup cold mashed potato
- ½ tsp vanilla essence
- a **small** drop of red food colouring
- Rice flour



You'll need a reasonably large bowl. Sift the icing sugar into it, then add the coconut and combine well. In a small dish, mix the vanilla essence with the cold mashed potato. This should stay pretty firm, but a lot depends on the type of potato and its water content. Mix this into the icing/coconut, but I'd recommend doing it a bit at a time to avoid the problem I had. If you are lucky enough to make a dough, knead it until smooth. Divide into two parts, press (or spoon) half into a shallow dish lined with baking paper to a thickness of about 1 cm (3/8 inch). Mix a drop of red colouring into the rest and spread evenly over the white. Refrigerate for a couple of hours to begin the setting, but cut carefully into squares **before** it hardens completely (mine didn't, even after two days). Good luck and enjoy.

A Season of Happiness - helping you towards a better lifestyle



For a look at some more informative articles on a variety of subjects just return to the web page