

À La Mode

Vegan Desserts That Will Keep
You Churning All Year Round



By Hannah Kaminsky

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Vegan Desserts That Will Keep You Churning All Year Round

If I could only choose one food to eat for the rest of my life, it would almost certainly be ice cream. Few desserts are quite so satisfying, addictive, and versatile all at once. Of course, nothing beats a quality cone topped off with real vanilla bean ice cream, but most of the time, I prefer to spice things up. Since my ice cream maker rarely stops churning throughout the whole year, I've had to get creative with my flavorings to keep things fun and exciting. If any of the following recipes are a bit too adventurous for your own tastes, feel free to cut back on the extras and add-ins, or tweak the spices or extracts to your liking.

For those avoiding soy, soymilk can be replaced with your non-dairy milk of choice, although I would recommend selecting a brand with a higher fat content, to improve the texture of your ice cream. Hemp, almond, and coconut are my personal favorite substitutes. In place of the tofu, an equal amount of [coconut milk yogurt](#) will work.

Additionally, a tiny pinch of [xanthan gum](#) can create a creamier, softer frozen dessert, but use no more than 1/8 teaspoon per recipe, and always vigorously agitate the mixture (in a blender or food processor is best) while sprinkling it in, to prevent clumps.

All recipes included in this ebook are either naturally gluten-free, or have gluten-free options.

Yield varies between each recipe, and is also dependent on the speed of your ice cream maker, but all recipes will fit in a machine with a 1-quart capacity or greater.

Birthday Cake Ice Cream

No longer do you have to struggle with deciding between cake and ice cream; have them both in one frozen dessert! If it is simply too hot to turn on the oven, you can cheat a bit and purchase 6 vegan cupcakes instead of baking your own. Just scrape off the frosting before blending them up.



Vanilla Cupcakes:

1/2 Cup Plain Soymilk
1/2 Teaspoon Apple Cider Vinegar
1 1/2 Teaspoons Vanilla Extract
3 Tablespoons Canola Oil
3/4 Cup All Purpose Flour, or [All-Purpose Gluten-Free Flour](#)
1/3 Cup Granulated Sugar
1/2 Teaspoon Baking Powder
1/4 Teaspoon Baking Soda
Pinch Salt

Ice Cream Base:

1 1/2 Cups Plain Soymilk
1/2 Cup Granulated Sugar
2 – 4 Tablespoons [Sprinkles](#)

Preheat your oven to 350 degrees, and lightly grease 6 muffin tins*. Set aside.

Combine the soymilk, vinegar, vanilla, and oil in a small bowl, whisk thoroughly, and let sit for 5 minutes.

In a separate bowl, sift together the flour, sugar, baking powder, baking soda, and salt. Whisk to distribute all of the dry goods evenly, and then pour the wet ingredients into the bowl of dry. Stir just enough to bring the batter together; a few errant lumps are fine.

Distribute the batter equally between your prepared muffins tins, and bake for 18 – 22 minutes, until golden brown and a toothpick inserted into the center comes out clean. Let cool completely before proceeding.

Toss the cooled cupcakes into your food processor or blender, along with the soymilk and sugar to make the ice cream base. Puree thoroughly, until completely smooth. Chill for at least 1 hour in the refrigerator before churning in your ice cream maker according to the manufacturer's instructions. In the last 5 minutes of churning, add in your sprinkles.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

**Don't touch those cupcake papers! Not only would it be wasteful since they will immediately be discarded, but giving the batter more contact with the pan ensures better browning, which means caramelization, which means more flavor!*

For a fun twist, instead of moving the finished ice cream into a container to be served up in scoops, pack the soft ice cream into sturdy cupcake cups and let freeze solid. Right before eating or presenting them, pipe or spoon a dollop of frosting on top. Voila, a genuine ice cream cupcake!



Buttered Popcorn Ice Cream

An addictive snack to begin with, a handful of salty, buttery popcorn is hard to refuse. It might not sound like a flavor that translates well into an ice cream recipe, but this is one that you've got to try for yourself. A little bit savory and sweet at the same time, with a slightly caramel-like flavor thanks to the brown sugar, this is one delight that you definitely won't find at your average carnival.



Buttered Popcorn Ice Cream:

1/2 Cup Unpopped Popcorn Kernels
2 1/2 Cups Plain Soymilk
1/3 Cup Granulated Sugar
1/3 Cup Dark Brown Sugar, Packed
1/2 Teaspoon Salt
2/3 Cup Margarine, Melted

Place the popcorn kernels in a medium-sized brown paper bag (if you're not sure if it's big enough, err on the side of caution and pop the corn in two separate batches). Use scotch or masking tape to seal the bag shut, and put it in the microwave. Use the "popcorn" setting if possible, or set the timer for 3 1/2 minutes at full power. When the popping slows to about once every 5 seconds, remove the bag, and open it very carefully, making sure your hands and face are out of the way- The steam can be quite painful! Sift out all of the unpopped kernels.

Move the popped corn into your food processor or blender, and add in the soymilk, both sugars, and salt. Thoroughly puree for 2 – 3 minutes, until smooth. With the motor running, very slowly drizzle in the melted margarine, as if making a salad dressing, to create an emulsification. Pass the mixture through a fine strainer to ensure a silky smooth texture, if desired.

Chill for at least 1 hour in the refrigerator before churning in your ice cream maker according to the manufacturer's instructions.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

Fond of that old ballpark classic, Cracker Jack? Try making this ice cream with all brown sugar, and throw in 1/2 cup of roughly chopped peanuts in the last 5 minutes of churning for a similar taste sensation.

Chai Latte Ice Cream

Coffee and chai tea are two of my favorite beverages, hot or cold, so why not combine them into one frozen concoction? Strong as a double espresso, and then some perhaps, you may not want to have a scoop before bed, but it will definitely keep you wide awake (and refreshed) during the dog days of summer!



Chai Latte Ice Cream:

3/4 Cup Regular, Full-Fat Coconut Milk
1 Cup Plain Soymilk
1/3 Cup [Finely Ground Espresso Beans](#)
1 1/2 Whole Star Anise Stars
12 Whole Cloves
1/4 Teaspoon Ground Allspice
2 Whole Cinnamon Sticks, Broken in Half
1 Inch Fresh Ginger, Peeled and Roughly Chopped
15 Whole Black Peppercorns
1/2 Teaspoon Ground Cardamom
1/4 Teaspoon Salt
1 12-Ounce Package Extra-Firm Silken Tofu
2/3 Cup Agave Nectar
1 Teaspoon Vanilla Extract

In a medium saucepan, combine the coconut milk, soymilk, espresso, all of the spices, and salt. Turn the heat up to medium, and bring the mixture just to the verge of boiling. Shut off the heat, cover your pan, and let steep for 20 – 30 minutes.

Meanwhile, toss the tofu into your food processor or blender, and puree, scraping down the sides of the bowl as needed. Add in the agave and vanilla, and pulse until smooth and fully incorporated.

Strain your coconut and soy mixture using a coffee filter or a very fine mesh strainer, and extract as much liquid as you possibly can out of the espresso grounds. Discard the used grounds and spices.

Transfer the liquid into your tofu mix, and pulse to incorporate. Once homogenous, chill the mixture for at least 1 hour in the refrigerator, and then churn it in your ice cream maker according to the manufacturer's instructions.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

Believe it or not, this is actually 3 recipes in 1. By simply omitting either all of the spices, or the espresso, you can make either plain coffee or chai ice cream, respectively.

Cherry Cola Ice Cream

Fizzy, sweet, and refreshing, it's not just sodas that have all the fun anymore! Though not as effervescent, this frozen treat is much more invigorating than a few cool sips of a plain old cola drink, with fresh cherries brightening the flavor profile far more than any artificial extracts ever could.



Cherry Cola Ice Cream:

8 Cups Cola (NOT Diet)
2 1/2 Cups (12 Ounces) Pitted Cherries, Fresh or Frozen
1/2 Cup Regular, Full-Fat Coconut Milk
1/3 Cup Granulated Sugar
1 Teaspoon Vanilla Extract
Pinch Salt

Place the cola in a large saucepan, and set it on the stove over medium heat. Allow it to simmer steadily (not boil) until reduced to 1 cup. Be patient- this will take over an hour! After you finally get the cola down to just 1 cup of liquid, let it cool before proceeding.

In your food processor or blender, combine the reduced cola, cherries (thawed, if using frozen), coconut milk, sugar, vanilla, and salt. Thoroughly puree until completely smooth, and then pass the mixture through a strainer, if desired.

Let cool for at least 1 hour in the refrigerator before churning in your ice cream maker according to the manufacturer's instructions.

Transfer the soft ice cream into an air-tight container, and let it rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

If cola isn't your racket, don't let that stop you from making a fun, soda-inspired ice cream. For example, ginger ale or cream soda would make a fantastic accompaniment to ripe cherries as well!

French Vanilla Ice Cream

As “plain” as it might seem, I could hardly write about ice cream without including one recipe for vanilla. After decades of ice cream consumption, it’s still firmly situated at the top of the list, outselling chocolate almost 2:1. My take on this classic is pretty simple, but incredibly rich. High quality vanilla beans are the key to this flavor, and while you could get by with using vanilla paste instead, plain old extract just doesn’t cut it for me in this case. If you’re unconvinced that vanilla is so special, just try this approach; it will change your mind!



French Vanilla Ice Cream:

- 2 Cups Plain Soymilk
- 1/4 Cup [Bird's Custard Powder](#)*
- 1/2 Cup Granulated Sugar
- Pinch Salt
- 2 Whole Vanilla Beans or 2 Tablespoons [Vanilla Paste](#)
- 3 Tablespoons Margarine or Coconut Oil

**Custard powder mimics the flavor that eggs would traditionally provide, giving it that extra creamy decadence so hard to come by in commercial offerings. But, an equal amount of cornstarch will work as well if you can't get your hands on it.*

In a medium saucepan, whisk together the soymilk, custard powder, sugar, and salt while the liquid is still cold, being sure to get out any clumps. Use a knife to split the vanilla beans down the middle, and scrape out the seeds. Toss the seeds and spent pods into the pan, or the vanilla paste, if using.

Set the mixture over medium heat, whisking continuously until it comes to a boil. Immediately turn off the heat, and carefully remove the pods. Don't throw them out though; they can still be washed off, dried, and placed in a container of sugar to make vanilla sugar.

While the custard is still hot, whisk in the margarine, and keep stirring until it has fully melted and incorporated. Let chill completely in the refrigerator before proceeding.

The custard will be very thick once chilled, so be sure to whisk vigorously, or give it a quick spin in the blender before churning in your ice cream maker according to the manufacturer's instructions.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

German Chocolate Ice Cream

Chocoholics, rejoice! Premium chocolate ice cream can't hold a candle to this intense, decadent concoction. Better yet, it's not just plain old cocoa custard, but a marbled beauty, swirled through and through with sweet coconut flakes, much like the filling found in German chocolate cake. For you purists out there, don't you worry; you can leave out the swirl to no ill effects. In fact, you could even use your favorite chocolate fudge sauce to fill that void quite nicely!



Chocolate Ice Cream:

- 1 1/2 Cups Dutch-Processed Cocoa Powder
- 1 Cup Granulated Sugar
- 1 Tablespoons Arrowroot Powder
- 1 Teaspoon Instant Coffee Powder
- 1/4 Teaspoon Salt
- 1/8 Teaspoon Ground Cinnamon
- 2 Cups Plain Soymilk
- 1 Teaspoon Vanilla Extract
- 1 12-Ounce Package Extra-Firm Silken Tofu
- 3 Ounces Semi-Sweet Chocolate, Melted

Coconut Swirl:

- 1/4 Cup Plain Soymilk
- 1 1/2 Teaspoons Arrowroot Powder
- 1/4 Cup Granulated Sugar
- 1/2 Tablespoon Margarine
- 1/2 Teaspoon Vanilla Extract
- 3/4 Cup Unsweetened Coconut Flakes
- 1/4 Cup Finely Chopped Pecans

To make the chocolate ice cream, begin by combining the cocoa, sugar, arrowroot powder, coffee powder, salt, and cinnamon in a medium saucepan. While whisking continuously, slowly pour in the soymilk, and beat vigorously until there are no more lumps. Turn on the heat to medium, and bring the mixture just to a boil, stirring gently the whole time to prevent the solids from settling on the bottom of the pot and burning. Remove from the heat, and let cool for a few minutes.

Place the vanilla and tofu in your blender or food processor, and thoroughly puree, scraping down the sides of the bowl as necessary. Once smooth, add in the melted chocolate, followed by the cooked chocolate custard, and pulse until the mixture is well blended and homogeneous. Chill thoroughly in the refrigerator.

For the coconut swirl, combine the soymilk, arrowroot powder, and sugar together in a small saucepan over medium heat, making sure to get out all of the lumps. Cook just until bubbles begin to break on the surface, and turn off the heat. Quickly stir in the margarine so that it melts, followed by the vanilla, coconut, and pecans. Let cool while you begin to churn the ice cream in your ice cream maker according to the manufacturer's instructions.

Transfer the soft ice cream into an air-tight container, layering scoops of ice cream with spoonfuls of the coconut swirl. Let it rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

Jam Ice Cream

Consider this a “choose your own adventure” sort of recipe. Any jam you have laying around the house, from grape to blueberry to pineapple, will work like a dream! Sugar-free varieties are the only type to be avoided here, so get creative and try giving some sort of interesting new jam a spin. Perfect for times when fresh fruits may not be available, this is one super simple formula to ensure that you’ll never be without delicious ice creams, no matter the season.



Jam Ice Cream:

1 Cup Jam (With Sugar and Pectin)

1 1/2 Cups Vanilla Soymilk

2 Teaspoons Fresh Lemon Juice

In a medium saucepan, combine all of the ingredients, and whisk gently over medium heat. Cook just until the jam dissolves and your mixture is completely smooth.

Chill for at least 1 hour in the refrigerator before churning in your ice cream maker according to the manufacturer's instructions.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

Can't find any interesting flavors of jam to play with? Try combining different flavors, such as strawberry and plum, or orange marmalade and blueberry. If you want to get real fancy, you could even make your own jam from scratch!

Maple-Pecan Ice Cream

Now that real maple syrup has become a luxury, when I do splurge and buy a bottle of the amber nectar, I want to make sure it's prominently featured, no matter how it gets used. This ice cream definitely lets maple steal the show, but you'll still notice the generous helping of toasted pecans singing sweetly in the background. Of course, the best serving suggestion I might offer is to top it with an additional drizzle of maple syrup!



Maple-Pecan Ice Cream:

- 1 1/4 Cups Chopped, Toasted Pecans, Divided
- 2 Tablespoons Cornstarch
- 2 Cups Plain Soymilk
- 2/3 Cup Pure Grade B Maple Syrup
- 1 Tablespoon Amaretto (Optional)

Start by placing 1 cup of the chopped pecans in your food processor or blender, and pulse them until the nuts become a fine flour. Place the pecan meal in a medium saucepan along with the cornstarch and soymilk, and whisk thoroughly to ensure that there are no lumps of starch. Set over medium heat, and cook, whisking occasionally, until the mixture just comes to a boil. Turn off the heat, and stir in the maple syrup and amaretto. Cover, and let cool for at least 30 minutes.

Move the whole mixture back into your food processor or blender, and give it a good spin, for around 4 – 5 minutes, to make sure the nuts are as finely ground as possible. If you're not confident in your appliance, pass the ice cream base through a fine sieve to make sure there's no residual grit or large particles that it may have failed to pulverize.

Chill in the refrigerator for at least 1 hour before churning in your ice cream maker according to the manufacturer's instructions. In the last 5 minutes of churning, sprinkle in the remaining 1/4 cup of chopped pecans.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

Green is good, especially when it's coming from naturally vibrant pistachios! Try substituting pistachios for the pecans in this recipe at least once, as they're quite possibly one of the most delicious ingredients to pair with maple.

Oatmeal Raisin Cookie Ice Cream

Considering the popularity of chocolate chip cookie dough ice cream, I'm surprised that no one really thought about branching out into more cookie-centric frozen desserts. Some just seem like a natural fit, such as the oatmeal cookie. Hearty, homey, and simply comforting, I couldn't resist the temptation to give that concept a whirl in the ice cream maker. Although there are no actual pieces of cookies or raw dough included, each spoonful tastes like a creamy, chilly mouthful of pure oatmeal cookie heaven.



Oatmeal Raisin Ice Cream:

2 Cups Plain Soymilk
1/2 Cup Rolled Oats*, Finely Ground
1/2 Teaspoon Salt
1 1/2 Teaspoons Ground Cinnamon
1/2 Cup Dark Brown Sugar, Firmly Packed
1/2 Cup Raisins
3 Tablespoons Margarine or Coconut Oil, Melted
1 Teaspoon Vanilla Extract

Oatmeal Praline:

1/3 Cup Rolled Oats*
1/4 Cup Granulated Sugar
1 Tablespoon Corn Syrup or Agave Nectar
1 Tablespoon Water
Pinch Salt

**If gluten is a concern for you, make sure your oats are certified gluten-free. Otherwise, you could substitute an equal amount of quinoa flakes instead.*

In a medium saucepan, whisk together the soymilk, oat flour, salt, cinnamon, brown sugar, and raisins, making sure that there are no errant lumps of flour remaining before turning on the heat. Although it may seem awkward to cook the custard with the raisins, it's important to include them from the start so that they rehydrate a bit, which will prevent them from freezing into solid little rocks in the final ice cream.

Set over medium heat, and whisk gently until the liquid is significantly thickened and bubbles begin to break on the surface. Remove from the heat, and while whisking vigorously, slowly drizzle in the melted margarine or coconut oil in a thin stream. Finally, stir in the vanilla, and let cool. Chill thoroughly in the refrigerator for at least 1 hour.

Meanwhile, you can make the oatmeal praline. Place the rolled oats in a dry skillet, and toast them over medium heat, stirring all the while. After 5 – 8 minutes, the oats should be golden brown and fragrant, at which time you should move them to a medium bowl to cool.

Prepare for the final praline by laying out a silpat or lightly greased baking sheet. In a separate microwave-safe bowl, combine the sugar, syrup or agave, water, and salt. Microwave the mixture for about 1 1/2 minutes, and stir thoroughly. Return it to the microwave for an additional 1 – 2 minutes, until boiling and bubbling vigorously, and quickly pour it over the oats. Stir to incorporate, and then pour the sugared oats onto your

prepared silpat. Use your spatula to smooth it out into as thin a layer as possible. Let cool and harden completely. Break into bite-sized pieces.

Churn in your ice cream maker according to the manufacturer's instructions, and in the last 5 minutes of churning, sprinkle in the pieces of oatmeal praline.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

This is one flavor that just begs to be made into an ice cream sandwich; especially one that uses soft oatmeal cookies!



Peanut Butter Bomb Shell Ice Cream

When it comes to peanut butter, there's just no middle ground – Either you love or loathe that sticky paste with a passion. I personally can't get enough of it, especially when it comes to dessert. Packed with nutty goodness all around, this rich frozen delight is loaded up with creamy peanut butter, chopped peanuts, and peanut butter-filled sandwich cookies. File this one under “peanut butter lovers only!”



Peanut Butter Ice Cream:

- 1 Cup Creamy Peanut Butter
- 1/3 Cup Granulated Sugar
- 1/3 Cup Dark Brown Sugar, Firmly Packed
- 2 Cups Plain Soymilk
- 1 Tablespoon Cornstarch
- 1/2 Teaspoon Salt
- 1 Teaspoon Vanilla Extract
- 1/2 Cup Roughly Chopped Roasted Peanuts

10 [Peanut Butter-Filled Chocolate Sandwich Cookies](#)*

** Gluten-free chocolate sandwich cookies do exist, but unfortunately, there aren't any that have a peanut butter filling. Not to worry, the standard [crème-filled cookies](#) will be perfectly delicious as well.*

In a medium saucepan, vigorously whisk together the peanut butter, both of the sugars, soymilk, cornstarch, and salt. Make sure that there are no lumps remaining, and place on the stove over medium heat. Whisk gently while the base cooks, until bubbles begin to break on the surface and the liquid seems significantly thickened. Remove from the heat, and whisk in the vanilla. Let cool before moving the mixture into the fridge. Chill thoroughly, or for at least 1 hour, before churning in your ice cream maker according to the manufacturer's instructions.

While it spins, chop the sandwich cookies into quarters. In the last 5 minutes of churning, add in the peanuts and cookies.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

Not as wild about the little goobers as I am? Any other nut butter (such as cashew, almond, or even macadamia) would make a fine replacement.

Although the cookies may seem superfluous in this ultra-rich base, don't be tempted to omit them altogether. That little hit of chocolate and crunchy texture really adds a ton of depth to this otherwise one-note ice cream. If need be, you could add in 4 ounces of finely chopped semi-sweet chocolate instead.

Peppermint Crush Ice Cream

As I stalked the freezer cases of my local grocery store, there was one thing that announced the arrival of the holiday season when I was younger, peppermint stick ice cream. That elusive flavor was the highlight of those dark, dreary December days, and would always be so difficult to bid farewell to as spring approached. Happily, the homemade version doesn't have to be a "limited edition," and it has higher quality ingredients that better suit a more grown up palate.



Peppermint Ice Cream:

- 20 Starlight Peppermints*
- 2 Cups Plain Soymilk
- 1/3 Cup Regular, Full-Fat Coconut Milk
- 2/3 Cup Granulated Sugar
- 1 Tablespoon Arrowroot Powder
- 1 Teaspoon Vanilla Extract
- 3 Tablespoons Crème De Menthe

**Starlight candies are easier to find year round, but you can also use 8 candy canes instead if you have them on hand.*

Begin by unwrapping all of the mint candies and placing them in your blender or food processor. Pulse repeatedly until the candies become a coarse meal, looking much like tiny pebbles surrounded by a bit of sand. Warning: This will be very loud at first! Set aside.

In a medium saucepan, combine the soymilk, coconut milk, sugar, and arrowroot powder. Whisk thoroughly to ensure that there are no clumps of arrowroot remaining in the liquid before placing the pan on the stove over medium heat. Whisk occasionally until the liquid comes right up to the brink of boiling, with bubbles breaking actively on the surface. Remove from the heat, and stir in the vanilla and crème de menthe. Let cool for a few minutes before transferring the base to the refrigerator, where it should chill thoroughly before proceeding.

Churn in your ice cream maker according to the manufacturer's instructions.

Transfer the soft ice cream into an air-tight container, and intersperse each scoop of fresh ice cream with a sprinkling of the ground up mint candies, creating layers of ice cream and peppermints. Let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

Rose Petal Ice Cream

Bright pink and oh so alluring, the rose-flavored gelato so ubiquitous in Italy held a special place in my heart – and stomach – long after returning home from that family vacation. Unfortunately, it was a fairly superficial attraction, owing mostly to that luscious hue and very little to the actual taste. Now it is due time for this promising concept to finally prove its potential! Delicately floral and not the least bit “soapy,” this fine balance of flowery essence and sweetness is the perfect combination of form and function.



Rose Ice Cream:

- 1 Cup Organic, Unsprayed Rose Petals
- 2 Cups Plain Soymilk
- 1/2 Cup Agave Nectar
- 1/4 Cup [Soymilk Powder](#) or [Rice Milk Powder](#)
- 2 Tablespoons Arrowroot Powder
- 1 Teaspoon Vanilla Extract
- 1 - 3 Tablespoons [Rose Water](#)
- 1 - 3 Tablespoons Beet Juice (Optional, for Color)

Thoroughly rinse and dry your roses before beginning. It's better to be safe than sorry when dealing with flowers, because you never know if they may still contain dirt or bugs hidden between the petals.

Once perfectly clean place the petals in a medium saucepan along with the soymilk, agave, soymilk powder, and arrowroot powder. Whisk well to make sure there are no lumps of the dry ingredients remaining, and then place the pan over medium heat. Cook, whisking occasionally, until bubbles begin to break on the surface and the mixture is significantly thickened. Turn off the heat, and whisk in the vanilla, 1 tablespoon of the rose water, and beet juice. Cover, and let steep for 20 minutes.

Strain out the rose petals using a fine mesh sieve, and discard the solids. Let the mixture chill thoroughly in the refrigerator, or for at least 1 hour.

Here's the important part - Taste your mixture. Can you taste the roses? Is it flavorful enough for you? It should be just a touch too rosy, in fact, because the flavor will become slightly muted once frozen. If necessary, add rosewater until the taste is to your liking.

Churn in your ice cream maker according to the manufacturer's instructions.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.

White Peach-Rosemary Ice Cream

Talk about an odd couple! Rosemary and peach may seem like as unlikely a pair as could be; even I was hesitant to marry them together into one dish, and especially a sweet one. However, the dried peaches contribute body and depth, and the rosemary adds in fresh, bright, herbal notes that are surprisingly complimentary. It may sound crazy, but you'll have the last laugh if no one else is brave enough to try it. I couldn't convince my family of its virtues, but I definitely didn't want to share, anyway!



White Peach-Rosemary Ice Cream:

10 Dried White Peach Halves (About 8 Ounces)*
2 Cups Plain Soymilk
1 Cup Granulated Sugar
1/2 Teaspoon Dried or 1 Teaspoon Fresh Rosemary
1/4 Teaspoon Salt
1 Teaspoon Vanilla Extract

**Admittedly, dried peaches are somewhat of a rarity in most grocery stores, let alone something as specific as white peaches. Should you be unable to find them, dried apricots make a positively delicious replacement.*

Roughly chop your dried peaches into pieces the size of raisins, and place them in a medium saucepan along with the soymilk, sugar, rosemary, and salt. Over medium heat, scald the mixture by bringing just to the cusp of boil, and immediately remove from the stove. Cover, and let the dried fruit rehydrate for at least 30 minutes before proceeding.

Transfer the whole mixture into your food processor or blender, and give it a whirl. Allow it to spin for a good amount of time, between 3 – 5 minutes, until completely pureed. Once smooth, add in the vanilla, and pulse to incorporate.

Chill for at least 1 hour in the refrigerator before churning in your ice cream maker according to the manufacturer's instructions.

Transfer the soft ice cream into an air-tight container, and let rest in the freezer for at least 3 hours before serving, until solid enough to scoop.