

Vegan Chocolate (Chipotle) Ice Cream

4 oz. dairy-free semisweet chocolate chips (Ghirardelli 60% Cacao Chips recommended)

Mixture #1:

3/4 c. water

1/2 c. corn syrup

1 tsp. vanilla

Optional: 1 1/2 Tbsp. amaretto, Frangelico, Kahlua, or other coffee, chocolate or nut liqueur

Mixture #2:

1 c. water

3/4 c. commercial soymilk, almond milk or hemp milk

1/2 c. raw cashew pieces

1/2 c. unbleached sugar or

Grade A maple syrup

1/4 c. Dutch cocoa powder (unsweetened)

1 Tbsp. tapioca starch or instant tapioca

1/4 tsp. salt

Optional: 1 dried chipotle plus chipotle powder to taste

Melt the chocolate in a double boiler over barely simmering hot water. Keep melted over the hot water but off the heat. Combine mixture #1 in a blender until well-mixed, then set aside in a bowl.

Blend mixture #2 in a blender until it is very smooth and frothy (make sure that it is not grainy at all). Place this mixture in a heavy-bottomed medium saucepan, and stir over medium-high heat until thickened.

Whisk mixture #1 into cooked mixture #2, along with the melted chocolate. Chill the mixture and then freeze according to the directions for your ice cream machine. Scoop into a 1-quart plastic container, cover, and freeze for several hours before serving.

Chipotle Version: soak the chipotle for 15 minutes in 1 c. hot water and add both to Mixture #2 instead of the 1 c. plain water. After cooking, taste for heat and add chipotle powder as needed.

Makes 1 quart

Per 1/2 cup serving: 253 calories; 3g protein; 9g fat; 40g carbohydrate; 0mg cholesterol

Modified from a recipe in *Nonna's Italian Kitchen* by Bryanna Clark Grogan (The Book Publishing Company, 1998) ISBN1-57067-055-2

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