

FML

Food's my life!

Coconut Ice

4 cups white sugar
1 cup water
250 g desiccated coconut
½ cup shredded coconut
1 tsp vanilla extract
½ tsp almond essence
½ tsp rosewater essence
½ tsp coconut essence
Few drops of food colouring
2 heaped tsp butter

1. Grease a large chopping board (wood or marble) or bench top with butter
2. Place heavy based pan on medium heat and add sugar and water. Stir until sugar has completely dissolved (may come to a boil by this stage)
3. Add both the coconut and stir thoroughly
4. Add the flavours, the colour and finally the butter
5. Keep stirring until the mixture has reached 'soft ball' stage or 115-120 degrees Celsius. The mixture should be leaving the sides of the pan by this stage
6. Pour the mixture onto your greased board. Shape and flatten the coconut ice with a spatula until it is as thick as you like it (I usually aim for 1-2 cms)
7. Let it rest for about 10 minutes, then, using a sharp knife, mark the coconut ice into diamonds (which will make chopping it once it has set much easier)
8. Don't wait too long before you cut it into pieces. The harder it gets, the harder it may be to cut
9. Once your coconut ice pieces have completely cooled, store in an airtight container or bottle