

Stewed Apples with Gluten-Free Lattice Cookies and Dairy-Free Cinnamon Ice Cream

Ingredients

Cinnamon Ice Cream:

1 cup tinned coconut milk

1/2 cup honey

1 tsp. ground cinnamon

1/2 cup cold coconut cream (straight from the fridge)

1/2 tsp. pure vanilla extract

1/4 tsp. salt (or 1/2 tsp. kosher salt)



Instructions

Set up an ice bath by half filling a large bowl or your kitchen sink (make sure it's been cleaned thoroughly beforehand) with ice and water. Have ready a heatproof container or bowl that fits in the ice bath.

In a saucepan, combine the milk, honey, and cinnamon and place over medium heat. Heat, stirring occasionally, for 6 to 8 minutes, or just until the milk starts to bubble and the honey is dissolved. It may thicken slightly. Add the cream, vanilla, and salt, stir to mix, and pour into the heatproof container and cool in the ice bath. When the mixture is completely cool, cover and refrigerate for at least 1 hour or up to overnight.

Briefly stir the mixture to redistribute any cinnamon that has settled to the bottom (if you chilled it overnight, the coconut milk may have also separated – that’s okay, just stir until its consistency is uniform again), and then pour into an ice cream maker and freeze according to the manufacturer’s directions. (Since this is a small amount of ice cream, you may not even need to turn your ice cream maker on. My ice cream bowl was cold enough for the base to start freezing immediately, and I just stirred it with a spatula.) Transfer to an airtight container with a lid.

Note: In the recipe notes for *Demolition Desserts*, it says that this ice cream will keep for 1 week but tastes best if served within 3 days. I’m not sure if this is affected by using coconut milk instead of dairy.

Lattice Cookies

1/2 cup (59 grams) sweet rice flour

1/2 cup (65 grams) cornstarch

1/2 cup (71 grams) brown rice flour

1/2 cup (65 grams) millet flour

1/4 tsp. salt

1/2 tsp. baking powder

1/2 cup (112 grams or 1 stick) unsalted butter, softened

1/2 cup honey

1 large or extra large egg

1 tsp. pure vanilla extract

Sift the flours, salt, and baking soda together in a medium bowl.

In a separate medium or large bowl, beat the butter and honey together with a whisk until creamy. The butter and honey will not fully blend together as sugar does with butter, but that’s okay. Mix in the egg and vanilla.

Gradually add the dry ingredients to the wet, a little at a time, mixing well after each addition. As the dough gets thicker, you may wish to use a flexible rubber spatula instead of a whisk.

Divide the dough into balls and chill, wrapped, in the freezer for 1 hour.

Preheat oven to 325°F and line two cookie sheets with parchment paper. Place a ball of dough on the sheets. Lightly dust the chilled dough with a gluten-free flour (I used sweet rice flour). Roll out both balls of dough until 1/4- to 1/2-inch thick. Chill the rolled out dough in the freezer for 15 minutes.

Cut the rolled out dough into strips and carefully move the strips apart. Cookie dough is stiffer than pie dough, so instead of folding back every other strip, lift as carefully as you can, one horizontal strip at a time and place one strip of dough vertically from the second sheet of rolled out dough. Repeat with the other strips. To get the horizontal strips to lay over the vertical strips, draw out the horizontal strips (one at a time) and gently feed through the spaces between your lattice work. Repeat until you have a full lattice. (For a visual reference, I fully recommend checking Not Martha's instructions with step-by-step photos.)

(This is cumbersome, I know, but it wasn't until I was making this that I realized pie dough really would have been better.)

If the strips tear at any point, just gently pinch it back together.

If the dough gets too soft, stick it back in the freezer for a couple of minutes.

Cut out the latticed cookie dough (I used a 2-inch biscuit cutter) and place on one of the baking sheets lined with parchment paper. (The other one will have been cleared with all your lattice work.) Bake cookies for 5 to 10 (check after the 5-minute mark), or until the edges are golden brown. Remove from the oven and cool on the pan.

Apples

About 1 tsp. coconut oil, butter, or Earth Balance

1 1/2 pounds apples, quartered, peeled, and chopped

1 tsp. ground cinnamon or more, suited to personal preferences (I often eyeball it, going by smell and colour of the apples and cinnamon mixed together)

Sauté the chopped apples in the coconut oil, butter, or Earth Balance in a small or medium-sized saucepan, over medium heat. The juice from the apples won't make you need as much coconut oil, butter, or EB. Once the apples have softened, add the cinnamon, making sure that you coat the apples entirely.

Continue cooking until there is a kind of gooey juice and the apples are soft and moist. Remove from heat and add vanilla, if desired.

Assembly

Place the apples (about 1/4 to 1/2 cup per person) in a bowl or on a plate with a generous scoop(s) of cinnamon ice cream and lattice cookies on the side.

Serve and enjoy!

Recipe for cinnamon ice cream adapted from *Demolition Desserts* by Elizabeth Falkner

Recipe for lattice cookies adapted from *Martha Stewart Cookies* app for the iPhone, iPod touch, and iPad.

Recipe printed from zscupoftea.com

<http://zscupoftea.com/2011/09/17/stewed-apples-with-gluten-free-lattice-cookies-and-dairy-free-cinnamon-ice-cream-or-apple-pie-deconstructed/>