



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA



Magic Ice Cream Shell Topping

Ingredients

½ cup of semi-sweet chocolate chips

1 ½ tbsp. of coconut oil (in solid form)

Ice cream of your choosing

Method

In a microwave safe bowl, melt the chocolate chips and coconut oil. Every 15 seconds, stop the microwave to give the ingredients a good stir. Repeat as needed until the mixture is totally melted and smooth.

Let cool on the counter until the melted chocolate mixture is room temperature.

Add a scoop of your favourite ice cream to a bowl.

Drizzle or pour a thin layer of the chocolate mixture on top of the ice cream. Wait for it to harden, about 30 seconds, then crack with a spoon.

You can also use this topping on frozen fruit, milkshakes, or try your hand at homemade ice cream bars!

What's Happening Here?

Coconut oil is the ingredient that helps the chocolate mixture harden! Coconut oil is naturally high in saturated fat, a type of fat that is very solid, it has a very high melting point – it melts at around 25°C! (To compare, olive oil melts at -60°C.) This is why it remains solid sitting on the counter at room temperature, but quickly melts once it is warmed up.

When combined with the melted chocolate, the mixture will remain liquid until it is poured on the cold ice cream. Once it comes in contact with the ice cream, the mixture will cool down quickly and the saturated fats will solidify, turning it into a delicious hard shell in about 30 seconds.