

Recipe for Children's Class 78: COCONUT ICE

Ingredients:

450g (1lb) Granulated Sugar
110g (4oz) Desiccated Coconut,
¼ pint Water,
Pink Colouring.

You will need a small loaf tin 15cm x 6.5cm (6 x 2½ inches)

This recipe involves boiling sugar syrup. Get an adult to help you with this.

1. Grease the tin with some butter.
2. Weigh the sugar, put it in a saucepan with the water, heat gently until dissolved.
3. Bring sugar syrup to the boil, then boil rapidly for 3 minutes. Test a drop in a glass of cold water – it should form a soft ball; if necessary continue boiling and re-test; remove the pan from the heat.
4. Add the desiccated coconut and mix it in thoroughly. Continue to stir the mixture well as it cools. As the coconut mixture is stirred it will become thicker and will look much whiter in colour.
5. When the mixture is really thick, quickly put half of it into the greased tin and level the top.
6. Colour the rest of the mixture pale pink and very quickly spread it on top of the white coconut ice.
7. Put the tin in a cool place and leave to set. When the coconut ice is cold, divide it into small fingers.
8. Display 6 on a plate, cover with cling film.