

ICE CREAM SANDWICHES (gluten free)



Summer is ice cream time...actually any time is ice cream time ☺ These homemade ice cream sandwiches are so much fun to make (get the kids involved!), and they're great because you can customize them to your liking! Pick the ice cream flavor, and everyone can dip theirs into their favorite treat!

Makes: 8 ice cream sandwiches (2"x4")

INGREDIENTS:

For The Cake:

½ cup brown rice flour
½ cup white rice flour
1 cup **special dark** cocoa powder
½ tsp. salt
½ tsp. baking powder

½ tsp. xanthan gum
½ cup (1 stick) + 2 Tbsp. butter, softened
2/3 cup granulated sugar
4 large egg yolks
2 tsp. vanilla
½ cup hot water

Filling:

Ice Cream (any flavor), 1.5 qt.

For Dipping (optional):

Sprinkles, nuts, mini chocolate chips, crushed GF cookies, Mini M&Ms, etc.

GETTING READY

1. STEP ONE NEEDS TO BE DONE AT LEAST A COUPLE HOURS IN ADVANCE OF ALL OTHER STEPS (or night before): Line an 8x8 pan with tinfoil and spray it lightly with non-stick spray. Allow a little tinfoil to hang over the edge. This will help you lift out the ice cream when it's solid. Fill with ice cream and allow to melt just enough to smooth it out. Press the ice cream in, and fill it as high as you would like your sandwiches to be! Place in freezer until totally solid. (In my freezer it takes a couple of hours at least...it just depends on how well your freezer does its job).
2. Set out butter to soften
3. Line a cookie sheet with parchment paper. Allow a little bit extra to hang over edge. This will help you lift it off the pan after baking.
4. If you will be adding sprinkles or other treats, pour them into a wide bowl for easy dipping.
5. When ice cream is solid, preheat oven to 375 degrees

LET'S GET STARTED

1. Start by mixing together your dry ingredients: In a medium-sized mixing bowl whisk together the brown rice flour, white rice flour, cocoa powder, salt, baking powder, and xanthan gum. Set aside.
2. In a large-sized mixing bowl, mix together the butter and sugar until creamy. Add in yolks and vanilla. Mix together until well blended.
3. Add dry mixture into the butter/egg mixture. Mix until well blended.
4. Add water and mix until dough is smooth.

5. Place dough onto baking sheet and spread with off-set spatula to form an 8x16 rectangle (actually make it a tiny bit larger on each side to allow for edges to be trimmed neat).
6. Bake at 375° for 10 minutes.
7. Remove from oven.
8. Do not leave on pan. Carefully lift parchment off and place onto a cutting board (bend cake as little as possible to avoid cracking).
9. Allow to cool for 15 minutes or so.
10. Place cake (still on the cutting board) into the freezer for another 20 minutes
11. When cake is FULLY COLD THROUGHOUT you can assemble ice cream sandwiches! Remove cake from freezer. First, trim away any rough edges. Slice into sixteen 2"x4" pieces.
12. If you want a very authentic ice cream sandwich look, use something to press 13 small indentations into each piece of cake.
13. Remove ice cream from freezer and lift ice cream out of pan with the tinfoil edge. You may need a spatula to help you remove it. Work very quickly once you have the ice cream out of the freezer.
14. Slice into eight 2"x4" pieces.
15. Place a plate, baking dish, or cookie sheet into the freezer for the completed sandwiches.
16. To assemble, place an ice cream piece onto a cake piece and top with a second cake piece. Gently press down on top of sandwich. If needed, smooth ice cream around edges with a butter knife. Press edges into sprinkles (or other topping) if desired. Place each sandwich immediately into freezer as you complete it.
17. When all sandwiches are made and frozen firm, take out one at a time to wrap in waxed paper. Tape to secure.
18. Refreeze again before eating if needed, or eat IMMEDIATELY 😊

Tip: Please follow all directions exactly!! If you skip steps or swap ingredients then you may or may not like the end result :)