Edible Perspective

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Peach Bourbon Ice Cream Sandwiches with Lemon Cornbread Cookies

gluten-free, vegan // yields 9+ cookie sandwiches

- 5-6 medium peaches, *ripe*
- high-heat oil + muscovado sugar for grilling
- 1, 13.5oz can full-fat coconut milk
- 1/3 cup brown rice syrup, *or coconut nectar or honey*
- 2-4 tablespoons muscovado sugar, *or sucanat/coconut sugar/pure cane sugar*
- 2-3 tablespoons bourbon, *source gluten-free bourbon if needed*
- 2 teaspoons pure vanilla extract
- 1 batch Lemon Cornbread Cookies

Freeze your ice cream bowl according to your manufacturer's specifications.

Preheat your grill to 400* F. Cut 5 peaches in half or slice in large pieces and discard pits. Lightly brush with oil and sprinkle the cut sides with muscovado sugar.

Grease your grill grates and grill the peaches until deep grill marks appear. About 3-5 minutes. Flip and grill for another 3-5 minutes. Place on a plate and let fully cool in the fridge.

Place the peaches, coconut milk, brown rice syrup, 2 tablespoons muscovado sugar, 2 tablespoons bourbon, and 2 teaspoons vanilla in a high powered blender. Blend until smooth. Taste the mixture and add more sugar or bourbon if desired. If it's not peachy enough for your liking slice a 6th peach and blend that in as well [it's fine that it wasn't grilled]. Blend again until smooth.

Pour into a large sealable bag and squeeze excess air out. Submerge in an ice bath until fully chilled. Or, pour into a bowl and place in the fridge until fully chilled. Once chilled, pour into your ice cream maker and churn until the ice cream collects on the sides and blade and resembles a thick, soft serve texture. [Refer to manual for appx. time.].

Scoop into a freezer safe container and pack down. Place plastic wrap or parchment directly on top of the ice cream, close with a lid, and freeze for about 3-4 hours. Place cookies in the freezer on a baking sheet for 1 hour before preparing [not mandatory but helpful to firm them up a bit].

Tear pieces of parchment for each cookie sandwich you're going to make [or wax paper]. Scoop about 1/4 cup onto each cookie, place the other cookie on top, then lightly squeeze. Scrape excess with a small spatula around the edges. Place the sandwich on it's side at one end of the parchment, roll up, then twist the ends together. Place in the freezer. Repeat with remaining cookies. Freeze for a few hours [or longer] before serving. Eat within 2-3 weeks.

Notes: If you want the peach and bourbon to stand out more with the lemon cookies be sure to pack in as much ice cream as you can. You can also cut down the lemon zest in the cookies by half. I used 2 tablespoons bourbon in this ice cream and it did harden some in the freezer but was still immediately scoopable. Adding 1 more tablespoon would soften the ice cream a bit more and add more bourbon flavor.

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