

Salted Caramelized Pears

4 Bartlett pears, washed, cored, and peeled
1/2 cup organic granulated vegan sugar
@1/2 cup organic coconut milk
@2 pinches sea salt
opt: fresh grated ginger

1. Cut pears into 6 - 8 wedges.
2. Heat a large skillet over medium-high heat.
3. While the pan is heating, place the sugar in a flat bowl or plate, and coat the pear wedges with sugar.
4. Place pears in the pan, flat side down. Cook until the wedges begin to caramelize and brown, @3 -5 minutes. Swirl the pan to slide the pears around. The juices from the pears will help prevent the sugar from burning. If you're using a gas stovetop, make sure that the flame isn't going up the sides of the pan, or the sugar may burn.
5. When the sides of the pear are golden, slowly drizzle in coconut milk and continue to cook until the pears are caramelized. Add ginger if using. Turn off heat and plate as desired.

Note: Bartlett and Anjou pears are good for poaching because of their smooth flesh.

<https://store.edwardandsons.com/collections/organic-coconut-products>

Pumpkin Pie Ice Cream

(Makes @1 qt)

14 oz. can full fat coconut milk
1 cup pureed cooked pumpkin
1/2 cup non-dairy milk
1/2 cup maple syrup
1-1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1/4 tsp. ground ginger
OR
2-1/4 tsp. homemade pumpkin pie spice
1 tsp. vanilla extract

1. Combine all of the ingredients in a blender and blend until smooth. Transfer to a covered container and chill in the refrigerator for at least 2 hours.
2. Transfer to an ice cream maker* and freeze according to the manufacturer's directions.

*Note: If you don't have an ice cream maker, place an empty freezer-safe, stainless steel pan or bowl in the freezer. Transfer ice cream mixture into cold pan, and place it back in the freezer for 30 minutes or until the edges start to freeze. Take the mixture out and beat it with a hand mixer, or place mixture in a blender to make it smooth and creamy. Serve now if you prefer "soft-serve." Otherwise, return mixture to the freezer for at least 3 hours, and blend again until desired consistency is reached.

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Chocolate Hard Shell

(adapted from Vegan Chocolate, by FranCostigan.com)

7 oz (198 grams) dark chocolate (68 - 70%) finely chopped, or dairy free chocolate chips
2 Tblsp. organic coconut oil, melted
1/2 tsp. pure vanilla extract

1. Place chocolate in a double boiler, or in a small heatproof bowl set over a saucepan of simmering water. Allow the chocolate to melt, undisturbed.
2. Remove saucepan from the heat and stir with a silicone spatula. Stir in oil and vanilla.
3. Keep the chocolate shell in liquid form until ready to pour over ice cream or fresh organic fruit. Do not refrigerate. If not using immediately, reheating may be necessary.

Coconut Whipped Cream

This recipe is vegan, gluten free, and can be refined-sugar free if you use maple syrup.

14 oz can organic, full fat coconut milk,* refrigerated overnight
1/4 cup organic powdered sugar
OR
2 Tbsp maple syrup

1. Refrigerate can of coconut milk overnight.
2. Put mixing bowl in the freezer for 5 minutes. Open the can of coconut milk, scoop out the thick solids, and place them in the bowl of a hand mixer. (Reserve the coconut water in the can and drink it or use in smoothies.)
3. Add powdered sugar or maple syrup and mix until creamy. Transfer to a bowl and place in the fridge where it will continue to thicken.
4. Use in place of whipped cream but don't let it sit at room temperature too long or it will lose its structure.

SWEET POTATO-MAPLE MOUSSE

Sweet potato marries with coconut milk, maple syrup, and a dash of cinnamon to transform into a luxuriously silky mousse. by JENNIFER ROSE ROSSANO

SERVES: 4

1 large sweet potato, baked, cooled, and peeled
½ cup full-fat coconut milk
6 pitted Medjool dates
½ cup cacao or cocoa powder
2 teaspoons vanilla extract
1 teaspoon cinnamon, plus extra for garnish
4 tablespoons maple syrup
½ cup water
Vegan whipped cream

1. Into a high-speed blender, add sweet potato, milk, dates, cacao powder, vanilla, cinnamon, maple syrup, and water, and blend until smooth. If too thick, add more water, 1 tablespoon at a time, until you reach desired consistency. Adjust sweetness with additional maple syrup if desired.
2. Divide between individual serving dishes and top with vegan whipped cream and cinnamon. Serve immediately, or store in the fridge in an airtight container for up to 5 days.