

Strawberry Shortcake Ice Cream Bars

Recipe very slightly adapted from Stella Park's recipe for Homemade Strawberry Shortcake Ice Cream Bars on Serious Eats.

You will need a stand mixer, food processor, digital instant read thermometer and popsicle molds.

Makes about 12 bars, depending on size of your popsicle molds.

140 grams (2/3 cup) egg white
165 grams (3/4 cup) white sugar
1.5 grams (heaping ¼ teaspoon) Diamond Crystal kosher salt
2g (1/2 teaspoon) cream of tartar, or 11 grams lemon juice (1 tablespoon)
340 grams heavy cream (1 1/2 cups)
60 grams freeze-dried strawberries ground to a fine powder in a food processor

For coating the bars:

340 grams white chocolate, finely chopped (about 2 cups)
130 grams (3/4 cu) refined coconut oil,
20 grams freeze dried strawberries
85 grams Rice Krispies (3 cups)

1. **Make strawberry ice cream filling:** Combine the egg whites, sugar, salt and cream of tartar or lemon juice together in the bowl of your stand mixer. Set the bowl over a pan of water, making sure the water level in the pot is low enough so that it does not touch the bottom of the mixing bowl. Turn the heat on medium low. You don't need the water to even simmer, you just want it hot enough to steam, since steam is what actually heats the whites.
2. Cook, stirring and scraping continuously with a flexible spatula, until egg white mixture reaches 165°F. This should take about 5 minutes. Make sure water is not boiling or you will scramble the whites.
3. When the mixture reaches 165°F transfer bowl to a stand mixer fitted with a whisk attachment and whip at high speed until meringue is glossy, stiff, and thick, about 5 minutes. Depending on the brand of mixer you have, this could take a bit longer.
4. Once meringue is thick and stiff, transfer meringue to a large mixing bowl. To the empty mixer bowl, (no need to wash it or the whisk attachment) add whipping cream and freeze-dried strawberries. Whip until cream is thick and stiff.
5. Scoop the whipped cream mixture into the large bowl with the egg whites. Using a whisk or flexible spatula, combine whipped cream and meringue, working carefully but thoroughly to ensure the mixture is well combined but not deflated.
6. **Fill the popsicle molds:** Transfer the mixture to a disposable piping bag. The mixture is quite stable at this point, so you don't have to worry about being too gentle. Pipe into the popsicle molds, filling right to the top. Use a butter knife or an extra popsicle stick to gently stir each pop to eliminate air pockets and ensure the cream makes full contact with the mold. Level molds with an offset spatula so that the filling is flush with the top edge of

the molds. Cover tightly with foil, then poke a popsicle stick into the center of each mold, pushing it deeply into the mold and leaving just a half inch or so free for the handle. Freeze the bars until rock-solid, about 12 hours. At the same time, freeze 2 parchment-lined plates or quarter-sheet pans to hold the dipped bars later on.

7. **Unmold the Ice Cream Bars:** Unmold the ice cream bars by rinsing or standing the molds in hot tap water for a few seconds. Remove foil and slide a small offset spatula between the ice cream and the mold to help; if the spatula won't slide in, rinse or stand the molds in hot water a few seconds longer. Gently wiggle the sticks until the popsicles slide free, then transfer to the chilled parchment-lined baking sheets or plates. Cover with plastic wrap and return ice cream bars to freezer until needed. (If this will be longer than 1 hour, be sure the bars are wrapped tightly to prevent odor absorption.)
8. **Make Shortcake Coating:** Melt white chocolate over a water bath or in a microwave-safe bowl, using two or three 15-second bursts on normal power and stirring well between rounds. Add coconut oil and stir until fully melted and smooth; if any lumps refuse to melt, rewarm briefly and stir until they do. Pour white chocolate mixture into a jar or drinking glass that's just slightly wider and taller than the popsicle molds, stopping about 1 inch from the rim to prevent overflow. Cool to about 80°F. The time needed for cooling will vary with the starting temperature of the coconut oil and melted white chocolate.
9. In the bowl of a food processor, grind freeze-dried strawberries into a fine powder. (If you like, cover the bowl with a sheet of plastic or parchment paper before closing the lid to contain the fine dust.) Once strawberries are finely ground, add rice cereal to the bowl and pulse until roughly chopped and well coated in powdered strawberries, but not fully pulverized. When you're ready to proceed, transfer the mixture to an eighth-sheet pan or pie plate.
10. **Finish the Bars:** Set up a dipping station with the tray of ice cream bars on the left, the jar of white chocolate coating and tray of crumbs in the center, and the second chilled baking sheet or plate on the right. Working with one bar at a time, dip each bar into the white chocolate until fully or mostly coated. Allow excess to drip off, then immediately transfer to the tray of strawberry/cereal crumbs. Press bar firmly into crumbs, then flip and press to coat the other side. If needed, use a spoon to pack crumbs onto any uncoated areas. Transfer bar to chilled tray and repeat with remaining bars.
11. Freeze bars until white chocolate has hardened, then transfer to an airtight container (such as a gallon-sized zip-top bag) and freeze up to 1 month.