

# Baking Ice Cream

Can you believe it? You can actually bake ice cream. Follow this recipe to discover how.

## Ingredients:

- 3 egg whites
- 1 cup (240 ml) ice cream
- baking sheet
- big, thick, hard cookies (Chinese almond cookies work well)
- $\frac{1}{2}$  cup (120 ml) sugar
- aluminum foil
- mixer

## Directions:

1. Heat oven to 500°F (260°C). Cover a baking sheet with aluminum foil.
2. Beat egg whites only with an electric mixer until they form soft peaks.
3. Add sugar to the egg whites, 1 tablespoon (45 ml) at a time, beating with electric mixer until the mixture is thick and glossy. This is meringue.
4. Place cookies on baking sheet. Cover each cookie with some frozen ice cream. Make sure the ice cream fits without hanging over the cookies.
5. Spread meringue thickly all over the ice cream. Make sure there are no exposed spots of ice cream!
6. Bake in oven for 2–3 minutes until meringue is lightly brown.

## Think It Over

Think about what happened. Then answer the following questions.

1. What happened? \_\_\_\_\_  
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2. How can you explain what happened to the ice cream? \_\_\_\_\_  
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