

# Coconut Ice

## **How to make coconut ice:**

A traditional English tablet sweet. Usually it was sold at fairs, but was also made in the home. Traditionally the coconut ice was sold in oblongs half coloured pink and half left white. To achieve this the mixture needs to be divided into two, half coloured with cochineal and then the two halves put back together and left to set. See [Cooking with Sugar](#) for information on the tricky process of boiling sugar.

## **Ingredients**

2 cups granulated sugar  
1/4 pint organic milk  
3/4 cup desiccated coconut  
(see [measure conversions](#) for more information)

## **Method**

- Put sugar and milk into a large heavy saucepan and heat.
- Stir until the sugar has dissolved.
- Bring to the boil and maintain for 10-15 minutes.
- Test the mixture by dropping a tiny amount into a saucer of cold water.
- If the mixture forms a soft ball, it is ready.
- Remove the pan from the heat and stir in the coconut.
- Pour into a 6 inch greased tin.
- Allow to cool and remove from the tin.
- Wrap in grease proof paper and store in refrigerator.