



Alison Roman's Mint & Chip Ice Cream Cake

April 27, 2023

Ice cream cake, as the name implies, is ice cream, shaped and frosted like a cake. Ideally, there is also actual cake or some sort of cookie crust, to prevent leaking and give your ice cream something to melt into. And you can (and should) frost it with sweetened whipped cream (rather than buttercream, which isn't all that delicious once frozen). While technically "any ice cream can be made into an ice cream cake," I wouldn't know because aside from regular vanilla, mint and chip is the only ice cream I eat. Thrifty's made the best until they got bought by Rite Aid and now they don't sell ice cream like they used to. Now, my preferred brand is Baskin-Robbins (I'm a legacy brand girl, what can I say). The reason isn't because they use the highest-quality dairy and most fair trade chocolate—I'm not sure they do!—it's because it's not too sweet, the chocolate is in flecked form, not chunk- or hunk-size, and the ratio of chocolate to ice cream is extremely good. And sue me, I like the fake mint flavor. Fresh mint leaves steeped in hot dairy will never, ever give you something that tastes as good as mint extract or artificial mint flavor. I hate to say it, you hate to read it, we all know it's true. - Alison Roman

Makes one tall 9-inch

Ingredients:

9-inch disc of chocolate cake (recipe follows)
 2 quarts mint chip ice cream (or whatever flavor you like!)
 2 cups/460g heavy cream
 ¼ cup/30g powdered sugar
 Pinch of salt

Method:

1. Line a 9-inch springform pan with plastic wrap, making sure there's some plastic wrap hanging over the edges. Place the cake round on the bottom.
2. Let the ice cream soften on your counter for 10 minutes or so—you want the texture to be slightly softer than simply "scoopable" but decidedly not "melted." Spoon the ice cream out onto the cake and place a piece of plastic wrap directly on top. Use your palms to smush the ice cream down, making sure it's in one even layer. (You could use a spoon, but using your hands is faster and honestly more fun.) Place it in the freezer while you make the whipped cream.
3. In a large bowl with a whisk, an electric hand mixer, or whatever you want, beat the heavy cream to medium peaks, then whisk in the powdered sugar. It might feel a touch sweeter than your average whipped cream, but that's because it's getting frozen, which dulls flavors, including sweetness. Beat until you've got nice, pillowy stiff peaks and whisk in a nice pinch of salt, for seasoning.



What's 4 Dinner?

4. Remove the cake from the freezer and peel back the plastic wrap. Still inside the springform, spoon about 1 cup of the whipped cream on top of the ice cream and “frost” the top of the cake, just to create a nice even layer of whipped cream, then pop it back into the freezer for at least 2 hours. Keep the rest of the whipped cream refrigerated.
5. When you’re ready to serve, carefully unmold the ice cream cake—if it still feels a little too mushy/malleable for your liking, pop it back into the freezer until it feels solid enough to exist without its frame.
6. Once the cake is frozen and ready, remove the springform sides and frost the outside and the top with the remaining whipped cream. This can be put back into the freezer, if you like, or sliced and served as is. I find larger, fatter slices to be more dramatic, but they are perhaps too much for one person, so feel free to encourage sharing.

***Other Combinations**

You shouldn’t have to dig too deep to find the ice cream cake combination of your dreams. First, know that either sheet cake in this book (pages 108 and 112) would make a great base layer. And, second, if mint and chip simply aren’t an option, here is what I’d choose:

Yellow cake with sprinkles added + vanilla ice cream

Cover with whipped cream and sprinkles, of course. On *The Approva Matrix*, this is lowbrow brilliant and undeniably perfect in its basicness.

Chocolate cake + caramel ice cream

Everyone makes caramel ice cream now, so don’t worry. This would be good topped with chopped nuts, reminding me of a candy bar. Alternatively, just eat a frozen candy bar?

Yellow cake + strawberry ice cream

It’s not strawberry shortcake, but it’s close. Garnish with fresh strawberries, leaving some of the green tops on for fun.

***Do-Ahead**

The quintessential do-ahead, ice cream cake can be assembled 1 week ahead, tightly wrapped in plastic, and frozen.



What's 4 Dinner?

Alison Roman's All-Purpose Chocolate Sheet Cake

Makes one 13 × 18-inch sheet cake or three 9-inch cake layers

Ingredients:

Cooking spray, for the pan
2½ cups/360g all-purpose flour
1 cup/115g unsweetened cocoa powder*
2 teaspoons/8g baking powder
1 teaspoon/6g baking soda
2 teaspoons/8g kosher salt
1¼ cups/275g granulated sugar
1 cup/200g light brown sugar
1½ teaspoons/7g vanilla extract
3 large eggs
1½ cups/330g buttermilk
¾ cup/155g vegetable oil
1 cup/220g sour cream

Method:

1. Preheat the oven to 350°F. Spray a standard half-sheet pan (13 × 18 inches) with cooking spray and line with parchment paper. (Alternatively, spray three 9-inch cake pans with cooking spray and line with rounds of parchment paper.)
2. In a medium bowl, whisk together the flour, cocoa powder, baking powder, baking soda, and salt.
3. In a large bowl, whisk the granulated sugar, brown sugar, vanilla, eggs, buttermilk, vegetable oil, and sour cream until combined. Slowly whisk in the -our mixture.
4. Pour the batter into the prepared sheet pan (or cake pans) and bake until the cake is puffed, springing back and pulling away from the sides of the pan, 30–35 minutes (closer to 20–25 minutes for the individual cakes).
5. Let cool completely before frosting or using to make an ice cream cake.

***Notes**

Cocoa powder absorbs liquid differently than plain flour, so there's an above-average amount of liquid and fat in this recipe to compensate for the amount needed to give you that promised chocolaty flavor. You may think the batter looks a bit loose when it goes into the oven, but trust, it's going to turn out great.

***Do-Ahead**

Wrapped tightly in plastic wrap, the cake can last 3 days stored at room temperature, 5 days in the fridge, or up to 1 month in the freezer (I'd wrap it once more in aluminum foil if freezing).

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