

Get The Scoop On Ice Cream Cake

As the weather starts to heat up, nothing cools you off like a scoop (or two!) of ice cream. Since July is National Ice Cream Month, it is the perfect time to appreciate this popular treat.

Ice cream is always changing and evolving. Throughout the years, it has come in every conceivable flavor. There has been an explosion of original flavor combos, unexpected ingredients, and new presentations. In addition, non-dairy ice creams are meeting modern demands.

What better way to enjoy a hot summer day than with a big slice of ice cream cake? It is the ultimate summer dessert, combining the best of both worlds: cake and ice cream! Mix and match flavors and make this sweet treat all summer long!

You will not believe how easy it is to make an Ice Cream Cake at home! Before starting, you need to remember that freezing takes time, and you will need to ensure you have freezer space for the cake.

A baked cake layer is not always part of an ice cream cake. The cake will insulate the ice cream and slow melting after the assembled cake leaves the freezer. The cake will also absorb moisture from the ice cream when it softens.

Cake also provides a texture contrast to the ice cream. The tender cake crumb complements the creamy ice cream.

Top your cake with different sauces and crunchy topping between layers to add personality to your cake. My favorite sauces are hot fudge, peanut butter, thick caramel, and fruit spreads. It is best to ensure the sauce is at room temperature so it is easier to spread. Also, crunchies make almost any dessert better. They add more flavor and texture to your cake. In my opinion, some of the best toppings are toffee bits, broken cookies, sprinkles, and nuts.

You must decide if you want one layer of cake topped with ice cream or two layers with ice cream in the center. Are you going to have a filling layer and/or crunchies?

Follow these basic steps to make an ice cream cake with cake:

1. Line an 8 or 9-inch cake pan with plastic wrap.
2. Slightly soften the ice cream before adding it to the cake pan, creating a uniform layer, making it easier to layer on top of the cake. Be sure to press out any air pockets in the ice cream when adding it to the cake pan. Then cover it with another layer of plastic. Press down into a flat layer and freeze. 1 1/2 quarts of ice cream will fill an 8-inch cake pan.
3. Prepare and cool one or two 8 or 9-inch cakes. After the cakes cool for about 15 minutes, flip them onto a cooling rack and let them completely cool. Slice the dome off the top to level the cake, then wrap the cakes in plastic wrap and freeze them for at least 6 hours or overnight.
4. Cover the top of one cake layer with a filling and add crunchies if desired.

5. Remove the ice cream layer from the freezer, unwrap it, and place it on the cake. If using two cake layers, put it on top of the ice cream. Cover the whole cake in plastic and place it in the freezer.
6. Oil-based whipped topping (such as Cool Whip) or whipped cream stabilized with gelatin work best for the exterior covering; both will maintain designs when piped but remain elastic enough not to crack when sliced. Another option is a pour of magic shell, which can either envelop the cake entirely or create a peekaboo effect with the filling.
7. After decorating, store the cake in a container in the freezer.
8. Take the cake out of the freezer and place it into the fridge or let it sit at room temperature for 30 minutes before cutting. Run the knife under hot water before slicing to make cutting the cake easier.

Anyone can make an ice cream cake, I promise. There are so many choices with endless flavor combinations for you to try.

(Sources: preppykitchen.com; www.idfa.org; <https://www.historytoday.com>; www.lifeloveandsugar.com)