

Banana, Honeycomb and Chocolate Ice Cream Bombe



Serves	6-8
Prep time	8 hours
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet – Very High Chemical
Meal type	Dessert
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold
Occasion	Birthday Party , Casual Party , Christmas , Special Occasions

Ingredients

- 1 cup 100% banana ice cream (Refer to recipe)
- 3 cups Paul's vanilla ice cream (or other suitable vanilla ice cream)
- 20g honeycomb pices
- 1 Batch chocolate syrup (Refer to recipe)
- 1 Batch home made ice magic (Refer to recipe)
- Extra vanilla ice cream

Directions

1. Place a 1 litre bowl into the freezer for about an hour.
2. Remove your banana ice cream from the freezer and allow to soften for about 20 minutes.
3. Remove the bowl from the freezer and scoop the banana ice cream into the bottom and smooth over the top. Return to the freezer until completely frozen.
4. Meanwhile place the honeycomb pieces into a plastic bag and use a rolling pin to crush them. The size of the pieces doesn't matter. Place the honeycomb in the freezer while you are waiting for the first layer to set.
5. Remove 1 1/2 cups of the vanilla ice cream from the freezer and allow to soften. Stir through the cold honeycomb pieces then pour the ice cream on top of the banana ice cream layer and smooth over. Return to the freezer until completely frozen.
6. Once the honeycomb ice cream layer has completely frozen, remove the bowl from the freezer and add spoonfuls of the remaining vanilla ice cream on top of the honeycomb ice cream. Drizzle with chocolate syrup.
7. Add the extra vanilla ice cream over the top until the bowl is full and smooth over. Return to the freezer until completely frozen.
8. When the final layer has completely frozen the ice cream bombe can be turned out. You can do this just before serving or do it in advance and put it back in the freezer covered with a larger bowl. Place a large plate (big enough to place the bowl on upside down) in the freezer.
9. To turn out the ice cream dip the bowl into a bath of very hot water, hold it in there for just a few seconds then place the bowl upside down on the cold plate. The ice cream will slide out.
10. If the sides are a bit melted, place the ice cream back in the freezer to firm up.



 Making an Ice Cream Bombe

11. Pour over the Home Made Ice Magic and allow to set.



12. Return to the freezer until needed, or serve immediately.

 [Ice Cream Bombe](#)

Note

Very High Amines, Low Salicylates, Low Glutamates

This ice cream bombe can be made with other flavours of ice cream and any number of layers. See [Domestic Diva's version](#) for my inspiration.

Refer to the following recipes used to make the Ice Cream Bombe:

- [100% Banana Ice Cream](#)
- [Chocolate Syrup](#)
- [Home Made Ice Magic \(Hard Chocolate Coating\)](#)