

A Collection of Frozen Desserts

Ice Cream, Gelato, Sorbetto, Sorbet,  
Sherbet, Granita, Popsicles, and more



Collection Assembled by  
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# Introduction

Everyone loves ice cream. How could you not? It can be made from anything your heart desires, it's sweet and creamy, rich and oh so decadent! It can be served in a simple cup or bowl, on a cone or used to make elegant desserts fit for a king.

The term ice cream is often used to describe a myriad of frozen delights. Many of which are not ice cream at all and do not even include dairy products. So what is the difference between all these wonderful frozen desserts? Well let's take a look at the composition of these items from an American perspective ...

## Facts about Your favorite Frozen Desserts

### Ice cream

American ice cream is a frozen dairy product made from cream, milk, sweeteners, flavorings and other additions. Up to 60% of the total volume of ice cream is air. Air is added in during the whipping process and is what gives ice cream its light and fluffy texture. Ice cream is divided into categories based on the amount of butterfat they contain.

**Premium Ice Cream** has between 11% and 15% butterfat. Premium ice cream is richer and more dense and higher in calories! Generally premium ice creams come in small containers and have "gourmet" style flavorings.

**Regular ice cream** contains 10% to 11% butterfat, contains fewer calories than the premium style and is somewhat less dense. Regular ice cream is sold in largest containers, and contains the standard flavorings.

**Economy Ice Cream** must contain a minimum 10% butterfat by law. Generally speaking it's a no frills style but there are some great tasting ice creams available in this category.

**Light Ice Cream** this can be a very deceiving category. Light means that there is either 50% less fat or 33% fewer calories than the same ice cream flavor produced by the same manufacturer. It does not mean less than all other regular or premium ice creams made by other companies. You'll need to read the label be sure if this is really "Light" to you. The "light" versions of many of the premium brands can have more fat and calories than the regular version of some of other brands, so watch out on this one!

**Reduced Fat Ice Cream** is required by law to have 25% less fat than that company's regular ice cream version. Again watch the label!

**Ice Milk** You don't find ice milk around much anymore. I think it got a bad rap somewhere along the line or maybe the terms "low fat", "light" and "reduced fat" were just more appealing. I always liked ice milk it seemed less greasy to me than the full fat products.

**Soft Serve Ice Cream** is just ice cream served at a higher temperature, about  $-4^{\circ}\text{C}$  instead of the  $-15^{\circ}\text{C}$  that hard ice cream is served at. J.F. "Grandpa" McCullough founders of Dairy Queen were the first to sell soft serve ice cream. It is believed that there is more flavor because the colder hard ice cream tends to numb your tongue keeping you from tasting the product. Soft serve ice cream also contains between 0% to 60% air by volume.

**French Style Ice Cream** or *crème glacée*, is one of the richest most decadent of the ice cream categories. It includes a creamy custard base and is very rich and silky. It is also lower in fat than standard ice cream.

**Non-Dairy Ice Cream** This is popular with people who are lactose intolerant, Vegetarians and Vegans, and for people who for health reasons cannot have fat in their diets. I have included a short section to give you the basic idea of how to prepare a non-dairy ice cream.

### Gelato

Gelato is a low fat version of ice cream served in Italy that has fewer calories and fat than regular ice cream. Gelato is about 4% butter fat and is made with skimmed milk and slightly less sugar than ice cream. Gelato is flavored with fruits, nuts and chocolate. Gelato is also served at a higher temperature than ice cream, making the flavors more pronounced and the need for more sugar unnecessary.

### Sorbetto

The non-dairy version of gelato is known as Sorbetto originally from Southern Italy, is made with water and fruits. The texture of sorbetto is not creamy like ice cream and can vary depending on the ingredients and the level of sugar used. If there is not enough sugar in the sorbetto can turn out grainy but with more pronounced fruity flavors. Here in the US sorbetto is generally referred to as Italian Ice. Sorbetto differs from Sorbet in that it never contains alcohol.

### Sorbet

Sorbet is another non-dairy, low-calorie frozen dessert. It is usually made with sweetened water blended with a fruit puree or herbs and spices and flavored with wine or liqueur. Although similar to Sorbetto it almost always contains alcohol.

### Sherbet

Is very much like sorbet because it is a fruit based product, but is also dairy product because milk is added to make it creamy. By law sherbet cannot contain more than 2% butterfat.

### Granita

This product is very similar to sorbet but granita is not whipped so it does not contain much air and ice crystals are allowed form making it similar to a snow cone. It has a more granular appearance, and a crunchy texture and often times contains a flavored liqueur.

### Popsicles

**Popsicle** is the most popular brand of ice pop in the U.S. and Canada. The first ice pop was created by accident in 1905 when 11-year-old Frank Epperson left a mixture of powdered soda, water, and a stirring stick in a cup on his porch in cold weather. Popsicle is a trademark held by

**Notes For Diabetics:** Diabetic Recipes are scattered throughout this eBook however many of the recipes can be made by substituting the sugars with equivalent amounts of artificial sweeteners. One such ingredient I have been experimenting with recently is Agave Nectar.

Agave Nectar is comparable, though not identical, to honey. Many people who do not like the taste of honey find agave a more palatable choice. It also has none of the bitter aftertaste associated with artificial sweeteners.

# Ice Cream

## Definition From Wikipedia:

Ice cream is a frozen dessert usually made from dairy products, such as milk and cream, and often combined with fruits or other ingredients and flavors. Most varieties contain sugar, although some are made with other sweeteners. In some cases, artificial flavorings and colorings are used in addition to (or in replacement of) the natural ingredients. This mixture is stirred slowly while cooling to prevent large ice crystals from forming; the result is a smoothly textured ice cream.

The meaning of the term ice cream varies from one country to another. Terms like frozen custard, frozen yogurt, sorbet, gelato and others are used to distinguish different varieties and styles. In some countries, like the USA, the term ice cream applies only to a specific variety, and their governments regulate the commercial use of all these terms based on quantities of ingredients.<sup>[1]</sup> In others, like Italy and Argentina, one word is used for all the variants. Alternatives made from soy milk, rice milk, and goat milk are available for those who are lactose intolerant or have an allergy to dairy protein, or in the case of soy and rice milk, for those who want to avoid animal products.

## Basic Ice Cream Recipes

There are several ways to make ice cream. Some are gelatin based, some use custard based, some uses eggs, some do not. Some are high fat some are low fat. Some are high sugar some are sugar free. I will show a basic recipe for each type and it can be used to make other flavors of that type by adding fruits, nuts or other flavorings to the basic recipe or you can just use one of the recipes I will include in the chapter.

Don't be afraid to go with your imagination once you get the knack of the basic recipe. You could pretty much flavor ice cream with anything you like.

## Basic Custard Ice Cream

### *Ingredients*

2 cups milk  
2 cups heavy cream  
1 cup sugar  
1 vanilla bean split lengthwise or 2 teaspoons vanilla extract  
Pinch of salt  
4 large egg yolks

### *Method*

1. In a medium saucepan, warm the milk, 1 cup of cream, sugar, vanilla bean if using, and salt until small bubbles form around the edge of the pan. Remove from heat, cover and let stand 30 minutes.
2. Place the egg yolks in a large bowl and whisk to combine. Gradually whisk the warm milk mixture into the yolks until combined. Scrape mixture back into the saucepan and cook, stirring constantly until mixture coats the back of a spoon and leaves a track if you run your finger through it.
3. Pour mixture through a fine-meshed sieve set over a bowl and whisk in the remaining cup of cream and vanilla extract if using. Transfer to the refrigerator and chill completely. When ready to churn, remove vanilla bean\* and reserve. Prepare ice cream according to manufacturer's directions.

## Basic Diabetic Ice Cream

### *Ingredients*

8 oz. Pet Lite Milk  
4 pack Sugar Substitute  
1 teaspoons Vanilla  
ADD ONE OF THE FOLLOWING  
2 each Peach, peeled and diced  
1 each Banana, mashed  
4 slices Pineapple with juice  
8 oz Orange Juice  
2 cups Strawberries, crushed

### *Method*

Mix all together and put in freezer of refrigerator until hardened. Remove - break up - put in blender and whip until creamy. Serve. Can also be made in one of the small electric

machines, or one of those that goes in freezer. Calories: 75 cal. Exchanges: 1/2 Milk and 1/2 Fruit.

## Basic Eggless Ice Cream

### *Ingredients*

1 cup milk  
1 tablespoon corn flour heaped  
7 tablespoon sugar (heaped)  
1 & 1/2 tablespoon condensed milk  
1 cup cream  
1 teaspoon vanilla extract

### *Method*

Bring milk to a boil.  
Mix corn flour with a little cold milk and add to the boiling milk.  
Cook till slightly thick.  
Add sugar and condensed milk.  
Mix well or blend in a mixer.  
When cold add cream and mix again.  
Add vanilla then cool to room temperature.  
Place in Ice Cream maker according to your manufactures instructions.

## Basic French Style Ice Cream

French style ice cream recipes include eggs. You can use an egg substitute for eggs in some instances.

### *Milk and Heavy Cream*

Milk and heavy cream are blended in a 1:1 ratio, 2 cups milk to 2 cups heavy cream for example and form the creamy emulsion of the ice cream. This will form the base of flavor of your homemade ice cream, so experiment with recipes and use the one you like best. Lighter creams do not contain a high enough fat content to easily form ice cream and may not work in some homemade recipes.

### *Sugar*

Sugar is added to homemade ice cream as a sweetening agent. Sugar also aids the mixing process between the milk and the heavy cream. Sugar is normally used in a 1:4 ratio to the milk and heavy cream ingredients, for example, 1/2 cup sugar in a recipe that calls for 2 cups heavy cream and 2 cups milk .

### *Salt*

Salt is a necessary ingredient in homemade ice cream. It lowers the temperature of the ice cream so that it will freeze. A small pinch of salt is all that is needed.

### *Egg Yolk (Optional)*

Adding egg yolks to homemade ice cream creates softer custard-like ice cream that freezes well and is easy to spoon out into dishes. Egg yolks serve as natural emulsifiers in the ice cream and help to mix the fats and water in the ingredients and reduce any fat/water separations.

The addition of egg yolks will also produce a richer taste, which many people enjoy; most homemade ice cream recipes call for four or more egg yolks depending on the amount of ice cream being made. The FDA recommends using ice cream recipes that call for you to heat the eggs before they are added to the other ingredients, or those that use egg substitutes or do not call for eggs at all.

### *Flavor*

Flavor ingredients for homemade ice cream may include flavor extracts (e.g. vanilla or almond), chocolate chips, fruit pieces, nuts or flavoring syrups. Flavor extracts are normally added to the milk and cream at the start of the recipe, while most other flavors are added at the end.

## **Basic French Style Ice Cream Using Egg Substitutes**

Egg substitutes are considered healthier than fresh, whole eggs. They are made with only the whites of eggs to avoid the high cholesterol and fat of the yolk. To make egg substitute ice cream, you need two cartons of egg substitute. Combine the egg substitute with two packages of vanilla pudding, two cups of sugar and one cup of milk. Blend for two minutes with an electric blender. Add a tablespoon of vanilla and place the mixture in an ice cream maker. Fill the ice cream maker to capacity with more milk. Follow the instructions of your ice cream maker to finish the recipe.

## **Basic Gelatin Ice Cream**

### *Ingredients*

- 1 quart of whole milk
- 2 1/2 teaspoon corn starch
- 1 teaspoon Knox gelatin
- 3/4 cup sugar
- 1 cup fresh cream
- 1 teaspoon vanilla extract



½ cup cold milk

### ***Method***

Bring milk to a boil. Boil for 15 minutes on low, stirring occasionally.

Mix corn starch in 1/2 cup cold milk, and set aside.

Add sugar to milk, stir. Add corn starch paste, stirring continuously, till boil resumes.

Boil for a further 4-5 minutes, take off fire.

Sprinkle gelatin over 3 tablespoons of water in a small pan.

Allow to soak for 5 minutes. Warm over gentle heat, till dissolved. Do not bring it to a boil.

When boiled milk cools a little, add gelatin solution and mix well.

Add milk and vanilla, mix well.

Cool to room temperature.

Place in Ice Cream maker according to your manufactures instructions.

## **Basic Philadelphia Style Ice Cream Without Eggs**

Mix half a gallon of milk, one large packet of vanilla instant pudding, one can of sweetened condensed milk and half a cup of sugar in a large mixing bowl. Blend thoroughly with an electric mixer. Pour the contents of the bowl into an ice cream maker. Pour in up to half a gallon of additional milk to fill the ice cream maker to capacity. Follow the instructions of the ice cream maker to freeze.

## **Basic Sugar-Free Ice Cream**

### ***Ingredients***

1 teaspoon plain gelatin

1.5 cups low fat milk

3.5 tsp. NutraSweet sweetener

2 tablespoon. nonfat dry milk

1.5 cups buttermilk

dash salt

### ***Method***

Soften gelatin in 1/2 cup milk. Heat in a small saucepan until the gelatin dissolves. Remove from heat, stir in NutraSweet, and place saucepan in another bowl of cold or ice water to cool to room temperature. Pour mixture into a blender or food processor, add rest of milk and remaining ingredients and blend until smooth. Cover and chill in the refrigerator until ready to

freeze. Blend for a few seconds before pouring into the ice cream maker. Follow the manufacturer's instructions for freezing. Makes one quart.

## **Basic Vanilla Ice Cream with Variations** - SandyGluck Host of Everyday Food

### **Ingredients**

2 cups milk

2 cups heavy cream

1 cup sugar

1 vanilla bean split lengthwise or 2 teaspoons vanilla extract

Pinch of salt

4 large egg yolks

### **Method**

In a medium saucepan, warm the milk, 1 cup of cream, sugar, vanilla bean if using, and salt until small bubbles form around the edge of the pan. Remove from heat, cover and let stand 30 minutes.

Place the egg yolks in a large bowl and whisk to combine. Gradually whisk the warm milk mixture into the yolks until combined. Scrape mixture back into the saucepan and cook, stirring constantly until mixture coats the back of a spoon and leaves a track if you run your finger through it.

Pour mixture through a fine-meshed sieve set over a bowl and whisk in the remaining cup of cream and vanilla extract if using. Transfer to the refrigerator and chill completely. When ready to churn, remove vanilla bean\* and reserve. Prepare ice cream according to manufacturer's directions.

\*Rinse vanilla bean and let dry. It can be used again or placed in the sugar canister to flavor your sugar.

### ***Ice Cream with Nuts and Such***

***Toasted Coconut:*** Replace the 1 cup of cream added at the end with 1 cup of coconut milk. Stir in 2 cups toasted coconut just before taking the ice cream off the machine.

***Almond:*** Replace milk with plain almond milk. Fold 1 1/2 cups of toasted sliced almonds into ice cream just before taking the ice cream off the machine. Add 1/2 teaspoon almond extract when adding the vanilla extract.

***Butter Pecan:*** Sauté 1 1/2 cups of coarsely chopped pecans in 2 tablespoons of butter until lightly crisped. Add to ice cream just before taking the ice cream off the machine.

***Ballpark:*** Fold 3 cups of caramel corn with peanuts into ice cream when it comes off the

machine.

***Peanut Butter:*** When warming milk and cream, reduce cream to 1/2 cup and whisk in 1/2 cup creamy peanut butter. Fold 1 1/2 cups coarsely chopped salted peanuts into the ice cream when it comes off the machine.

***Rocky Road:*** Fold 1 1/2 cups mini marshmallows, 1 1/2 cups mini chocolate chips, and 1 cup sliced almonds into ice cream when it comes off the machine.

***Cinnamon-Cardamom Pine Nut:*** Steep 20 cardamom pods, 2 split cinnamon sticks, and 1-teaspoon ground ginger in milk-cream mixture in the beginning. Strain and proceed with recipe. Fold in 1 cup toasted pine nuts when the ice cream is taken off the machine.

### ***Fruit Ice Creams***

***Cherry-Pomegranate:*** Combine 2 cups dried tart cherries with 1/2 cup pomegranate juice and simmer over low heat until cherries are very tender. Strain, reserving liquid. Add liquid to custard after it's been strained. Fold cherries into ice cream once it comes off the machine.

***Strawberry:*** Puree 2 cups of strawberries with 2 tablespoons of sugar and 1 tablespoon lemon juice. Fold into custard after it's been strained.

***Raspberry-Orange:*** Puree 3 cups of raspberries with 1/2 teaspoon grated orange zest, and 3 tablespoons orange juice; strain to remove seeds. Fold mixture into custard after it's been strained.

***Port Wine Prune:*** Poach 2 cups of plump pitted prunes in 1/2 cup port wine along with 2 tablespoons sugar and 3 strips of orange zest. Gently cook until the prunes are very soft and have absorbed the port. Remove orange zest. Puree prune mixture and add to custard before freezing ice cream.

***Spiced Blueberry-Lime:*** Cook 3 cups blueberries with 2 tablespoons sugar, 2 tablespoons lime juice, 1/4 teaspoon black pepper, and 1/8 teaspoon ground allspice until blueberries are tender. Puree. Fold into custard and proceed with recipe.

***Peach:*** Puree 2 cups of canned peaches with 1 tablespoon lemon juice and 1 teaspoon ground ginger. Fold into the custard before chilling and freezing.

***Apricot-Mango:*** Combine 1-1/2 cups of dried apricots with 1 cup mango nectar. Bring to a simmer and cook 10 minutes. Remove from heat and let stand until cool. Transfer to a food processor along with 1 tablespoon lemon juice and puree. Fold mixture into custard before freezing.

***Bitter-Orange Marmalade:*** Add 1/3 cup of orange zest strips to milk mixture when steeping.

Strain after 30 minutes. Fold 1 1/4 cups of chopped bitter orange marmalade into ice cream mixture just before it comes off the machine.

**Rum Raisin:** In a small saucepan, combine 1 1/2 cups raisins with 1/3 cup dark rum and bring to a boil. Remove from heat, cover and let stand at least 3 hours and up to a day ahead. Strain, reserving the rum. Add the rum to the custard mixture after it's been strained. Add raisins to ice cream mixture just before it comes off the machine.

#### Chocolate Ice Cream

**Mexican Chocolate:** Add 2 cinnamon sticks, 6 whole cloves, and 2 allspice berries to the milk-cream mixture and warm as in the original recipe. Dampen 1/4 cup of unsweetened cocoa powder with some of the cream at the end until well combined. Proceed with recipe, straining out cinnamon, cloves, and allspice when removing vanilla bean.

**Malted Milk:** Whisk 1/4 cup of malt powder into the custard once it's been strained. Coarsely chop 2 cups of malted milk balls and fold into the ice cream once it comes off the machine.

**Double Mint Chocolate:** Add 1 cup finely chopped mint leaves to milk mixture when steeping. Strain after 30 minutes. Coarsely chop 2 cups of mint patties or junior mints and fold into ice cream when it comes off the machine.

**Chocolate-Chocolate Chunk:** Whisk 2 tablespoons of unsweetened cocoa powder into the sugar then whisk in the 2 cups of milk and 1 cup of cream until combined; cook as in basic recipe but don't steep. Add 4 ounces of coarsely chopped semisweet chocolate to the milk mixture when it comes off the heat; stir to melt. Strain and whisk in remaining cream. Fold 1 1/2 cups coarsely chopped chocolate into ice cream when it comes off the machine.

**Toffee Crunch:** Fold 2 cups coarsely chopped toffee bars into ice cream when it comes off the machine.

**Chocolate Brownie:** Add 5 ounces of coarsely chopped semisweet chocolate to the milk-cream mixture when it comes off the heat; stir to melt. Strain and whisk in remaining cream. Fold in 2 cups of broken brownies into ice cream when it comes off the machine.

#### More Delicious Ice Creams

**Caramel:** Place 1/2 cup of the sugar in a skillet with 1 tablespoon lemon juice and cook over low heat until mixture caramelizes. Add 1/2 cup of cream (be careful: mixture will splutter) and cook, stirring until smooth. Set aside. Prepare ice cream as above, reserving only 1/2 cup of cream at the end and proceed with recipe.

**Lavender:** Steep 1/3 cup dried lavender and 2 tablespoons grated lemon zest in milk-cream mixture and strain after 30 minutes. Proceed with recipe.

**Espresso:** Add 1/2 cup finely ground espresso beans to milk mixture when steeping. Strain after 30 minutes and proceed with the recipe.

**Green Tea:** Add 1/4 cup green tea leaves to milk mixture when steeping. Strain after 30 minutes and proceed with recipe.

**Granola:** Fold 2 cups of your favorite crunchy granola into ice cream once it's been taken off the machine.

**Maple:** Omit sugar. Use 1/4 cup dark brown sugar in the milk-cream mixture. Stir 3/4 cup maple syrup (preferably grade B) into custard mixture before freezing.

**Oatmeal Cookie:** Fold 3 cups coarsely broken crisp oatmeal cookies into ice cream when it comes off the machine.

**Crystallized Ginger:** Fold 1 1/2 cups of chopped crystallized ginger into ice cream once you've taken it off the machine.

## Almost Fat-Free, Sugar-Free Ice Cream

### Ingredients

2 cups nonfat milk  
1 cup Splenda  
1/4 cup fat-free powdered milk  
8 egg yolks  
1 cup fat-free half-and-half  
1 teaspoon vanilla extract

### Method

Heat the milk, Splenda and powdered milk in a 4 quarts or larger a heavy bottomed pot.

Mix the fat-free milk, Splenda and powdered nonfat dry milk.

Bring the mix to a low simmer over medium heat and stir to dissolve the Splenda, then turn the heat down and just keep it warm.

Separate the egg yolks.

Put the egg yolks in a medium bowl and whisk until they are thickened.

While constantly whisking, slowly temper eggs by adding 1 cup of the hot milk mixture and whisk until it is blended.

Then pour the egg mixture back into the pot of hot milk and increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened and registers between 170°F and 180°F.

Stir in fat-free half-and-half and vanilla. Cool to room temperature.

This may sit overnight or up to 48 hours.

Prepare ice cream according to manufacturer's directions.

## Basic Low Fat Ice Cream

### *Ingredients*

3 Fresh Mangoes  
¼ cup powdered sugar  
1 Tablespoon Greek Yogurt  
3 Tablespoons honey  
2 Cups Fat Free Cool Whip

### *Method*

Gather ingredients. Pick mangos that give slightly when squeezed. Mangos are in season from April to August. Fat free cool whip adds a creamy texture without adding the fat. Honey and powdered sugar sweetens up the recipe. The low-fat Greek yogurt adds just enough healthy fat so that the ice cream tastes more like a ice cream and not just blended ice.

Peel and cut mango. Put mango pieces into a food processor or blender. Blend until smooth.

For mango cutting tips click on the link in the resource section below.

Add sugar, honey, and yogurt. Blend until completely mixed.

Spoon in half the low fat whipped cream. Fold it through the mango mixture. Repeat with second half of whipped cream.

Pour mango and cream mixture into a shallow dish. Cover and freeze for one and a half hours.

Remove half-frozen mixture from the freezer. Spoon mixture into a food processor or blender and process until smooth.

Return mixture to tray or to individual ramekins. Cover and freeze for at least 8 hours. This recipe yields 7 half cup servings.

Remove the ice cream from the freezer 15 minutes before serving. Once softened, scoop out the ice cream and enjoy. Each half cup serving of fresh mango ice cream is 120 calories and less than a half gram of fat. Click on the picture to the left for complete nutritional information.

## Low Fat Vanilla Ice Cream

### *Ingredients*

1 pint (600 ml) skimmed milk  
5 tablespoons dried milk powder  
4 oz. (100 g) caster sugar  
1/2 teaspoons vanilla essence

### *Method*

Put the milk in a saucepan over a gentle heat. Add the sugar and sprinkle the milk powder over the top. Stir until both the sugar and the milk powder are dissolved, being careful not to let the mixture boil. Remove the saucepan from the heat and when cold stir in the vanilla essence.

## Soy Milk Ice Cream

### *Ingredients*

3 tablespoons sugar, ground  
1 pint. Soy milk plain  
2 tablespoons. fresh cream  
vanilla extract  
fruit or nut extract same as the fruit used  
1 1/2 cups of the fruit of your choice, cleaned.

### *Method*

Puree fruit in an electric blender till smooth.  
Add sugar run a bit again, to mix.  
Add soy milk, and 4-5 drops each extract  
Blend till smooth.  
Pour into ice cream churner, and churn for 20 minutes or till set.  
Pour into ice cube trays, allow to set till firm. Empty into a large container. Mash coarsely with a mallet or wooden spoon.  
Beat till smooth with an electric or manual hand blender. Transfer to an airtight container, store in freezer.  
Allow to set firmly, before serving. If it get too hard, keep outside for a few minutes before serving or defrost in microwave for a few seconds.

## Almond Ice Cream

### *Ingredients*

1/4 cup blanched almonds  
2 cups whole milk  
3/4 cup heavy cream  
3 egg yolks  
1/2 cup superfine sugar  
1 teaspoon kirsch

### *Method*

Pound the almond into paste. Add milk and heavy cream, mix thoroughly together. In a saucepan, heat the almond mixture to a boil. Remove from heat.  
In a bowl, mix egg yolks, sugar and kirsch for 5 minutes. Add almond milk and mix well with wooden spoon. Heat the mixture over low heat for 5 minutes without letting it boil. Stir continuously. Then allow it to cool. Strain through a sieve into ice cream maker and freeze until the ice cream is thoroughly firm.

## Toasted Almond Ice Cream

### *Ingredients*

1/4 pound full fat cream cheese, softened  
1/2 pound cottage cheese, strained  
2 tablespoons ground almonds  
2 tablespoons orange or lemon juice  
1 cup confectioners' sugar  
1/3 cup toasted almonds, finely chopped  
1 egg white  
Toasted slivered almonds  
Coffee sugar crystals

### *Method*

Put the cream cheese and cottage cheese into a bowl and beat until smooth. Beat in the ground almonds and orange or lemon juice and sugar. Stir in the toasted almonds. Whip the egg white until stiff and fold into the mixture. Spoon the mixture into individual dishes. Cover and freeze until firm.

About 30 minutes before serving, transfer the ice cream to the refrigerator and decorate with the slivered almonds and sugar crystals. Serves 4.

## Almond and Chocolate Chip Ice Cream

### *Ingredients*

Ice Cream  
4 egg yolks  
4 oz. (100 g) caster sugar  
1/2 pint (300 ml) milk  
1/2 pint (300 ml) single Cream  
1 packet chocolate chips  
2 oz. (150 g) blanched split almonds  
.

### *Method*

Follow the instructions for the Vanilla Ice Cream, using the egg yolks, sugar and milk to make a custard base. While it is cooling toast the almonds under the grill. Watch them very carefully to stop them burning and turn them often to brown them on all sides. Stir the cream into the cold custard base and pour it into the ice cream maker.

When the ice cream is half made and starting to thicken, add the almonds and chocolate chips so that they are mixed into the finished ice cream, for a special occasion, this ice cream is



delicious with the addition of three or four tablespoons of brandy. (Makes up to 1 1/2 pints mixture).

## Amaretto Peach Ice Cream

### *Ingredients*

1 1/2 pounds peaches, peeled, pitted, sliced  
1 cup granulated sugar  
2 tablespoons fresh lemon juice  
1 cup crumbled amaretti cookies  
3 tablespoons Amaretto  
6 large egg yolks  
2 teaspoons vanilla extract  
2 cups well-chilled heavy cream

### *Method*

In a bowl toss peaches with 1/4 cup sugar and lemon juice and let mixture stand 30 minutes.

Drain mixture and purée peaches in a food processor.

In heavy saucepan combine remaining 3/4 cup sugar with 1/4 cup water, bring mixture to a boil over moderate heat, washing down the sides of pan with a pastry brush dipped in cold water, and simmer the syrup until it is a pale golden caramel. Add 1/2 cup boiling water carefully (mixture will bubble vigorously) and simmer mixture, stirring, until caramel is dissolved.

In a small bowl sprinkle the cookies with Amaretto and let stand for 5 minutes.

In a large bowl with electric mixer beat egg yolks until they are thick and pale, add syrup in a stream, beating, and beat mixture until cool. Stir in vanilla extract, peach purée, cookie mixture and cream.

Freeze the mixture in an ice cream maker according to the manufacturer's directions.

Makes about 2 quarts.

## Apple-Cheese Ice Cream

### *Ingredients*

5 cooking apples, peeled and cored  
2 cups cottage cheese, divided  
1 cup half-and-half, divided  
1/2 cup apple butter, divided

1/2 cup granulated sugar, divided  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
2 eggs

### ***Method***

Chop apples into 1/4-inch dice; set aside.

In blender or food processor, combine 1 cup cottage cheese, 1/2 cup half-and-half, 1/4 cup apple butter, 1/4 cup sugar, cinnamon, cloves and one egg. Blend until smooth. Pour into a large bowl.

Repeat with remaining cottage cheese, half and half, apple butter and egg. Combine with previously pureed mixture. Stir in chopped apples. Pour into ice cream canister. Freeze in ice cream maker according to manufacturer's directions.

Makes 2 quarts.

## **Dutch Apple Ice Cream**     Source: The Joy of Ice Cream by Matthew Klein

### ***Apple Mixture:***

2 ripe tart apples, such as Granny Smiths or Jonathans  
3 s Ground cinnamon  
3/4 cup extrafine sugar, divided use  
1/4 cup water

### ***Prepare Apple Mixture:***

Peel and core the apples. Cut them into 1/4-inch dice and put them in a saucepan, along with the cinnamon, half the sugar, and the water. Cook the mixture over low heat for about 10 to 15 minutes, or until apples are soft. Chill. Makes slightly more than 1 quart

### ***Ice Cream:***

1 large egg\*  
1 cup half-and-half  
1 Tablespoons Vanilla extract  
3 cups heavy cream

### ***Prepare Ice Cream:***

Put the egg, half-and-half, remaining sugar, and vanilla extract in a blender and blend on medium speed until the mixture is smooth and all the sugar is dissolved.

Slowly add the cream and continue blending on low speed for 30 seconds.

Transfer the mixture to your ice cream machine and freeze according to the manufacturer's

instructions.

When the ice cream is about half frozen, add the apple-cinnamon mixture and continue freezing.

### *Variation:*

#### *Applejack Raisin:*

Soak 1/2 cup dark raisins in 1/3 cup apple brandy until they have swelled. Add the raisins, along with any remaining liquid, just before you transfer the mixture to your ice-cream machine.

## **Apricot Earl Grey Ice Cream**

### *Ingredients*

1 cup (about 6 ounces) dried apricots  
1/3 cup plus 2 tablespoons granulated sugar  
2/3 cup water  
1 1/2 cups milk  
2 tablespoons Earl Grey tea leaves  
1 1/2 cups heavy cream  
Pinch of salt  
4 egg yolks  
1 tablespoon apricot brandy or orange liqueur

### *Method*

In a small heavy saucepan, combine the apricots, 2 tablespoons of the sugar and water. Bring to a boil over moderate heat. Reduce the heat to moderately low and simmer, uncovered, until the apricots are tender, 10 to 12 minutes.

Transfer the apricots and any remaining liquid to a food processor and puree until smooth, scraping down the sides of the bowl once or twice. Set aside.

In a heavy medium saucepan, combine the milk and tea leaves. Warm over low heat until the milk is hot. Remove from the heat and let steep for 5 minutes. Strain the milk through a fine-meshed strainer.

Return the milk to the saucepan and add the heavy cream, remaining 1/3 cup sugar and salt. Cook over moderate heat, stirring frequently with a wooden spoon, until the sugar is completely dissolved and the mixture is hot, 5 to 6 minutes. Remove from the heat.

In a medium bowl, whisk the egg yolks until blended. Gradually whisk in one-third of the hot cream in a thin stream, then whisk the mixture back into the remaining cream in the saucepan. Cook over moderately low heat, stirring constantly, until the custard lightly coats the back of the spoon, 5 to 7 minutes; do not let boil.

Immediately remove from the heat and strain the custard into a medium bowl. Set the bowl in a larger bowl of ice and water. Let the custard cool to room temperature, stirring occasionally. Whisk in the reserved apricot puree and the brandy until blended. Cover and refrigerate until cold, at least 6 hours or overnight.

Pour the custard into an ice cream maker and freeze according to the manufacturer's instructions.

## Apricot Ice Cream

### *Ingredients*

1 1/4 cups cream

1 (1 pound) can apricot pie filling

1 egg white

### *Method*

Whip the cream until soft peaks are formed, then fold in the pie filling. In a clean bowl whip the egg white until stiff but not dry and fold into the cream and apricot mixture. Pour into a container, cover and freeze until firm.

About 20 minutes before serving, transfer the ice cream to the refrigerator.

Serves 4 to 5.

## Avocado Ice Cream

### *Ingredients*

2 eggs, separated

1/3 cup granulated sugar

1 1/4 cup light cream

2 avocados

Finely-grated zest and juice of 1 large orange

1 1/4 cups heavy cream, whipped

### *Method*

Put egg yolks with the sugar in a bowl and beat until thick. Put the light cream in a heavy-based

saucepan, and heat to just below simmering point then beat into the egg yolks. Return to the rinsed pan and cook over low heat, stirring constantly, until thickened. Set aside to cool, stirring occasionally.

Remove the flesh from the avocados and purée with the orange zest and juice and put in a bowl. Beat in the cooled custard and fold in the whipped cream. Spoon into a container, cover and freeze until just becoming firm. Beat well in a bowl. Whip the egg whites until stiff but not dry and fold into the avocado mixture. Spoon the mixture back into the container. Cover and freeze until firm.

About 30 minutes before serving, transfer the ice cream to the refrigerator. When serving, top each bowl of ice cream with a lemon slice.

Serves 6 to 8.

## Bacon Ice Cream

About  $\frac{3}{4}$  quart

### *For the candied bacon*

#### *Ingredients*

5 strips bacon

about 2 teaspoons light brown sugar

#### *Method*

To candy the bacon, preheat the oven to 400°F (200°C).

Lay the strips of bacon on a baking sheet lined with a silicone mat or aluminum foil, shiny side down.

Sprinkle 1½-2 teaspoons of brown sugar evenly over each strip of bacon, depending on length. Bake for 12-16 minutes. Midway during baking, flip the bacon strips over and drag them through the dark, syrupy liquid that's collected on the baking sheet. Continue to bake until as dark as mahogany. Remove from oven and cool the strips on a wire rack.

Once crisp and cool, chop into little pieces, about the size of grains of rice.

(Bacon bits can be stored in an airtight container and chilled for a day or so, or stored in the freezer a few weeks ahead.)

### *ice cream custard*

#### *Ingredients*

3 tablespoons (45g) salted butter

$\frac{3}{4}$  cup (packed) brown sugar (140g), light or dark (you can use either)

2¾ (675ml) cup half-and-half

5 large egg yolks

2 teaspoons dark rum or whiskey  
¼ teaspoon vanilla extract  
optional: ¼ teaspoon ground cinnamon

### ***Method***

To make the ice cream custard, melt the butter in a heavy, medium-size saucepan. Stir in the brown sugar and half of the half-and-half. Pour the remaining half-and-half into a bowl set in an ice bath and set a mesh strainer over the top.

In a separate bowl, stir together the egg yolks, then gradually add some of the warm brown sugar mixture to them, whisking the yolks constantly as you pour. Pour the mixture back into the saucepan

Cook over low to moderate heat, constantly stirring and scraping the bottom with a heatproof spatula, until the custard thickens enough to coat the spatula.

Strain the custard into the half-and-half, stirring over the ice bath, until cool. Add liquor, vanilla and cinnamon, if using.

Refrigerate the mixture. Once thoroughly chilled, freeze in your ice cream maker according to the manufacturer's instructions. Add the bacon bits during the last moment of churning, or stir them in when you remove the ice cream from the machine.

## **Bailey's Irish Cream Ice Cream**

### ***Ingredients***

1 quart half-and-half  
1 cup granulated sugar  
1/2 cup brown sugar  
1/4 cup Bailey's Irish Cream Liqueur  
3 eggs, beaten  
Enough milk to bring to 1/2 gallon

### ***Method***

Blend ingredients together. Freeze in ice cream freezer according to manufacturer's instructions. Serve with fresh strawberries and brownies.

## **Bailey's Chocolate Banana Ice Cream**

### ***Ingredients***

2 cups semi-sweet chocolate chips, I use Ghiradelli

2 eggs  
2/3 cup Baileys Irish Cream  
2 tablespoon dark rum  
1 large banana, very ripe and broken into pieces  
pinch of kosher salt  
1 1/2 cups whole milk

### *Method*

Place chocolate chips, eggs, Baileys, rum, banana and kosher salt in a blender. Process until homogenous. Heat the whole milk in a small saucepan until it begins to simmer then turn off the heat. With the mixer running, pour the hot milk into the blender and process until smooth. Pour into a sealed container and freeze for 10+ hours. After about 3 hours, it will be a very cold custard, almost like a mousse. You could eat it then or wait until it completely hardens to the consistency of ice cream. Garnish with fresh bananas or banana chips, if desired.

*Alternate Recipe:* I think that this ice cream is perfection as I have described it. However, the following recipe is almost identical in texture, but has half the alcohol. The process is exactly the same (blender, hot milk, freeze). I miss the banana and, frankly, the stronger Bailey's flavor of the original, but it's still delicious.

### *Ingredients*

2 cups semi-sweet chocolate chips, I use Ghiradelli  
2 eggs  
1/3 cup Baileys Irish Cream  
1 tablespoon dark rum  
1/4 cup sugar  
pinch of kosher salt  
1 1/2 cups whole milk

## Banana Ice Cream

### *Ingredients*

12 ripe bananas  
2 quarts whipping cream  
1 1/2 cups granulated sugar  
2 tablespoons lemon juice  
1/2 teaspoon salt  
2 tablespoons vanilla extract  
25 to 30 pounds chopped ice

### ***Method***

Blend all bananas in food processor until thick. Put banana mixture in bottom of an ice cream maker.

Add whipping cream, sugar, lemon juice, salt and vanilla extract. There should be about 2 inches of space between the top of the mixture and the top of the freezer.

Makes 1 gallon.

## **Banana Custard Ice Cream**

### ***Ingredients***

About 1 3/4 cups sweetened condensed milk

2 tablespoons cornstarch

3 eggs, separated

Granulated sugar, to taste

4 bananas

Juice of 1 lime or lemon

Few drops of vanilla extract

### ***Method***

Add enough water to the condensed milk to make 1 quart. Put the cornstarch in a cup and stir in a little milk until smooth.

In a heavy-based saucepan, bring the remaining milk to a boil. Pour into the blended cornstarch, stirring. Return the mixture to the boil again, stirring constantly. Continue to cook until the mixture thickens. Check for sweetness.

Beat the egg yolks, with sugar if needed, in a bowl and stir in the hot milk. Mash the bananas with the lime or lemon juice and beat into the custard with the vanilla extract. Leave to cool, stirring occasionally. Pour the mixture into a container, cover and freeze until just becoming firm. Beat well in a bowl. Whip the egg whites until stiff, but not dry, and fold into the custard. Spoon the mixture back into the container. Cover and freeze until firm.

About 30 minutes before serving, transfer the ice cream to the refrigerator.

Serves 6 to 8.

## **Banana Ice Cream Premium Style Mix**

### ***Ingredients***

4 ripe bananas



3/4 cup heavy cream  
1/4 cup sugar

### *Method*

Puree 4 ripe bananas. Add 3/4 cup heavy cream and 1/4 cup sugar. Blend until smooth. Chill the mixture until cold. Process in the ice cream churn. Double or triple the recipe if desired.

## **Italian Banana Dream**

### *Ingredients*

4 bananas  
2 tablespoon lemon juice  
4 egg yolks  
½ can sweetened condensed milk  
1 ½ cups sugar  
1 ½ pint whipping cream  
½ pint whole milk  
½ teaspoon salt  
2 tablespoon vanilla

### *Method*

This is a dense very flavorful Italian ice cream. This one is so good it might create a new banana growing industry in Italy. The secret to this recipe is to use very ripe bananas. If they are slightly over-ripe, that is even better. Crush bananas and add lemon juice and set aside. In a large mixing bowl, whisk together egg yolks, sweetened condensed milk, sugar, whipping cream and whole milk. Then add salt and vanilla extract. Freeze this mix in an ice cream freezer and when thick add the prepared bananas and continue to freeze. This is best when served very cold. It has extraordinary flavor and "mouthfeel". \*If you are concerned about the possibility of Salmonella from uncooked eggs, substitute an equivalent amount of Egg Beaters.

## **Banana Peanut Butter “Ice Cream”**

### *Ingredients:*

4 bananas, very ripe  
2 tablespoons half-and-half, optional  
1/2 teaspoon vanilla extract, optional

1 tablespoon honey, optional  
1/4 cup peanut butter  
pinch of kosher salt

### ***Method***

Slice 4 bananas and place them on a cookie sheet. Freeze for 2 hours. Then I put the frozen banana slices in a food processor and let her rip! After processing and scraping the bowl for about a minute, add 2 tablespoons of half-and-half and a pinch of kosher salt to speed the process along. Be patient, it will turn creamy, even if you have to scrape down the bowl a couple of times. Add . teaspoon of vanilla, 1 tablespoon of honey and . creamy peanut butter. Puree until smooth.

You can eat it right away as soft serve, or put it into a container and freeze it until it's hard.

### **Variations (mix and match or create some new ones)**

Add 1 tablespoon of cocoa powder  
Blend hot fudge directly in with the bananas  
Leave out the peanut butter  
Add 1/2 teaspoon of cinnamon

Right before the final freeze, fold in peanuts, cookies, banana chips, toffee, chocolate etc.  
Leave out anything you don't like or can't eat...except the bananas.

## **Banana Split Ice Cream**

### ***Ingredients***

1 box frozen strawberries  
1 cup pecans  
2 cans sweetened condensed milk  
3 bananas, sliced or mashed  
1 cup coconut  
1 quart (4 cups) half-and-half  
1 small can crushed pineapple, not drained

### ***Method***

Put all ingredients into an ice cream freeze, and then fill remainder of ice cream freezer with whole milk. Make as you would any homemade ice cream following freezer manufacturer's instructions.

## Banana and White Chocolate Ice Cream

Makes 5 cups

### Ingredients

3 cups whipping cream, divided  
1 cup half-and-half  
3/4 cup granulated sugar  
4 large eggs  
8 ounces white chocolate, melted  
1 1/2 pound (about 4) very ripe bananas  
3 tablespoons fresh lemon juice

### Method

Bring 1 cup cream, half-and-half and sugar to simmer in heavy medium saucepan, stirring occasionally. Whisk yolks in medium bowl. Whisk in hot cream mixture. Return mix to saucepan and stir over medium low heat until custard thickens and coats spoon (about 5 minutes); do not boil.

Strain into large bowl. Add white chocolate; whisk until well blended. Mix in remaining 2 cups cream.

Refrigerate until cold.

Peel and slice bananas. Puree bananas with lemon juice. Mix puree into custard. Transfer custard to ice cream maker and process according to manufacturer's instructions.

## Baseball Nut Ice Cream - Adapted from *The Perfect Scoop*

### Ingredients

1 cup whole milk  
2/3 cup sugar  
Pinch of salt  
1 ½ cups heavy cream  
5 large egg yolks  
½ tsp vanilla extract\*  
1 ½ cups chopped cashews\*\*  
1-2 tbs of black raspberry jam

### Method

Heat the milk, sugar and salt in a saucepan over medium heat. While it is heating up, set the cream in a large bowl with a strainer set over the top of it. Whisk the egg yolks together in another large bowl. When the milk mixture is warm, temper the eggs with the warm milk while

whisking. Slowly add all of the warm milk mixture to the eggs, whisking the entire time, and then transfer the mixture back to the saucepan. Continue to heat the mixture, while stirring constantly, until the mixture reaches between 170 and 175 degrees on an instant read thermometer. You'll know it's done when it's thick enough to coat the back of a spoon. Pour the mixture over the cream through the strainer, add the vanilla, and then set in an ice bath while you stir until it is cool. Cover the custard and chill in the refrigerator at least for eight hours, but preferably overnight. Once chilled, mix in an ice cream maker according to the maker's instructions. Add the chopped cashews when there is about five minutes left. As you pour out the ice cream into the container you'll store it in, swirl in 1-2 tablespoons of black raspberry jam. How much you add really depends on how much of a swirl effect you want.

A few things to keep in mind:

- Keep stirring or whisking in each stage of this recipe. The mixture can very quickly become burned or cooked.
- It's a good idea to set out the necessary equipment for this recipe before you get started. It makes the transition much easier. I had it set up like an assembly line.

\*The next time I make this recipe I would use a whole vanilla bean instead of extract. The vanilla flavor was a little too intense for me.

\*\*This is just a personal preference, but you might want to consider only adding 1 cup of cashews. I was told unanimously that there were too many nuts in this ice cream. I thought the ratio of nuts to ice cream was fine, but I can take constructive criticism.

## **Double-Berry Ice Cream** From Diabetic Living

Strawberries and raspberries team up to make this 1-carb-choice treat double berry good.

### **Ingredients**

¾ cup sugar

1 envelope unflavored gelatin

1 cups whole milk

4 eggs, beaten

1, 16-ounce package frozen unsweetened whole strawberries, partially thawed, or 4 cups fresh strawberries

1, 12-ounce package frozen lightly sweetened red raspberries or 3 cups fresh red raspberries

½ cup frozen orange juice concentrate, thawed

### ***Method***

Partially thaw frozen strawberries, if using. Mash strawberries slightly to break up; set aside. In a large saucepan, combine sugar and gelatin. Stir in milk. Cook and stir over medium heat until mixture just starts to boil. Remove from heat. Whisk about 1 cup of the hot mixture into beaten eggs; return all to saucepan. Cook and stir for 1 to 2 minutes or until an instant-read thermometer registers 175 degree F and mixture coats the back of a clean metal spoon. Do not boil. Stir in strawberries, raspberries, and orange juice concentrate. Cover and chill for 4 to 24 hours. (Mixture will be very thick after chilling.)

Transfer the mixture to a 4- or 5-quart ice cream freezer; freeze according to the manufacturer's directions. If desired, ripen. Makes about 2-1/2 quarts.

***Make-Ahead Directions:*** Prepare ice cream as directed through Step 3. Cover; chill for up to 24 hours. Or prepare as directed through Step 4; freeze for up to 1 week.

## **Blackberry Ice Cream**

### ***Ingredients***

4 cups fresh blackberries

1 cup water

Sugar

2 1/2 cups whipping cream

Garnishes: fresh blackberry and fresh mint leaves

### ***Method***

Line a colander with two layers of dampened cheesecloth. Set over large bowl.

Combine berries and water in medium saucepan. Slowly bring to boil. Reduce heat and simmer gently until soft, about 10 minutes. Pour into cheesecloth-lined strainer. Let stand until juice has drained into bowl, about 30 minutes.

Gently squeeze pulp to extract remaining juice. Measure berry juice into heavy medium saucepan. Add 1 cup sugar for each cup juice. Cook over low heat, swirling pan occasionally, until sugar dissolves.

Increase heat and boil syrup 2 minutes. Cool completely.

Mix 2 1/2 cups of the syrup with cream. Refrigerate until well chilled.

Process blackberry mixture in ice cream maker according to manufacturer's instructions; ice cream will be soft. Freeze in covered container several hours to mellow flavors. Garnish with fresh berries and mint leaves.

## Blackberry Mint Ice Cream

### *Ingredients*

4 cup Fresh Blackberries  
2 1/2 cup Whipping cream  
1 cup Water Blackberries for garnish  
Sugar Mint leaves for garnish

### *Method*

Line strainer with two layers of dampened cheesecloth. Set over large bowl. Combine berries \* and water in medium saucepan. Slowly bring to boil. Reduce heat and simmer gently until soft, about 10 minutes. Pour into cheesecloth-lined strainer. Let stand until juice has drained into bowl, about 30 minutes. Gently squeeze pulp to extract remaining juice. Measure berry juice into heavy medium saucepan. Add 1 cup sugar for each cup juice. Cook over low heat, swirling pan occasionally, until sugar dissolves. Increase heat and boil syrup 2 minutes. Cool completely. Mix 2 1/2 cups syrup with cream. Refrigerate until well chilled. Process blackberry mixture in ice cream maker according to manufacturer's instructions; ice cream will be soft. Freeze in covered container several hours to mellow flavors. Garnish with fresh berries and mint leaves. \*Can substitute unsweetened frozen blackberries, thawed.

## Black Cherry Ice Cream

### *Ingredients*

2 cups ripe black cherries, pitted  
2/3 cup granulated sugar  
1 1/4 cups heavy cream, whipped  
Lemon juice, optional

### *Method*

Mash cherries slightly with the sugar in a bowl. Fold in cream, then taste the mixture and add more sugar or some lemon juice, if necessary. Pour the mixture into container. Cover and freeze until firm, beating well after 1 1/2 hours.  
About 30 minutes before serving, transfer the ice cream to the refrigerator. Serve with macaroons.

## Black Raspberry Ice Cream 1

### *Ingredients*

1 1/2 quarts black raspberries  
2 cups heavy cream  
3/4 cup sugar  
1 1/2 tablespoons lemon juice

### *Method*

Puree raspberries. Strain through a jelly bag to remove seeds, if desired.  
Blend all ingredients in blender for one minute to thoroughly dissolve the sugar.  
Pour mixture into freezer can of ice cream maker and follow the manufacturers directions to process the ice cream.

## Black Raspberry Ice Cream 2

Adapted from Perfect Scoop: Ice Creams, Sorbets, Granitas, and Sweet Accompaniments

### *Ingredients*

2 10 oz. bags of frozen black raspberries, defrosted  
1 cup milk  
1 cup sugar  
2 cups heavy cream  
4 large egg yolks  
1 tablespoon lemon juice

### *Method*

Run the black raspberries through a food mill fitted with a disc with the smallest holes to create raspberry purée.  
Warm the milk and 1 cup heavy cream in a medium saucepan.  
Pour the cream into a large bowl with a strainer over top.  
In a different bowl, whisk together the egg yolks. Slowly temper the warm milk into the egg yolks, then return the milk to the saucepan.  
Stir the mixture constantly over medium heat until the mixture becomes thick enough to coat the back of a spatula.  
Pour the milk-egg mixture into the bowl of cream via the strainer.  
Mix the raspberry purée and lemon juice into the bowl.  
Allow to cool and then refrigerate until cold.  
Mix in an ice cream maker according to the manufacturer's instructions.  
Makes about 1 quart

## Black Raspberry Ice Cream 3

modified from David Lebovitz's recipe for Raspberry Ice Cream in *The Perfect Scoop*

*Steph's Note: Make the purée by whizzing the black raspberries in a blender or food processor and pressing through a mesh strainer to remove the seeds. Lebovitz says you should begin with 6 cups (or 750 g) of berries to get the required amount of purée, but I got all I needed from one 340 gram bag of frozen black raspberries, coupled with about 3/4 cup of frozen red raspberries (because one bag of the black was all I had).*

### Ingredients

1½ cups (375ml) half-and-half

1 cup (200g) granulated sugar

pinch of salt

1½ cups (375ml) heavy cream

4 large egg yolks

1½ cups (375ml) strained black raspberry purée (from fresh or thawed frozen berries)

1 tablespoon lemon juice

about 1/8 t xanthan gum (optional; helps keep ice cream scoopable)

### Method

-Warm the half-and-half, pinch of salt and about half of the sugar in a medium saucepan. Pour the cream into a large bowl and set a mesh strainer over the top.

-In a separate medium bowl, vigorously whisk together the egg yolks with the other half of the sugar. Slowly pour the warm liquid into the egg yolks, whisking constantly, then scrape the warmed egg yolks back into the saucepan.

-Stir the mixture constantly over medium heat with a heatproof spatula, scraping the bottom as you stir, until the mixture thickens and coats the spatula. Vigorously whisk in the xanthan gum, if using, and quickly pour the custard through the strainer and stir it into the cream. Mix in the raspberry purée and lemon juice, then stir until cool over an ice bath.

-Chill thoroughly in the refrigerator, but to preserve the fresh berry taste, churn the ice cream within four hours of making the mixture.

## Black Raspberry Ice Cream 4 From the Wild Vegetarian Cookbook by Steve Brill.

### Ingredients

1 1/2 c Wild or commercial black raspberries

2 1/2 c Soymilk or nut milk



1/2 c Canola oil  
1/2 c Raw cashews  
1/2 c Silken tofu  
1/4 c Vegetable glycerin  
1/4 c Lecithin granules  
1 t Liquid stevia  
1/2 t Salt  
1 t vanilla extract  
1 t Raspberry extract (optional)  
1/4 t Amaretto extract (optional)  
1/2 t orange extract

### ***Method***

Wild black raspberries are among the best fruits on earth.

And my simple method of making vegan ice cream can't be beat for flavor and nutritional values.

Together you'll create one of the best desserts you've ever eaten.

Purée all ingredients except 3/4 cups of the raspberries in a blender.

Strain out the seeds through a sieve.

Pour into an ice cream machine and run according to the manufacturer's directions until done.

Stir in the remaining raspberries.

## **Black Raspberry Ice Cream 5**

### ***Ingredients***

4 cups fresh black raspberries  
1 1/2 cups sugar  
Juice of half a lemon  
2 eggs  
2 cups heavy cream  
1 cup milk

### ***Method***

Toss the raspberries, 3/4 cup sugar, and the lemon juice together in a bowl. Cover and refrigerate for 2 hours, stirring every 30 minutes.

Whisk the eggs in a mixing bowl until light and fluffy, add the remaining 3/4 cup sugar, a little at a time, then continue whisking until completely blended. Pour in the heavy cream and milk and whisk to blend.

Drain the juice from the raspberries into the cream mixture and blend. Mash the raspberries

until pureed and stir them into the cream mixture. Transfer the mixture to an ice cream maker and freeze following the manufacturer's instructions.

## Black Raspberry Ice Cream 6

### *Ingredients*

1 1/2 qt Black raspberries OR enough to make 2 1/2 cups of pureed fruit  
1 pt Heavy cream (or half/half)  
3/4 c Sugar  
Juice of 1/2 lemon

### *Method*

Puree raspberries. Blend all ingredients in blender for one minute to thoroughly dissolve the sugar. Pour mixture into freezer can of ice cream maker and follow the manufacturers directions to process the ice cream. Yield approximately 1/3 (yes one third) gallon. Store tightly covered in the freezer.

## Black Raspberry Ice Cream 7

### *Ingredients*

Any type of fresh or frozen berries... red or black raspberries, strawberries, or blueberries will work equally well in this recipe.

2-1/2 cups black raspberries  
2 cups whipping cream or half & half  
3/4 cup sugar  
1 T. lemon juice

### Preparation -

Puree the raspberries in a food processor or a blender. Mix all the ingredients together. Pour the mixture into the ice cream maker and freeze according to manufacturer's directions. The ice cream will be soft and creamy, about the consistency of soft serve ice cream. For firmer ice cream, spoon it ice into a freezer container, cover, and place it in the freezer for about 3 hours. For easy scooping, remove the ice cream from the freezer about 10 minutes before serving.

## Blueberry Ice Cream 1

### *Ingredients*

2 cups fresh blueberries, stemmed  
1/2 cup granulated sugar  
2 1/2 cups light cream or half-and-half  
Fresh blueberries (for decoration)

### *Method*

Mix blueberries and sugar in a saucepan and cook, stirring occasionally, until the sugar dissolves and the mixture simmers. Remove from heat and let cool.

Stir in the cream, mixing well. Pour the mixture into a container and cool completely. Cover and chill for at least 1 hour before freezing until firm, beating twice at hourly intervals.

About 20 minutes before serving, transfer ice cream to the refrigerator. Serve decorated with blueberries.

Serves 6.

## Blueberry Ice Cream 2 <http://www.ice-cream-recipes.com>

This is a rich, creamy recipe with a touch of vanilla flavor - delicious!

### *Ingredients:*

4 egg yolks (beaten)  
1/2 (250ml) pint full cream milk  
1/2 pint (250ml) double/heavy cream,  
4 oz (100g) sugar  
2 cups of blueberries (fresh, rinsed in water)  
1 vanilla pod (sliced down the middle)

Tip: the vanilla pod is optional but I find makes the taste of this blueberry ice cream that bit more exotic!

### *Method*

Mash the blueberries with half the sugar (ie. 2oz or 50g) in a bowl. Place the bowl in the refrigerator to chill whilst making the rest of the recipe. Pour the milk into a saucepan and bring slowly up to boiling point but do not boil. Remove from the heat, place the split vanilla pod into it and leave to one side to infuse for about 10 minutes.

In a bowl, beat and mix together the egg yolks and sugar until thick. Carefully remove the

vanilla pod from the pan of milk. Pour the milk carefully through a fine strainer into the mixture of egg yolks and sugar whilst stirring. Pour the mixture back into the pan and heat gently, stirring until the custard thickens. REMEMBER: DO NOT BRING TO THE BOIL OR IT WILL PROBABLY CURDLE. When you can see a film form over the back of your spoon it's time to remove the saucepan from the heat. Leave to cool. When cool, stir in the cream followed by the mixture of mashed blueberries and sugar. Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## Bourbon-Pecan Ice Cream

### *Ingredients*

2 1/2 cups half-and-half  
1/3 cup firmly packed light brown sugar  
1/3 cup granulated sugar  
1 cup coarsely chopped pecans  
2 to 3 tablespoons bourbon

### *Method*

Combine half and half with the sugars in a small saucepan. Slowly heat until sugars dissolve, then set aside to cool.

Stir in pecans and bourbon, then pour into an ice cream maker. Freeze until firm, according to manufacturer's instructions.

Makes about 1 1/2 pints.

## Brandy Butter Ice Cream

### *Ingredients*

1/2 pint whipping cream  
1/4 pint milk  
5 ounces confectioners' sugar  
1 tablespoon vanilla extract  
5 tablespoons brandy  
3 ounces unsalted butter, softened

### ***Method***

Pour cream and milk into a bowl and beat together until softly stiff. Stir in sugar, vanilla extract, brandy and butter until smooth. Pour into a freezer container and freeze according to manufacturer's instructions until solid.

## **Brown Bread Ice Cream**

### ***Ingredients***

6 oz. (175 g) brown breadcrumbs  
1 pint (600 ml) single cream  
4 oz. (100 g) caster sugar  
2 large eggs (separated)  
1/2 teaspoon vanilla essence  
2 tablespoons sweet sherry (optional)

### ***Method***

Spread the breadcrumbs out in a roasting tin and bake them in a medium hot oven, turning them frequently, until they are browned; this will take 10-15 minutes. Use 1/2 pint (300 ml) cream, the sugar and the egg yolks to make a custard (See Vanilla Ice Cream) and leave it until cold. Stir the breadcrumbs, the remaining cream, the vanilla essence and the sherry (if used) into the cold custard and pour it into the ice cream maker. Whisk the egg whites until they form soft peaks and add it to the ice cream when it is starting to freeze.  
(Makes approximately 1 1/4 pints mixture)

## **Butterfinger Ice Cream**

### ***Ingredients***

This is for a 1 1/2 gallon freezer.  
1 can sweetened condensed milk  
8 eggs  
1/2 cup peanut butter  
1 can evaporated milk  
3 cups granulated sugar  
Milk (to fill freezer)  
4 king-size Butterfingers® or

8 (11 ounce) size Butterfingers®

### *Method*

Mix the first 6 ingredients, then add the chopped or broken Butterfingers. Freeze in ice cream maker.

## Buttermilk Ice Cream

### *Ingredients*

3 cups heavy whipping cream  
6 large egg yolks  
1 cup granulated sugar  
1 cup buttermilk, cold  
2 tablespoons vanilla extract

### *Method*

In a heavy saucepan, bring the cream to a simmer, stirring frequently. In a medium bowl, whisk the egg yolks with sugar. Whisk about 1 cup of the simmering cream into the egg mixture until well blended; stir back into the hot mixture in the saucepan. Cook, stirring constantly, over medium heat until slightly thickened, about 5 to 7 minutes. Do not let the mixture boil. Remove from heat and stir in the cold buttermilk and vanilla.

Put the mixture in an ice bath or refrigerate until very cold, about 2 hours.

Freeze in your ice cream freezer following manufacturer's directions.

Transfer to a container and cover tightly and freeze until firm.

## Buttermilk Peach Ice Cream

### *Ingredients*

1 cup granulated sugar  
1 envelope unflavored gelatin  
2 cups buttermilk  
2 beaten egg yolks  
4 cups light cream

1 tablespoon vanilla extract  
2 cups diced fresh peeled peaches or  
2 (1-pound) cans peaches, drained and diced

### ***Method***

In saucepan, combine sugar and gelatin; gradually stir in buttermilk. Cook and stir over low heat till gelatin is dissolved. Stir about 1 cup of the hot mixture into the beaten egg yolks; return to hot mixture in saucepan. Cook and stir for 2 minutes.

Stir in salt, light cream, and vanilla. Chill.

Add peaches. Freeze in 4 or 5-quart ice cream freezer.

Makes 2 1/2 quarts, 8 to 10 servings.

## **Butter Pecan Ice Cream 1**

### ***Ingredients***

2 cup Light Cream  
1 cup Brown Sugar  
2 tablespoons Butter  
2 cup Heavy Cream  
1 teaspoon Vanilla Extract  
1/2 cup Toasted Chopped Pecans

### ***Method***

Combine the light cream, sugar and butter in a saucepan.

Cook, stirring constantly over low heat until bubbles form around the edges of the pan.

Let the mixture cool.

Stir in the heavy cream and vanilla extract.

Spoon the mixture into the removable ice cream bucket of the Gourmet Ice Cream Maker and start the cycle.

Add pecans after the ice cream has begun to harden, (last 10 minutes of the cycle).

## **Butter Pecan Ice Cream 2**

### ***Ingredients***

1 cup pecans

3 tablespoons melted butter  
1/4 teaspoon salt  
4 eggs  
2 1/2 cups granulated sugar  
1 can sweetened condensed milk  
1 small box butter pecan or vanilla instant pudding  
1 tablespoon vanilla extract

### ***Method***

Sauté pecans and salt in butter until golden brown. Cool. Beat eggs until frothy. Gradually add sugar, beating until thick. Stir in canned milk and dry pudding. Add vanilla extract and nuts. Pour into a freezer can. Use freezer as per manufacturer's instructions. Ripen 1 hour, packed. Makes 1 gallon.

## **Butter Pecan Ice Cream 3**

### ***Ingredients***

4 eggs  
1 cup sugar  
2 tbsp. butter flavoring  
1 pt. whipped cream  
2 cans Eagle Brand condensed milk  
1 to 1 1/2 qt. half & half  
1/4 teaspoon salt  
2 cup roasted pecans

### ***Method***

Roast pecans for 30 minutes in a 275 degree oven. Cool. Combine eggs, cream, sugar, salt and butter flavoring in bowl and mix thoroughly with mixer. Add condensed milk and stir well. Pour into ice cream freezer can. Add half & half to line on can; stir well. Proceed according to manufacturer's directions (usually 45 minutes to 1 hour). Makes 1 gallon.



## Ultimate Butter Pecan Ice Cream

### *Ingredients*

2 eggs  
1 can of sweetened condensed milk  
1/4 cup sugar  
1/4 cup brown sugar  
1 pint of heavy whipping cream  
1 pint of half and half  
1/4 teaspoon salt  
2 1/2 tablespoons of real vanilla extract

### *Method*

So buttery you'll moo. The favorite of many, it's rich and creamy. Again, use the Old Time Vanilla (see recipe) for the base recipe, but use 3/4 cup of brown sugar. Also, add 4 tablespoons of melted butter to the mix after adding the sweetened condensed milk and brown sugar. Be very careful melting the butter so that it doesn't separate or churning might result. Now you must prepare the pecans. To do this, mix 1 cup of chopped pecans with 2 tablespoons of melted butter and 1/3 cup of brown sugar. After the mix has aged (chilled in the refrigerator for about four hours), stir thoroughly and freeze according to the manufacturer's directions. When the mix is frozen, stir in the prepared pecans.

## Caramel Ice Cream

### *Ingredients*

1/2 cup granulated sugar  
3/4 cup evaporated milk

### *Method*

In a heavy-based saucepan, dissolve sugar in 2/3 cup water and cook over low heat until it turns a rich golden brown. Remove from heat and gradually stir in another 2/3 cup water. Cover your hand while doing this, as the caramel splatters. Return the pan to the heat and stir until the caramel has dissolved.

Put the milk in a bowl and whip until thick and light. Pour the caramel in, still whipping. Pour the mixture into a container. Cover and freeze until firm, beating well after 1 1/2 hours.

About 30 minutes before serving, transfer the ice cream to the refrigerator.

Serves 4.

## Burnt Caramel Ice Cream

### *Ingredients*

1 cup granulated sugar  
1 cup hot water, divided  
4 eggs  
1/2 cup confectioners' sugar  
2 cups heavy cream  
1 teaspoon vanilla extract

### *Method*

Heat granulated sugar and 1/4 cup of the water in a large skillet on medium high heat until the sugar melts and boils, stirring occasionally.  
Boil until mixture is a dark brown; remove from heat. Gradually stir in remaining 3/4 cup water. Cool to room temperature and set aside.  
Beat eggs in a medium bowl until thick and lemon colored; gradually beat in confectioners' sugar.  
Stir in cream and vanilla extract; stir in the caramel mixture. Chill.  
Freeze in an ice cream machine according to manufacturers directions.

## Caramel Swirl Ice Cream

Source: Sorbets and Ice Creams: & Other Frozen Confections by Lou Seibert Pappas  
Makes 1 quart

Caramel laces this ice cream with chewy candy for a delicious topping on an open-face pear tart or an apple crisp.

### *Ice Cream:*

2 cups half-and-half  
2/3 cup sugar  
6 egg yolks, beaten  
1 cup heavy (whipping) cream  
1 tablespoon vanilla extract

### *To Make The Ice Cream:*

In a double boiler, heat the half-and-half over barely simmering water until scalded. Whisk the sugar into the egg yolks. Whisk in some of the hot half-and-half, return this mixture to the pan, and cook over barely simmering water, stirring constantly, until the custard coats the spoon. Immediately place the pan in a pan of cold water and stir to cool to room

temperature.

Stir in the cream and vanilla. Cover and refrigerate for 2 to 3 hours, or until thoroughly chilled.

### *Caramel Sauce:*

1/2 cup sugar

1/4 cup half-and-half

2 tablespoons unsalted butter

1 tablespoon light corn syrup

1 teaspoon unsalted butter (optional)

1/2 cup Brazil nuts or pecans, chopped (optional)

### *To Make The Caramel Sauce:*

In a small, heavy saucepan, heat the sugar over medium heat until it melts and turns a light amber color.

Carefully stir in the half-and-half, butter, and corn syrup. Cook and stir until smooth and slightly thickened, about 2 minutes. Let cool to room temperature.

If using the nuts, melt the butter in a small saucepan over medium heat, add the nuts, and stir until golden; let cool.

### *To Finish The Ice Cream:*

Freeze the ice cream mixture in an ice cream maker according to the manufacturer's instructions. When partially frozen, add the nuts, if used. When almost completely frozen, swirl in the cool caramel sauce with a rubber spatula.

## **Caramelized White Chocolate Ice Cream**

Makes about 1 quart (1l)

Make sure the caramelized white chocolate is warm when you mix it with the cream. You can reheat it in a bowl set over a pan of simmering water, or in a microwave on low power, stirring until smooth.

There's a few suggestion above for how to enjoy this ice cream, but I found it's also intriguing with a few flakes of lightly-smoked sea salt flecked over the top.

### *Ingredients*

8 ounces (240g) caramelized white chocolate (see Sauce Section)

1 cup (250ml) heavy cream

2 cups (500ml) whole milk

1/2 cup (100g) sugar  
1/8 teaspoon sea salt  
5 large egg yolks

### *Method*

1. Mix the warm caramelized white chocolate in a large bowl with the heavy cream, and set a mesh strainer over the top.
2. In a medium-sized saucepan, heat the milk, sugar, and salt.
3. Whisk together the egg yolks in a small bowl and gradually whisk in half of the warm milk, then scrape the warmed yolks back into the saucepan.
4. Cook over moderate heat, stirring constantly with a heatproof utensil, until the mixture thickens and coats the utensil.
5. Immediately pour the custard through the strainer into the white chocolate mixture and stir until smooth. Put the bowl in an ice bath, and stir until cool.
6. Chill thoroughly in the refrigerator, then freeze in your ice cream maker according to the manufacturer's instructions.

## Cardamom Ice Cream

### *Ingredients*

1 cup plus 2 tablespoons half-and-half  
6 large egg yolks  
5 1/2 tablespoons granulated sugar  
1 cup whipping cream  
5 1/2 tablespoons granulated sugar  
1 whole vanilla bean, split down the center  
1 rounded teaspoon freshly ground cardamom

### *Method*

In small heavy-bottomed saucepan slowly bring half-and-half to boil. Place in refrigerator overnight,

or chill in freezer briefly but do not freeze.

Cream egg yolks and 5 1/2 tablespoons sugar; set aside.

In 2-quart saucepan combine whipping cream, remaining sugar and vanilla bean and slowly bring to a boil, stirring frequently. Remove bean; using point of paring knife, scrape vanilla grains from inside hull. With fingers, rub off any cream or remaining vanilla grains and mix into cream. Return the cleaned vanilla pods to the cream. Add the cardamom.

Add about 1/3 of the cream mixture to yolks, whisking constantly. Pour this mixture into saucepan, whisking constantly, and bring to just under boiling point. Remove from heat. Immediately place pan in cold water or over ice to stop cooking. Stir frequently until cool. Beat in chilled half-and-half and vanilla extract. Put the completed custard in the refrigerator overnight. When ready to freeze the custard, strain out the vanilla pods. If you feel like kicking up the cardamom flavor you may add a bit more ground cardamom. Place in ice cream maker and churn according to manufacturer's directions.

## Chamomile ice cream

### *Ingredients*

2 cups milk

2 tablespoons loose tea, you can use any kind of tea, a chai mix would be great. i use loose tea because it seeps quicker and the taste is stronger. if you are using tea bags, use about 5 or 6.

1 1/2 cups heavy cream

5 egg yolks

3/4 cup sugar

3 tablespoons honey

### *Method*

in a pot, add milk and loose tea. bring it to a boil and then simmer for 5 minutes.

in the meantime, in a mixing bowl, beat egg yolks, sugar, honey and a 1/2 cup cream until sugar is dissolved.

Take the milk off of the burner and strain into a measuring cup or bowl, rinse out your pot and pour the milk infused with tea back in. add the rest of your heavy cream. put back on burner and bring up to a simmer.

Prepare an ice bath.

slowly, very slowly, add and whisk in your egg mixture to the milk and cream. continue to whisk until it gets creamy and custard like.

Take off the burner and immediately put in an ice bath, continue to whisk till cooled down, add to your ice cream maker and turn on.

My ice cream maker says to run for 25-30 minutes.

I then put it in a airtight container, usually a soup container, and stick it in the freezer. it can take anywhere from 3 to 8 hours to freeze completely.

This is a great recipe for ice cream, it is very sweet, however. if you do not like sweet ice cream go with maybe 2/3 cup sugar and 2 tbl honey.

Open up the container, scoop some out in a bowl, close your eyes and enjoy...heaven.

## Charleston Cobblestone Ice Cream

### *Ingredients*

1 1/2 ounces unsweetened baking chocolate  
1 cup half-and-half  
1/3 cup granulated sugar  
1 cup whipping cream  
6 egg yolks  
1/3 cup granulated sugar  
1/4 cup unsalted butter, softened  
1 teaspoon vanilla extract  
1 cup miniature marshmallows  
1 cup toasted, chopped almonds  
1 cup raisins  
1 cup miniature chocolate chips

### *Method*

In small saucepan, over low heat, melt chocolate with half and half. Stir until smooth. Set aside. In medium saucepan, combine 1/3 cup sugar and cream, and over medium heat, beat in egg yolks and the other 1/3 cup sugar until light and lemon colored. Temper egg yolk mixture by stirring about half of the very hot cream mixture in. Pour egg mixture into saucepan and continue cooking until thickened (about 165 degrees F). Remove from heat and stir in the softened butter and vanilla extract. Add the chocolate mixture and stir until quite smooth and well blended. Allow to cool, then refrigerate. Before churning, add the marshmallows, almonds, raisins and chips.

Makes 1/2 gallon.

NOTE: To toast almonds, chop them first, then spread them on a cookie sheet. Bake for 4 minutes in 350 degree F oven. Cool.

## Cherry Ice Cream 1

### *Ingredients*

2 cups water  
6 cups milk  
1 pint whipping cream  
3 teaspoons almond extract  
16 ounces maraschino cherries, drained (juice reserved) and chopped  
1/2 teaspoon salt  
Enough cherry juice to color

### ***Method***

Mix all ingredient together and put into a 4–quart freezer. Freeze according to manufacturer's instructions.

## **Cherry Ice Cream 2**

### ***Ingredients***

3/4 cup Dried Cherries  
1/2 cup Rum  
2 1/2 cup Light Cream  
1/2 cup Sugar  
4Egg Yolks  
1/4 teaspoon Vanilla Extract

### ***Method***

Place the cherries in a bowl and cover with rum. Allow to soak for several hours or overnight. Combine the light cream and the sugar in a saucepan and heat over low heat until the sugar is dissolved and bubbles begin to form around the edge of the saucepan.

Whisk yolks until creamy.

Add 1/2 of the warm cream mixture to the egg yolks. Then pour the warmed yolk mixture back into the saucepan and continue to cook/ stir until the custard mixture coats the back of a spoon. Do not boil the mixture.

Stir in the vanilla extract and allow to cool completely.

Spoon the mixture into the removable ice cream bucket of the Gourmet Ice Cream Maker and start the cycle.

Drain the cherries.

When the ice cream mixture begins to thicken as it freezes, add the cherries and freeze until the ice cream is the proper consistency.

## **Cherry Cheesecake Ice Cream**

### ***Ingredients***

3 ounces cream cheese, softened  
1 (14 ounce) can sweetened condensed milk  
2 cups half–and–half

2 cups whipping cream  
1 tablespoon vanilla extract  
1/2 teaspoon almond extract  
1 (17 ounce) can dark sweet cherries, pitted, well drained  
or 10 ounces maraschino cherries, drained and chopped

### ***Method***

In large mixer bowl, beat cream cheese until fluffy. Gradually add sweetened condensed milk until smooth. Add remaining ingredients; mix well. Pour into ice cream freezer container, and freeze according to manufacturer's directions.

Makes 1 1/2 quarts

## **Cherry Pit Ice Cream** - adapted from Eggbeater

### ***Ingredients***

1 Cup Whole Milk  
2 Cup Heavy Cream  
3/4 Cup Sugar  
5 Large Egg Yolks  
1 – 1 1/2 Cups Smashed Cherry Pits

### ***Method***

Heat milk, cream, pits, and half the sugar, in that order, in heavy bottomed stainless steel saucepan over low to medium heat. When hot to the touch, shut off heat, whisk and let steep 1-2 hours, tasting every 30 minutes.

When hot dairy tastes as strong as you'd like it (remembering that it will taste stronger in flavor and sweetness when it's hot), pass through a fine meshed sieve, pressing on the solids to press out as much of the liquid as you can.

Whisk together the egg yolks in a separate bowl and gradually add some of the warmed milk into the yolks, stirring constantly as you pour. Once all the milk is in the bowl with the yolks, pour the mixture back into the saucepan.

Cook over low heat, stirring constantly and scraping the bottom with a heat-proof spatula (I used a wooden spoon), until the custard thickens enough to coat the back of the spatula. Strain the custard into a large bowl and chill thoroughly in the refrigerator, then freeze in your ice cream maker according to the manufacturers instructions.



## Cherry Vanilla Ice Cream

### *Ingredients*

1/4 cup fresh bing cherries, cut in half and pitted  
2 large eggs  
3/4 cup of sugar  
2 cups heavy cream  
1 cup milk

### *Method*

Place the cherries in a plastic container and refrigerate.  
Whisk the eggs in a mixing bowl until light and fluffy.  
Whisk in the sugar a little at a time until completely blended.  
Pour in the cream and milk and whisk until well blended.  
Transfer the mixture to your ice cream freezer and freeze according to the manufacturers directions.  
About two minutes before the mix is done freezing, when it is still a little soft, spoon in your cherries, and continue freezing until done.

## Cherry Vanilla Ice Cream 2

### *Ingredients*

1/4 cup fresh bing cherries, cut in half and pitted  
2 large eggs  
3/4 cup of sugar  
2 cups heavy cream  
1 cup milk

### *Method*

Place the cherries in a plastic container and refrigerate.  
Whisk the eggs in a mixing bowl until light and fluffy.  
Whisk in the sugar a little at a time until completely blended.  
Pour in the cream and milk and whisk until well blended.  
Transfer the mixture to your ice cream freezer and freeze according to the manufacturers directions.  
About two minutes before the mix is done freezing, when it is still a little soft, spoon in your cherries, and continue freezing until done.

## Cheesecake Ice Cream

This ice cream is a snap to prepare; just whip it up in the blender, chill, and freeze in your ice cream freezer. Layer this ice cream in a tall dessert glass with sliced sweetened strawberries or a dessert sauce for a heavenly parfait.

### *Ingredients:*

8 ounces cream cheese, softened  
Zest and juice of 1 lemon  
1/2 cup sour cream  
1 cup half-and-half  
2/3 cup granulated sugar

### *Method*

Combine all ingredients in a blender; process until smooth. Refrigerate until chilled thoroughly. Pour into an ice cream machine and freeze according to manufacturer's instructions. Serve with sweetened berries or dessert sauce.

Makes about 3 cups.

## Basic Chocolate Ice Cream Base

### *Ingredients*

2 quarts cream  
2 quarts milk  
3 pounds granulated sugar  
Pinch of salt  
12 to 16 ounces melted semisweet chocolate  
4 cups egg yolks  
1/4 cup vanilla extract

### *Method*

In a large pot over medium-high heat, combine the cream, milk, sugar, salt and chocolate. Temper in the egg yolks (that is, add a little of the hot liquid to the egg yolks to warm them, then slowly add the egg yolks to the hot mixture). Add the vanilla extract. Cook until the mixture thickens and coats the back of a spoon. Use immediately, or chill in the refrigerator. Makes 5 quarts.

## Chocolate Ice Cream

### *Ingredients*

1 envelope unflavored gelatine  
1/4 cup cold water  
1/2 cup milk  
6 tablespoons granulated sugar  
3/4 cup Hershey's® syrup  
1 cup chilled half-and-half  
1 cup chilled whipping cream  
1 tablespoon vanilla extract

### *Method*

In a medium-size saucepan sprinkle gelatine over cold water; let stand 5 minutes to soften. Add milk and sugar. Cook over medium heat, stirring constantly, just until gelatine and sugar are dissolved.

Remove from heat; add syrup. Cool for 10 minutes.

Add half-and-half, whipping cream and vanilla extract. Chill thoroughly. Freeze in an ice cream freezer according to manufacturer's directions. Makes 1 quart.

## Chocolate Ice Cream Premium Style Mix

### *Ingredients:*

1 pint of milk  
5 egg yolks  
2 tablespoons sugar  
12 ounces of chocolate chips  
1/2 pint heavy cream

### *Method*

A chocolate ice cream mix requires a bit of [cooking](#). In a sauce pan, combine 1 pint of milk, 5 egg yolks and 2 tablespoons sugar. Whisk over medium heat until the mixture is thick, similar to custard. Remove from the heat and whisk in 6 ounces of chocolate chips until completely dissolved. Chill until cold. Mix in 1/2 pint heavy cream and stir until incorporated. Process the ice cream in a churn until done. If desired, stir in up to 6 additional ounces of chocolate chips to the ice cream.

## Ben & Jerry's - Ben's Chocolate Ice Cream

### *Ingredients*

4 oz. Unsweetened chocolate  
1 cup Heavy or whipping cream  
1 cup Milk  
1 teaspoon Vanilla  
2 large Eggs  
1 pinch Salt  
1 cup Sugar

### *Method*

Ben's Chocolate Ice Cream is about as rich as they come. The pinch of salt helps to bring out the chocolate flavor.

Melt the unsweetened chocolate in the top of a double boiler over hot, not boiling water. Gradually whisk in the milk and heat, stirring constantly, until smooth. Remove from the heat and let cool. Whisk the eggs in a mixing bowl until light and fluffy, 1-2 minutes. Whisk in the sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. Add the cream, vanilla and salt and whisk to blend. Pour the chocolate mixture into the cream mixture and blend. Cover and refrigerate until cold, about 1-3 hours, depending on your refrigerator. Transfer the mixture to an ice cream maker and freeze following the manufacturer's instructions. Makes 1 generous quart.

VARIATION: Chocolate Almond- Add 1 cup roasted whole almonds (salted or unsalted) after the ice cream stiffens, about 2 minutes before it is done, then continue to freeze until the ice cream is ready.

## Ben & Jerry's - Jerry's Chocolate Ice Cream

### *Ingredients*

2 oz Unsweetened chocolate  
1 cup Sugar  
1/3 cup Unsweetened cocoa powder  
1 cup Heavy or whipping cream  
1 1/2 cup Milk  
1 teaspoon Vanilla  
2 large Eggs

### *Method*

The combination of cocoa powder and unsweetened chocolate creates an ice cream with a more complex texture. Jerry refers to this as "mouth feel".

Melt the unsweetened chocolate in the top of a double boiler over hot, not boiling water. Gradually whisk in the cocoa and heat, stirring constantly, until smooth. ( the chocolate may "seize" or clump together. Don't worry, the milk will dissolve it). Whisk in the milk, a little at a time, and heat until completely blended. remove from the heat and let cool. Whisk the eggs in a mixing bowl until light and fluffy, 1-2 minutes. Whisk in the sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. Pour in the cream and vanilla and whisk to blend. Pour the chocolate mixture into the cream mixture and blend. Cover and refrigerate until cold, about 1-3 hours, depending on your refrigerator. Transfer the mixture to an ice cream maker and freeze according to manufacturer's instructions.

VARIATION: Chocolate, Chocolate chip: Add 3/4 cup semisweet chocolate chips after the ice cream stiffens, about 2 minutes before it is done, then continue freezing until the ice cream is ready. The rich fully textured ice cream is a chocoholic's delight. Some of Ben and Jerry's friends take it a step further and serve it with hot fudge sauce!

## Chock Full of Chocolate Ice Cream

### *Ingredients*

3 ounces unsweetened chocolate, coarsely chopped  
1 (14 ounce) can sweetened condensed milk  
1 1/2 teaspoons vanilla extract  
4 tablespoons unsalted butter  
3 egg yolks  
2 ounces semisweet chocolate  
1/2 cup strong black coffee  
3/4 cup granulated sugar  
1/2 cup light cream  
1 1/2 teaspoons dark rum  
2 tablespoons white crème de cacao  
2 cups heavy cream  
2 ounces unsweetened chocolate, finely grated  
1/4 teaspoon salt

### *Method*

In double boiler, melt 3 ounces unsweetened chocolate. Add milk, stirring until smooth. Stir in vanilla extract and remove from heat.

Cut butter into four equal pieces and add, one piece at a time, constantly stirring until all butter has been incorporated. Beat yolks until light and lemon colored.

Gradually stir in chocolate mixture and continue stirring until smooth and creamy. Set aside. In double boiler, heat 2 ounces semisweet chocolate, coffee, sugar and light cream. Stir constantly until smooth. Stir in rum and crème de cacao and allow mixture to cool to room temperature.

Combine both chocolate mixtures, heavy cream, grated unsweetened chocolate and slat in large bowl.

Pour mixture into canister of ice cream freezer and freeze according to manufacturer's directions.

## Chocolate Almond Ice Cream

### *Ingredients*

2 cups sugar  
2 envelopes unflavored gelatin  
1/8 teaspoon salt  
8 cups light cream or half-and-half, divided  
6 squares (1 ounce each) unsweetened chocolate  
2 eggs, beaten  
4 teaspoons vanilla  
1 cup chopped toasted almonds

### *Method*

In a large saucepan combine sugar, gelatin, and salt. Stir in half of light cream or half-and-half. Cook and stir over medium heat until mixture almost boils and the sugar dissolves.

Add chocolate and cook until melted.

Beat with a rotary beater until smooth. Stir about 1 cup of the hot mixture into beaten eggs; return all of the mixture to saucepan. Cook and stir for 2 minutes. Cool.

Stir in remaining cream, vanilla and toasted almonds.

Freeze in a 4 or 5 quart ice cream freezer according to manufacturer's directions.

## Chocolate Almond Butter Ice Cream

### *Ingredients*

2 ounces good quality bittersweet chocolate

5 tablespoons cocoa powder  
2 cups milk  
3 eggs, lightly beaten  
1 cup granulated sugar  
1 cup cream  
1 1/2 teaspoons pure vanilla extract  
3/4 cup almond butter

### **Method**

Melt chocolate over low heat. Gradually stir in cocoa powder and milk while continuing to heat. You want the consistency to be thick but not solid as you add the milk and cocoa powder. Beat sugar into eggs. Stir hot chocolate/milk mixture into eggs. Add cream and vanilla extract. Cool. Just before adding to ice cream maker, stir a cup of ice cream mixture into almond butter. Once mixed, stir into remaining ice cream mixture. Freeze in ice cream maker according to manufacturer's instructions.

### **Chocolate and Banana Ice Cream** From Ready for Dessert by David Lebovitz

This is the world's easiest ice cream. It takes literally a minute to put together—since it's winter, I simply set the bowl of chocolate and milk on the radiator, and while I leisurely and lovingly take the time to peel the banana, the chocolate melts and is soon ready to use. You can easily increase this recipe to make more than it calls for. I haven't tried it with any other liquor, but for those of you who want to experiment, you do need to include a similar amount and percentage of alcohol to prevent the ice cream from freezing too hard. The banana gives the ice cream a smooth, creamy consistency and provides the sweetness, so use a nice, ripe one.

I found that this keeps for weeks in the freezer and maintains it's absolutely perfect consistency. Cheers!

### **Ingredients**

2 ounces (55 g) bittersweet or semisweet chocolate, chopped  
6 tablespoons (80 ml) milk, whole or low-fat  
6 tablespoons (80 ml) Baileys liquor  
1 medium-sized ripe banana, peeled\*, and cut into chunks  
1 tablespoon (15 ml) dark rum

### **Method**

In a small bowl set over a pan of simmering water (or in the microwave), melt the chocolate with the milk.

Blend the melted chocolate the Baileys, the banana, and rum until smooth.  
Pour into a plastic or metal container, cover, and freeze for at least 4 hours. Four to six scoops

## Bittersweet Chocolate Ice Cream

### *Ingredients*

2 (3 1/2 ounce) bars Tobler bittersweet  
chocolate, finely chopped  
2 cups half-and-half  
1/2 cup milk  
3 large egg yolks (at room temperature)  
Pinch of salt  
2/3 cup granulated sugar  
1 teaspoon vanilla extract

### *Method*

Combine chopped chocolate, half-and-half and milk in a medium size saucepan. Cook, stirring, over low heat until chocolate melts and mixture is smooth, being careful not to scorch. Set aside. Beat egg yolks with the salt and sugar until sugar is dissolved. Add 1/2 cup of the chocolate mixture to the yolks to warm them, mix thoroughly, then add yolk mixture to the balance of the chocolate mixture. Return to heat and cook slowly, stirring constantly, until thick enough to coat a spoon, about 2 minutes. Stir in vanilla extract off the heat and allow to cool. Pour mixture into an ice cream maker and freeze according to manufacturer's directions. Makes about 1 quart.

## Chocolate Chip Cookie Dough Ice Cream 1

### *Ingredients*

2 cup Milk  
1 3/4 cup Sugar  
1/2 teaspoon Salt  
1 Tablespoon Vanilla Extract  
4 cup Heavy Cream



1 cup Prepared Chocolate Chip Cookie Dough  
2 cup Light Cream

### *Method*

Heat milk in a heavy saucepan over medium high heat until bubbles form around the edge of the saucepan. Remove from heat.

Add sugar and salt. Stir until dissolved.

Stir in light cream, vanilla extract and heavy cream cream.

Cover and refrigerate for at least 30 minutes.

Spoon the mixture into the removable ice cream bucket of the Gourmet Ice Cream Maker and start the cycle.

Add the prepared chocolate chip cookie dough. Break up the dough and drop it in small clusters into the ice cream.

Mix it around to ensure that the cookie dough is evenly distributed throughout the ice cream.

Put ice cream in the freezer for several hours if further hardening is needed.

## Chocolate Chip Cookie Dough Ice Cream 2

### *Ingredients*

2 cups whole milk  
1 3/4 cups granulated sugar  
1/2 teaspoon salt  
2 cups half-and-half  
1 tablespoon vanilla extract  
4 cups whipping Cream  
1 large size Pillsbury Chocolate Chip Cookie Dough

### *Method*

Take the chocolate cookie dough out of the refrigerator and leave out until needed.

Scald milk until bubbles form around edge. Remove from heat. Add sugar and salt. Stir until dissolved.

Stir in half-and-half, vanilla extract and whipping cream. Cover and refrigerate 30 minutes.

Freeze as ice cream machine's manufacturer's instructions.

When ice cream has been through the entire ice cream machine process and is now a chilled soft ice cream, add the chocolate chip cookie dough. Break up the dough as best you can with your hands and drop it in small clusters into the soft ice cream. Mix it around to ensure that the cookie dough is evenly distributed throughout the ice cream. Put the ice cream in the freezer for several hours until hardened.

## Chocolate, Chocolate Chip Ice Cream

*Cookie dough adapted from The Perfect Scoop by David Lebovitz*

### *For the Cookie Dough:*

#### **Ingredients**

5 tablespoons unsalted butter, melted  
1/3 cup packed dark brown sugar  
1/3 cup flour  
1/2 teaspoon vanilla extract  
1/4 teaspoon kosher salt  
3/4 cup chocolate chips

#### **Method**

To make the cookie dough, stir together the butter and sugar in a mixing bowl until smooth. Mix in the flour, then the vanilla and chocolate chips. The dough will be very wet and won't look like a traditional cookie dough, but have no fear. Form the dough into a disk, wrap in plastic wrap and refrigerate until firm, even better over night. When it is completely firm, cut into chunks & freeze the chunks.

### *For the Ice Cream*

#### **Ingredients**

3/4 cup sugar  
3 tablespoons cornstarch  
1 teaspoon freeze dried (aka instant) coffee or espresso crystals (optional)  
Pinch of kosher salt  
4 cups half-and-half (you could whole milk for part or all...or not)  
8 ounces bittersweet chocolate (60-70%), finely chopped (or chips)  
1 teaspoon vanilla

#### **Method**

To make the ice cream, pour the sugar, cornstarch, pinch of salt and coffee (if using) into a medium size saucepan. I encourage you to include the coffee because it enhances the flavor, but is almost impossible to discern in the final ice cream.

Add 1/3 cup of half-and-half and whisk the ingredients together until the cornstarch is dissolved.

Whisk in the remaining 3 2/3 cups of half-and-half. Then continue whisking over medium high heat until it comes to a boil, 5-6 minutes. Turn the heat down to low and continue to cook while whisking for an additional minute.

Turn off the heat and add the chocolate. Let the half-and-half and chocolate sit for a minute before whisking it all together until smooth. Stir in the vanilla and transfer to a different bowl or your trusty pyrex measuring cup.

Cool all this down by placing the container with the chocolatey cream into a bowl of ice and water for 20 minutes, stirring occasionally.

When the mixture is cool, cover with plastic wrap directly on the surface of the chocolate mixture to prevent a “skin” from forming on the top. Refrigerate for 2-3 hours or overnight.

When you are ready to make the ice cream, turn your on ice cream maker and freeze the chocolate mixture according to your machine’s instructions. It will never harden all the way. When the consistency is that of thick soft-serve, add the chunks of frozen cookie dough and let it churn for another 30 seconds or so until the cookie dough is well distributed. My ice cream maker found all this a little too much to deal with, so I ended up stirring in the last of the cookie dough by hand. Transfer to a chilled container, cover tightly and place in the freezer for 3 hours before serving.

Tasting Notes: I will now put in my plug for slightly melted ice cream. If you can stand to wait, ice cream that sits at room temperature has better texture and taste. If you can't wait, 10 seconds on the lowest power in the microwave works too. ;)

## Chocolate Coco Ice Cream

### *Ingredients*

2 oz. Semi-Sweet Chocolate  
1/3 cup Cocoa Powder  
1 1/2 cups Milk  
2 Large Eggs  
1 cup Sugar  
1 cup Whipping Cream  
1 teaspoon Vanilla Extract

### *Method*

Melt the chocolate on top of double boiler over hot water. Gradually whisk in the cocoa and heat, stirring constantly until smooth. Whisk in the milk, a little at a time and heat until completely blended. Remove from heat and let cool.

Whisk the eggs until light and fluffy, approximately 1 to 2 minutes. Add sugar a little at a time and continue whisking until completely blended, about 1 more minute. Add the whipping cream and the vanilla extract and keep mixing until well blended.

Add the chocolate mixture into the cream mixture and mix until well blended.

Spoon the mixture into the removable ice cream bucket of the Gourmet Ice Cream Maker and start the cycle.

## Chocolate Cookie Crumb Ice Cream

This chocolate ice cream is made on the stovetop, custard style. Cookie crumbs are added while ice cream is freezing.

### *Ingredients:*

- 1 3/4 cups heavy whipping cream
- 1 cup milk
- 1 cup sugar
- 3 egg yolks
- 1 1/2 teaspoons vanilla extract
- 3 ounces unsweetened chocolate, melted
- 2/3 cup coarsely crumbled chocolate sandwich cookies

### *Method*

In a heavy medium saucepan over medium heat, stir together the cream, milk and sugar until the sugar is dissolved and the mixture is scalded.

In a mixing bowl, beat the egg yolks until lemon-colored. Gradually whisk in about 1 cup of the hot cream mixture; then slowly whisk the egg mixture back into the saucepan. Cook over medium-low heat, stirring constantly, until the mixture is thick enough to coat the back of a metal spoon. Whisk in the melted chocolate and vanilla.

Set the bottom of the pan inside a bowl or dishpan filled with ice and water; stir until the mixture is about room temperature. Pour it into a bowl, cover with plastic wrap, and chill in the refrigerator for at least 1 hour. Pour the mixture into an ice cream maker and churn following manufacturer's directions, for 20 to 30 minutes.

## Chocolate Macadamia Nut Ice Cream

### *Ingredients:*

- 6 egg yolks
- 1/2 cup of sugar
- 1 cup table cream
- 1 cup milk

4 oz semi-sweet chocolate  
1 cup whipping cream  
1 pinch of salt  
1 tsp vanilla  
1 5 oz can Macadamia nuts

### *Method*

Beat eggs yolks in bowl; beat in sugar. Heat table cream and milk in a pan over medium heat. Melt chocolate over low heat. When milk is hot, mix a small amount into chocolate and stir until blended. Repeat with small amounts of milk until all milk is added. Add hot milk/chocolate mix to eggs, stirring as you add. Cool, add whipping cream, vanilla and salt. Chop Macadamia nuts. Freeze in ice cream maker. When almost frozen, add nuts.

## Chocolate Mallow Ice Cream

### *Ingredients*

1/2 cup semisweet chocolate chips  
1/2 cup plus 2/3 cup heavy cream  
1/4 cup water  
8 marshmallows, cut up

### *Method*

Combine chocolate chips, the 1/2 cup cream, water and marshmallows in a 2-quart saucepan. Cook and stir over low heat until the chocolate and marshmallows melt. Remove from heat; chill thoroughly.

Whip the 2/3 cup cream until stiff. Fold into cold chocolate mixture until well blended. Freeze in ice cube tray; do not stir.

## Chocolate Malted Ice Cream

### *Ingredients*

8 ounces semisweet chocolate, chopped  
2 cups whipping cream  
2 cups half-and-half  
4 egg yolks

3/4 cup granulated sugar  
3/4 cup plain malted milk powder  
1 tablespoon vanilla extract

### *Method*

Melt chocolate in top of double boiler over simmering water, stirring until melted. Pour into large bowl. Scald cream with half-and-half in heavy medium saucepan. Whisk yolks and sugar in medium bowl. Gradually whisk cream mixture into yolks. Return mixture to saucepan and stir over medium low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 5 minutes; do not boil. Gradually whisk custard into chocolate. Whisk in malted milk and vanilla extract (custard may appear grainy). Press plastic wrap on surface of custard and refrigerate until cold.

Process in ice cream maker according to manufacture's instructions.

2 cups finely chopped walnuts  
8 ounces semisweet chocolate, chopped  
2 tablespoons vegetable oil  
12 sugar cones

Pack some ice cream into hollow part of each cone. Top with a scoop. Place each cone ice cream side up in a glass and freeze until really firm. Place nuts on a plate. Place chocolate in medium metal bowl.

Place bowl over pot of barely simmering water and stir until chocolate melts. Remove bowl from over water. Mix oil into chocolate. Let chocolate stand until cool but still liquid. Dip ice cream end of one cone into chocolate rotating to coat completely and tilting bowl if necessary. Hold cone until chocolate is almost set, about 10 seconds. Immediately roll bottom half into nuts, freeze again. Repeat and enjoy.

## **Chocolate–Peppermint Ripple Ice Cream**

### *Ingredients*

2/3 cup semisweet chocolate, chopped  
2 tablespoons milk  
4 eggs  
1/2 cup granulated sugar  
2 cups whipping cream  
1 1/4 cups plain yogurt  
1 teaspoon peppermint oil  
Green food coloring (optional)

### *Method*

Melt chocolate in milk in a bowl placed over a pan of hot water. Stir until smooth and remove from heat. Put eggs and sugar in a bowl and beat together until thick and light.

In another bowl, whip the cream and yogurt together until soft peaks are formed, then fold into the egg mixture. Fold two-thirds of the egg and cream mixture into melted chocolate. Stir peppermint oil and few drops of green food coloring into the remaining mixture.

Place chocolate mixture into a container, cover and place in freezer for about 1 hour.

Put peppermint mixture in refrigerator. Swirl the peppermint mixture through the chocolate to give a rippled effect, then freeze until firm.

About 30 minutes before serving, transfer ice cream to the refrigerator.

Serves 8.

## Real Milk Chocolate Ice Cream

### *Ingredients*

5 egg yolks,

1 pint (500ml) milk,

1/2 pint (250ml) double/heavy cream,

2 oz. (50g) sugar,

150g (6 oz.) milk chocolate cut into small squares

### *Method*

Create a custard base and at the point where you remove the saucepan from the heat, carefully drop in the squares of real chocolate. Stir to allow to melt and then leave the custard to cool.

Then chill the custard until it's really cold. Once chilled, mix until slushy. Add the cream (whipped) and make sure it mixes in well. Transfer the mixture in an ice cream maker and freeze according to the manufacturer's instructions.

## Chocolate Rum Ice Cream 1

### *Ingredients*

1/4 cup water

2 tablespoons instant coffee  
1 (6 ounce) package semisweet chocolate chips  
3 egg yolks  
2 ounces dark rum  
1 1/2 cups heavy cream, whipped  
1/2 cup slivered almonds, toasted

### ***Method***

In a small saucepan, place sugar, water and coffee. Stirring constantly, bring to a boil and cook for 1 minute. Place chocolate chips in a blender or food processor, and with the motor running, pour the hot syrup over and blend until smooth. Beat in egg yolks and rum and cool slightly. Fold chocolate mixture into whipped cream, then pour into individual serving dishes or a bombé dish. Sprinkle with toasted almonds. Freeze.  
To serve, remove from freezer at least 5 minutes before serving.

## **Chocolate Rum Ice Cream 2**

### ***Ingredients***

1 cup Sugar  
2 oz. Unsweetened baking chocolate;- (2 sq.) broken in pieces  
2 tablespoon All-purpose flour  
2 cup Light cream; chilled  
1/2 teaspoon Rum extract  
1 Egg; slightly beaten

### ***Method***

In large microwave-safe bowl combine sugar and flour; gradually stir in milk. Blend in egg and baking chocolate pieces. Microwave at HIGH (100%) 2 to 2 1/2 minutes, stirring frequently, just until mixture boils and thickens. Add rum extract; blend with wire whisk until mixture is smooth. Chill thoroughly. Add light cream to chilled mixture; blend well. Freeze in 2-quart ice cream freezer according to manufacturer's directions.



## Chocolate Rum Raisin Ice Cream

### *Ingredients*

1 cup whipping cream  
1/2 cup chocolate covered raisins  
3/4 cup milk  
1 egg  
2 teaspoon rum flavoring

### *Method*

In small saucepan over medium heat, combine cream and chocolate covered raisins. Stir until chocolate has melted. Remove from heat. Whisk in milk, egg and flavoring. Chill. Freeze according to manufacturer's directions.  
Makes 1 pint.

## Brach's Chocolate Rum Raisin Ice Cream

Servings: 4

### *Ingredients*

1 cup whipping cream  
1/2 cup Brach's chocolate covered raisins  
3/4 cup milk  
1 egg  
2 teaspoons rum flavoring

### *Method*

In small saucepan over medium heat, combine whipping cream and chocolate covered raisins. Stir until chocolate has melted. Remove from heat.  
Whisk in milk, egg and flavoring. Chill. Freeze according to manufacturer's directions.  
Makes 1 pint.

## Chocolate Raspberry Ice Cream

### *Ingredients*

3 1/2 cups whipping cream  
4 egg yolks

1/3 cup granulated sugar  
8 ounces semisweet chocolate  
1 teaspoon vanilla extract  
1 package frozen raspberries (10 oz size) thawed  
fresh raspberries for garnish

### **Method**

Heat whipping cream. Beat yolks and sugar together. Gradually add hot cream to yolk mixture, whisking constantly. Cook mixture in top of a double boiler over simmering water, stirring constantly, until mixture thickens slightly and coats the back of a spoon, about 8 minutes. Do not let mixture boil. Remove from heat. Strain mixture into bowl. Add chocolate and vanilla, stirring occasionally until chocolate is melted and mixture is smooth. Cool completely. Stir raspberries with juice into cooled mixture. Freeze in ice cream freezer according to manufacturer's instructions. Spoon ice cream into serving dishes. Garnish with fresh raspberries.

## **Rich White Chocolate Ice Cream** <http://www.ice-cream-recipes.com>

### **Ingredients**

4 egg yolks  
1/2 pint (250ml) fresh milk  
1/2 pint (250ml) double/heavy cream  
3 oz. (75g) caster sugar  
2 teaspoons vanilla extract (or according to taste)  
9oz (250g) white chocolate

### **Method**

First carefully chop the white chocolate into small pieces and put to one side in 2 separate but equal portions.

Next make the custard base - pour the milk into a saucepan and bring the pan slowly up to boiling point.

In a bowl, beat and mix together the egg yolks and sugar until thick. Pour the hot (but not boiled) milk into the mixture of egg yolks and sugar whilst stirring.

Pour the mixture back into the pan and heat gently, stirring until the custard thickens - DO NOT BRING TO THE BOIL OR IT WILL PROBABLY CURDLE. When you can see a film form over the back of your spoon it's time to remove the saucepan from the heat. Stir in the vanilla extract

and 1 portion of the chopped chocolate pieces. Keep stirring until all the chocolate has melted. Leave to cool.

When fully cooled, stir in the cream.

Transfer the whole mixture into an ice cream maker and freeze according to the manufacturer's instructions. About 5 minutes before the end of the freezing cycle add the remaining chocolate pieces.

## Cinnamon Ice Cream

### *Ingredients*

1 3/4 cups granulated sugar, divided  
6 tablespoons water  
1 1/2 tablespoons ground cinnamon  
3 cups milk  
1 egg, beaten  
1 pint whipping cream  
1 teaspoon vanilla extract

### *Method*

In a saucepan combine 1 cup sugar, water and cinnamon. Cook over low heat, stirring constantly, until mixture is smooth and the sugar dissolved. Set syrup aside. In top of double boiler scald milk. Stir in remaining sugar until it is dissolved and pour mixture slowly over egg, beating constantly. Return mixture to top of double boiler and cook over hot water until it thickens slightly. Chill and stir in cinnamon syrup. Add cream and vanilla extract. Freeze in electric freezer. Makes 2 quarts.

## Cinnamon–Ginger Ice Cream

### *Ingredients*

1 pint half–and–half or light cream  
3 egg yolks  
2/3 cup granulated sugar  
Dash salt  
1/4 teaspoon ground cinnamon

1/4 cup diced candied ginger

### ***Method***

Scald half-and-half.

Mix together egg yolks, sugar, salt and cinnamon in the top of a double boiler; set over simmering water. Slowly pour in scalded half-and-half, whisking constantly. Whisk over low heat until mixture is slightly thickened and smooth, about 10 minutes. Remove from heat and let cool completely.

Process ice cream in ice cream machine, adding ginger when mixture is slushy.

Yield: About 2 1/2 cups

## **Frozen Cinnamon Nut Yogurt Ice Cream**

### ***Ingredients***

4 cup Vanilla yogurt

1 cup Whipping cream

1 cup Sugar 1 teaspoon Vanilla

1/2 teaspoon Cinnamon

1 cup Walnut pieces

Salt

### ***Method***

Thoroughly combine yogurt, sugar, cinnamon and salt in mixing bowl. Stir in whipping cream and vanilla. Add nuts. Cover and refrigerate 30 minutes. Freeze according to manufacturer's directions.

## **Coconut Ice Cream**

### ***Ingredients***

2 cups milk

3 egg yolks

1/4 cup light corn syrup, warmed

3 tablespoons butter, melted

Few drops vanilla extract

1 cup shredded coconut  
Toasted coconut (for garnish)

### *Method*

Pour milk into a heavy-based saucepan and bring to just below boiling point. Put egg yolks with the syrup into a bowl and beat until thick. Beat in the hot milk and butter. Return the mixture to the rinsed pan and cook over low heat until the custard thickens, stirring constantly — do not allow it to boil. Remove from the heat and add vanilla extract and coconut and let cool, stirring occasionally.

Pour the mixture into a container. Cover and freeze until firm, beating twice at hourly intervals. About 40 minutes before serving time, transfer the ice cream to the refrigerator. Serve each portion decorated with a sprinkling of toasted coconut.

Serves 4.

## Coconut Khova Ice Cream

### *Ingredients*

1-1/2 quart whole milk  
50 grams soft khova (recipe below)  
1 cup fresh cream  
1 cup dry coconut powder  
1 cup sugar  
1/2 teaspoon vanilla extract  
1 tablespoon corn starch dissolved in 2 tablespoons cold milk  
1/2 teaspoon cardamom powder  
10-12 strands saffron  
1 teaspoon instant coffee powder

### *Method*

Bring milk to a boil, simmer for 20 minutes, stir occasionally. Add sugar, corn starch mixture, stirring continuously.

Add crumbled khova, stir. Simmer till mixture is thick enough to coat back of spoon. Add cardamom, saffron, stir.

Remove from fire, cool to room temperature, stirring occasionally. Set in ice cream tray, cover with plastic sheet.

When set, but not hard, remove in a large vessel. Beat till soft and fluffy, but do not allow to liquify. Use a wooden spoon or eggbeater. Put back in freezer, to reset.

Remove repeat process of beating as before. Add coconut powder, beaten cream, mix

well and beat.

Transfer to icecream container, cover and set till firm. Serve scoops topped with a sprinkling of instant coffee powder.

## Homemade Khova

### *Ingredients:*

5 cups Milk

Juice of 2 lemons(optional)

### *Method*

Bring the Milk to boil in a heavy bottom saucepan.

Reduce the heat and continue cooking at simmering point. Keep stirring so that milk does not stick to the base of the pan.

As milk gets thicker stir more vigorously. The khova is cooked when the milk is reduced to a thick, dry lump and it has stopped sizzling.

Remove from the pan and leave it to cool. Use within fortnight.

For more stylish khova add lemon juice after the milk has boiled so that the milk coagulates.

Then proceed as before. This type of khova is particularly used for Burfi.

## Coconut Snowball Cocoa Ice Cream

### *Ingredients*

1 pt Vanilla ice cream

1 c Cream of coconut

1 c Coconut, flaked

1 ts Coconut extract

1/2 c Unsweetened cocoa

1/2 c Chocolate ice cream sauce

1 qt Milk

8 Maraschino cherries

1/2 c Dark rum (optional)

### *Method*

Scoop ice cream into 8 small balls, immediately roll in coconut. Place on waxed paper-lined baking sheets; freeze until ready to use. Whisk cocoa into milk in a large saucepan. stir in rum, if

desired, cream of coconut and coconut extract. Bring to simmer over medium-high heat. Pour into 8 large heatproof mugs. Float ice cream balls in cocoa. If desired, drizzle ice cream ball with chocolate sauce and top with a cherry.

Makes 8.

### Quick Coconut Ice Cream with Saffron     Adapted from Delicious Days by Nicole Stich

If using palm sugar, crumble or grate it as best you can before using, to help it melt. This ice cream is really outstanding and if you're wary of the saffron, don't be. It adds an elusive flavor to this custard, which pairs especially well with the tropical taste of coconut milk.

#### *Ingredients*

2/3 cup (160 ml) heavy cream

1 cup (250 ml) coconut milk

2 ounces (60 gr) palm sugar, or 1/4 cup white or unrefined cane sugar

scant 1/2 teaspoon saffron threads

#### *Method*

In a medium-sized saucepan, bring all the ingredients to a boil.

Reduce the heat and simmer gently for ten minutes, stirring occasionally. Remove from heat, and chill the mixture thoroughly.

Once chilled, freeze in your ice cream maker according to the manufacturer's directions. Once churned, be sure to scrape any saffron threads clinging to the dasher back in to the ice cream.

About 1 pint (1/2L)

### Coffee Ice Cream

1 cup Milk

1/4 cup Instant Coffee

1 cup Sugar

3 Large Eggs, Beaten

1/8 teaspoon Salt

1 Tablespoon Vanilla Extract

3 cup Half and Half Cream

Heat milk in a heavy saucepan over medium high heat. When bubbles form around the edge of the saucepan, remove from heat.

Stir in the coffee and half the sugar.

Slowly whisk hot mixture into bowl with beaten eggs, whisking constantly.

Return to saucepan. Add remaining sugar and salt. Stir constantly over medium high heat for 3-4 minutes until mixture is thickened.

Stir in vanilla extract and 1 cup half and half cream. Add remaining half and half cream and stir. Spoon the mixture into the removable ice cream bucket of the Gourmet Ice Cream Maker and start the cycle.

## Coffee Bean Ice Cream

### *Ingredients*

6 egg yolks

1/2 cup granulated sugar

2 cups cream

1 1/2 cups whole coffee beans

### *Method*

Beat the egg yolks with the sugar until light and pale in color. Scald the cream with the coffee beans and pour onto the yolks and sugar, stirring until combined.

Pour back into the saucepan and stir over a low heat until the mixture thickens and coats the back of a spoon. Allow the mixture to cool leaving the whole beans in the custard. Allow to stand covered in the refrigerator overnight at least. A couple of days is better.

Strain the mixture and transfer to ice cream maker. Process according to manufacturer's instructions.

## Coffee and Sultana Ice Cream

### *Ingredients*

3 oz .(75 g) sultanas



3 tablespoons brandy  
1 pint (600 ml) single cream  
4 egg yolks  
4 oz. (100 g) caster sugar  
1 level tablespoon instant coffee.

### *Method*

Put the sultanas to soak in the brandy and leave overnight or for several hours. Use the cream, egg yolks and sugar to make a custard base following the directions for Vanilla Ice Cream, and leave until cold. Dissolve the coffee in a tablespoon of hot water and add it and the sultanas and brandy to the custard base.

(Makes up to 1 1/2 pints mixture)

## **Cookie Ice Cream** - Paula Deen

### *Ingredients*

3 egg yolks\*  
1 (14-ounce) can condensed milk  
4 teaspoons vanilla extract  
1 cup chocolate sandwich cookies, coarsely crushed  
2 cups heavy cream, whipped

### *Method*

In a large bowl, beat the egg yolks and stir in the condensed milk and vanilla. Fold in the crushed cookies and whipped cream. Pour mixture into a 9 by 5-inch loaf pan lined with foil. Cover and freeze for 6 hours or until firm.

To serve, scoop ice cream from pan or cut into slices.

### *\*Raw Egg Warning*

Food Network Kitchens suggest caution in consuming raw and lightly-cooked eggs due to the slight risk of Salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly-refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

## Frozen Custard Ice Cream

### *Ingredients*

6 eggs  
2 cups milk  
3/4 cup sugar  
2 to 3 tablespoons honey  
1/4 teaspoon salt  
2 cups whipping cream  
1 tablespoon vanilla

### *Method*

In medium saucepan, beat together eggs, milk, sugar, honey and salt. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160 degrees F.

Cool quickly by setting pan in ice or cold water and stirring for a few minutes. Cover and refrigerate until thoroughly chilled, at least 1 hour.

When ready to freeze, pour chilled custard, whipping cream and vanilla into 1-gallon ice cream freezer can. Freeze according to manufacturer's directions. If using an ice cream maker that used rock salt, use 6 parts ice to 1 part rock salt.

Transfer to freezer containers and freeze until firm.

### *VARIATIONS:*

#### *Banana Nut:*

Reduce vanilla to 1 1/2 teaspoons. Cook and cool as above. Stir 3 large ripe bananas, mashed and 1/2 cup chopped toasted pecans into custard mixture. Freeze as above.

#### *Cherry:*

Reduce vanilla to 1 teaspoon. Add 2 tablespoons almond extract. Cook and cool as above. Partially freeze. Add 2 pounds pitted pureed dark sweet fresh cherries OR 1 can (16 to 17 oz.) pitted dark sweet cherries, drained and chopped. Complete freezing.

#### *Chocolate:*

Add 3 squares (1 oz. each) unsweetened chocolate to egg mixture. Cook, cool and freeze as above.

#### *Plum:*

Reduce vanilla to 1 teaspoon. Cook and cool as above. Partially freeze. Add 1 1/2 pounds pitted pureed ripe fresh plums. Complete freezing.

#### *Strawberry:*

Omit vanilla. Cook and cool as above. Partially freeze. Add 2 cups sweetened crushed fresh

strawberries. Complete freezing.

Makes 1 1/2 to 2 quarts

Source: American Egg Board

## Ice Cream Custard

### *Ingredients*

vanilla custard- 6 teaspoons

vanilla icecream- 6 big scoops or 3 cups

sugar - one cup (according to taste)

milk- concentrated 500gms to almost half

fruits all cut into small pieces- apple, asian pear, banana, orange.

sliced almonds and raisins.

### *Method*

Boil the milk. Add custard powder, cold water and sugar in a mixture and blend them and add them in the boiling milk.

Lower the heat immediately and stir continuously for few sec and take it away from heat.

After the custard has cooled down again put it in the mixture add icecream to it and blend it for a nice frothy mixture.

Refrigerate it and serve with fruits, almonds and raisins mixed.

## Egg Nog Ice Cream <http://www.ice-cream-recipes.com>

### *Ingredients:*

5 egg yolks

1/2 pint (250ml) fresh milk

3/4 pint (375ml) double/heavy cream

4 oz (100g) sugar or caster sugar

2 teaspoons vanilla extract (or according to taste)

1 teaspoon grated fresh nutmeg

2 tablespoons dark rum

2 tablespoons brandy

### *Method*

Pour the milk into a saucepan and bring the pan slowly up to boiling point.

In a bowl, beat and mix together the egg yolks and sugar until thick. Pour the milk into the mixture of egg yolks and sugar whilst stirring.

Pour the mixture back into the pan and heat gently, stirring until the custard thickens - DO NOT BRING TO THE BOIL OR IT WILL PROBABLY CURDLE. When you can see a film form over the back of your spoon it's time to remove the saucepan from the heat. Leave to cool.

When fully cooled, stir in the cream, vanilla extract, brandy, rum and grated nutmeg.

Transfer the complete mixture in an ice cream maker and freeze according to the manufacturer's instructions.

## **Fruit Ice Cream Medley**

### *Ingredients*

2 scoops basic vanilla icecream

1/2 cup mixed chop fruit (orange, strawberry, banana, grapes, chickoo, kiwi, etc)

2 tablespoons fresh fruit sauce (refer sauces for icecreams and cakes)

1 icecream wafer for topping

1 tablespoon tiny cubes of leftover cake (optional)

2-3 tablespoons orange juice sweetened and chilled

### *Method*

Use a balloon glass (with/without stem) for best result.

Toss the chopped fruit and cake together.

Place at bottom of glass. Pour the orange juice over it.

Place the icecream scoops over the fruit.

Pour sauce over scoops.

Cut wafer into 4 small triangles.

Poke into top of scoop to form a fan shape.

## Fudge Ripple Ice Cream

First make the Fudge Ripple, then swirl it through your favorite vanilla ice cream.

### *Fudge Ripple:*

#### *Ingredients*

1/4 cup sugar

2 tablespoons unsweetened cocoa powder

1/4 cup light corn syrup

2 tablespoons half-and-half

1 tablespoon butter or margarine

1/4 teaspoon vanilla extract

ICE CREAM:

2 quarts Old-Fashioned Vanilla Ice Cream made with 1 cup sugar (recipe above)

### *Fudge Ripple:*

#### *Method*

In a small saucepan, combine sugar and cocoa powder. Stir in corn syrup and half-and-half. Stir occasionally over medium heat until mixture comes to a boil. Simmer 3 minutes, stirring occasionally. Add butter or margarine and vanilla. Set aside to cool.

#### *Ice Cream:*

Make Old-Fashioned Ice Cream, using only 1 cup sugar.

When frozen, remove lid and dasher from ice-cream canister. Insert a long spatula into center of ice cream. Pull spatula toward edge of canister. Quickly pour in cooled Fudge Ripple. Pull spatula through ice cream and sauce to create a marbled effect. Remove spatula.

Cover canister with waxed paper or plastic wrap. Top with lid. Plug dasher hole with a cork or ball of foil. Place in freezer

## Stem Ginger Ice Cream

<http://www.ice-cream-recipes.com>

#### *Ingredients*

1/2 pint (250 ml) double (heavy) cream

1/4 pint (125 ml) water

3 oz (75mg) caster sugar

3 egg yolks  
3 oz (75mg) finely chopped stem ginger  
1 tablespoon of syrup from the ginger jar

### *Method*

Place the sugar and water into a saucepan and slowly heat until the sugar has dissolved (using a low heat is essential in this process). When dissolved, increase the heat and bring to boiling point, then actually boil the mixture for 2-3 minutes. Remove the pan from the heat, allow the mixture to cool a little and then pour onto the egg yolks whilst whisking as pouring. Whisk until the mixture is like a mousse in texture.

Separately whip the double (heavy) cream until thick (not stiff) and then fold the chopped stem ginger into it. Take this ginger/cream and slowly fold it into the ginger syrup mixture.

Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions

## **Green Tea Ice Cream**

### *Ingredients*

1/3 cup Water  
1/3 cup Sugar  
2 teaspoon Powdered Green Tea  
1 cup Heavy Cream  
1 cup Light Cream

### *Method*

Combine the water and sugar in a saucepan and cook over low heat, stirring until the sugar dissolves. Simmer the syrup for 5 minutes.

In a separate bowl, mix 1 tablespoon of the syrup with the powdered green tea and then add this mixture to the syrup in the saucepan. Stir until evenly mixed.

Add the light cream and the heavy cream and stir.

Pour the mixture into the removable ice cream bucket of the Gourmet Ice Cream Maker and start the cycle.

## Ben and Jerry's Heath Bar Crunch Ice Cream

### *Ingredients*

4 Heath Bars  
2 cups Heavy or whipping cream  
2 large Eggs  
1 cup Whole milk  
3/4 cup Sugar  
2 teaspoons Vanilla

### *Method*

Using a sharp knife, cut the candy bars into 1/2 to 1 inch chunks. You should have about 1 cup. Place the chunks in a bowl, cover and freeze. Whisk the egg in a mixing bowl until light and fluffy, 1-2 minutes. Whisk in the sugar, a little at a time, then continue to whisk until completely blended, about 1 minute more. Pour in the cream, milk, vanilla, and whisk to blend. Transfer the mixture to ice cream maker and freeze following manufacturer's instructions. After the ice cream stiffens (about 2 minutes before it is done) add the candy, then continue freezing until the ice cream is ready.

Makes generous 1 quart.

### *Variation:*

***Coffee Heath Bar Crunch:*** Omit vanilla and substitute 3 tablespoon. good quality freeze-dried coffee. Add 2 tablespoon coffee with the cream and milk, and add the remaining 1 tablespoon coffee with the candy( after the ice cream stiffens.

## Honey Apple Cinnamon Raisin Walnut Ice Cream

### *Ingredients*

1/3 cup raisins  
1 cup water  
1 cup whole milk  
1 cup half and half  
1/2 cup honey  
4 egg yolks  
1/4 cup apple syrup  
1 cup cream  
1 teaspoon cinnamon  
1/3 cup chopped walnuts

### ***Method***

Soak the raisins in the water overnight. Beat egg yolks in a bowl Mix milk, half and half, and honey in a pan. Heat to a boil. Pour half of milk/honey mixture into egg yolks, beating while you pour.

Beat well, and beat into remaining milk/honey mixture in pan. Mix over low heat for 3-5 minutes.

Mix in apple syrup Let cool and add cream. Right before adding to ice cream maker, beat in cinnamon. Drain raisins and mix with walnuts When ice cream has stiffened (2 minutes before done), add raisins and walnuts

## **Cream Crunchy Honeycomb Ice Cream** <http://www.ice-cream-recipes.com>

### ***Ingredients:***

5 tablespoons sugar  
2 tablespoons golden syrup  
1 pint (500ml) whipping cream  
1 tin (small) of condensed milk  
1 teaspoon bicarbonate of soda

### ***Method***

Place the syrup and sugar together in a pan and heat gently to melt them together. When melted, boil for about 3 minutes - the mixture should become a dark, golden color. Take the pan off the heat and stir the bicarbonate of soda into the mixture, creating a froth as you do so. Pour the mixture straight away onto a greased, baking tray and leave it to cool and set.

Once the honeycomb is set, take a separate mixing bowl and whip the cream until it's thick (not stiff), then stir in the condensed milk.

Take the honeycomb and crush it into small pieces before adding to the cream and condensed milk mixture. Stir until fully blended in.

Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## **Irish Cream Ice Cream**

### ***Ingredients***

1 cup granulated sugar



1/2 cup brown sugar  
1/4 cup Irish Crème Liqueur  
3 eggs  
Milk

### ***Method***

Blend together all ingredients, using enough milk to bring the mixture to one-half gallon.  
Freeze in an ice cream freezer according to manufacturer's directions. Serve with fresh strawberries and brownies. This freezes as a leftover very well. The liqueur causes it to stay somewhat soft.  
Makes about 11/2 quarts.

## **Ben & Jerry's Kiwi Ice Cream**

### ***Ingredients***

6 Ripe kiwis  
2 large Eggs  
1 cup Sugar  
2 c Heavy or whipping cream  
1 tablespoon Sugar

### ***Method***

Kiwi Ice Cream is one of Ben and Jerry's more exotic, subtle flavors for the true connoisseur.  
Peel the kiwis and mash them in a bowl until pureed.  
Stir 2 tablespoons sugar into the fruit, cover, and refrigerate 1 hour. Whisk the eggs in a mixing bowl until light and fluffy, 1-2 minutes. Whisk in 1 cup sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. pour in the cream and whisk to blend. stir in the kiwis. Transfer the mixture to an ice cream Maker and freeze following manufacturer's instructions.  
Makes 1 quart.

## **Light Lemon Ice Cream**

### ***Ingredients***

Grated zest and juice of 3 large lemons  
6 oz (175 g) caster sugar

2 egg whites  
1/2 pint (300 ml) double cream.

### *Method*

Put the lemon zest and juice, the sugar and 1/4 pint (150 ml) water into a saucepan and heat gently, stirring constantly until the sugar has dissolved. Bring to the boil and simmer for five minutes, or until you have a light syrup. Lightly whisk the egg whites and, whisking all the time, pour in the still hot syrup. Leave until cold, stir in the cream.  
(Makes approximately 1 pint)

## **Lemon Balm Ice Cream** from the Washington Hotel

### *Ingredients*

2 cups milk  
2 cup heavy cream (35%)  
1 oz. corn syrup  
1/4 teaspoon salt  
7 oz. sugar  
1/2 vanilla bean  
9 oz. fresh lemon balm leaves  
10 oz. egg yolks

### *Method*

Combine milk, cream, corn syrup, salt and half the sugar in a saucepan.  
Split the vanilla bean in half lengthwise and scrape the seeds into the pan.  
Put the pod and lemon balm leaves into the milk mixture and bring to a boil over medium heat.  
As soon as the mixture boils, remove from heat. Allow the mixture to sit undisturbed for 30 minutes.  
Gently strain the milk mixture through a coarse sieve to remove the pod and leaves.  
Reheat the strained mixture until it simmers.  
Blend yolks with the remaining sugar. Add 1/3 of the hot milk mixture gradually, whipping constantly.  
Mix the warmed egg yolks into the hot milk and cook, stirring constantly until the mixture is 180F and coats the back of the spoon. This is important to kill any bacteria.  
Transfer to an ice bath and cool to 40F. Cover and refrigerate for 12 hours or overnight.  
Make in ice cream maker according to manufacturer instructions. Makes 1 1/2 quarts

## Licorice Toffee Ice Cream <http://www.ice-cream-recipes.com>

If you like licorice and especially licorice toffee, you'll love making this ice cream

### *Ingredients*

4 egg yolks  
1/2 pint (250ml) milk  
1/2 pint (250ml) double/heavy cream  
4 oz (100g) sugar or caster sugar  
6 oz (150g) licorice toffee sweets  
1 teaspoon vanilla extract (this is optional)

### *Method*

Place the licorice toffee sweets into a saucepan and stir in the milk. Bring the pan slowly up to boiling point, stirring all the time and be sure that the toffees completely melt.

This can take 5 to 10 minutes. Place to one side.

In a separate bowl, beat and mix together the egg yolks and sugar until thick.

Pour the hot milk and toffees mixture into the combined egg yolks and sugar, stirring whilst doing so. Then pour this back into the pan and heat gently; keep stirring until the custard thickens - DO NOT BRING TO THE BOIL OR IT WILL PROBABLY CURDLE. When you can see a film form over the back of your spoon it's time to remove the saucepan from the heat. Leave to cool.

When the custard base is cold stir in the cream (and the vanilla extract if you want to use it).

Transfer the whole mixture into an ice cream maker and freeze according to the manufacturer's instructions.

## Lychee Ice Cream

### *Ingredients*

1 quart whole milk  
2 1/2 tsp. corn starch  
1 teaspoon gelatin  
3/4 cup sugar  
1 cup fresh cream  
1 tsp. vanilla essence  
1/2 cup cold milk  
1 cup lychee, chopped coarsely in blender  
1 tbsp. chopped nuts

### ***Method***

Bring milk to a boil. Boil for 15 minutes on low, stirring occasionally.

Mix corn starch in 1/2 cup cold milk, keep aside.

Add sugar to milk, stir. Add corn starch paste, stirring continuously, till boil resumes.

Boil for a further 4-5 minutes, take off fire.

Sprinkle gelatin over 3 tbsp. water in a small pan.

Allow to soak for 5 minutes. Warm over gentle heat, till dissolved. Do not bring it to a boil.

When boiled milk cools a little, add gelatin solution and mix well.

Cool to room temperature, freeze in covered tray, till set but not hard.

Break into pieces, beat with an egg beater till soft. Add cream and essence, mix well.

The texture should be light and creamy.

When semi set, take out, crush lightly.

Add lychees, nuts and mix gently. Set again till firm.

Take out and serve in individual bowls.

Garnish with a lychee or chopped nuts on top.

Serve with a scooper, when well chilled and set.

## **Mandarin Orange Ice Cream**

### ***Ingredients***

1 cup milk

1/2 cup granulated sugar

3 egg yolks

1 teaspoon vanilla extract

2 cups cream, whipped

1/3 cup roughly crumbled brandy snaps

Approximately 1 pound can mandarin oranges, drained and chopped

3 tablespoons brandy (optional)

### ***Method***

In a heavy-based saucepan, gently heat milk to just below boiling point. Beat egg yolks with sugar in a bowl until very thick and light. Stir in milk. Return mixture to the rinsed pan and cook over a low heat, stirring constantly, until thickened. Remove from the heat, stir in vanilla extract and cool, stirring occasionally. Fold cream, brandy snaps, mandarin oranges and brandy, if you are using it, into the custard. Pour mixture into a container. Cover and freeze until firm.

About 30 minutes before serving, transfer ice cream to the refrigerator. Serves 6 to 8.

## Mango Ice Cream 1

### *Ingredients*

- 1 can mango pulp
- 1 can sweetened condensed milk
- 1 container "cool whip" available in the super markets frozen dairy section.
- 1/2 cup chopped pistachio nuts.
- 2 teaspoon rose water.

### *Method*

Mix mango pulp, condensed milk, cool whip with electric mixer for 4-5 mts.  
Add rose water. Pour it in airtight container (rubbermaid, tupperware etc), sprinkle with chopped nuts.  
Freeze it overnight in your freezer.  
Makes about 20 servings.

## Mango Ice Cream 2

### *Ingredients*

- 1 Mango
- 1 1/2 cup Half & half
- 1 tablespoon Lemon juice
- 1 Egg yolk; beaten
- 2 teaspoon Cornstarch
- 2 tablespoon Light corn syrup
- 1/3 cup Sugar

### *Method*

Peel mango. Cut pulp from seed; discard seed. In blender or food processor fitted with metal blade, puree mango pulp with lemon juice. In medium saucepan, combine cornstarch and sugar. Stir in half and half, beaten egg yolk and corn syrup. Cook and stir over medium heat until bubbly; cook 1 minute longer. Cool. Stir in pureed mango. Pour into ice cream canister. Freeze in ice cream maker according to manufacturer's directions. Makes about 1 quart.

## Marmalade Ice Cream <http://www.ice-cream-recipes.com>

### *Ingredients:*

- 1 pint (500ml) single/light cream
- 1/4 pint (125ml) double/heavy cream

3 egg yolks  
4 oz (100g) caster sugar  
8oz (200g) marmalade (such as course cut, dark Seville \*)

### *Method*

\* ideas for choice of marmalade include orange, grapefruit, ginger BUT DO NOT USE the sweet jelly type as it produces far too sweet a taste in the ice cream.

Pour the single/light cream into a pan and heat up almost to boiling point (DO NOT BOIL). In a separate bowl whisk together sugar and egg yolks until the mixture's fluffy (not stiff). Stir in the hot cream.

Put the bowl over a pan of hot but not boiling water and wait for the custard to thicken, stirring all the time.

Take the pan off the heat and stir in your chosen marmalade, stirring until fully melted and then leave the mixture to cool.

When the custard is actually cold, whip the double/heavy cream until it's stiff and mix into the custard.

Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## Maple Walnut Ice Cream

### *Ingredients*

4 egg yolks  
3 cups table cream  
3/4 cup walnut pieces  
1 cup amber maple syrup

### *Method*

Beat egg yolks.

Put table cream in a sauce pan and bring almost to a boil.

Beat heated cream into eggs.

Cool.

Mix in maple syrup just before freezing in ice cream machine.

When almost done, stir in walnut pieces.

Notes: This also makes a good Maple Ice Cream Recipe

If you can get Grade B maple syrup, use it instead and reduce it to half-a-cup (you may need to experiment here; possibly 3/4 cup would be better). Note: I used to recommend getting Grade C, but apparently the high-end of that has been renamed Grade B, and the low end of that is illegal to sell in retail stores (at least in Vermont).

Be careful with the cream: If you decrease the milkfat content, then the ice cream will be slushy and have a poor texture.

## Melon-Mango Ice Cream From Diabetic Living

### *Ingredients*

2 cups whole milk  
2 cups buttermilk  
2 cups fat-free half-and-half  
1 cup sugar\*  
1 tablespoon vanilla  
1-1/2 cups chopped cantaloupe  
1-1/2 cups chopped mango  
Edible flowers (optional)

### *Method*

In a large bowl, combine milk, buttermilk, fat-free half-and-half, sugar, and vanilla. Stir to dissolve sugar.

In a blender or food processor, combine cantaloupe and mango. Cover and blend or process until smooth. Stir pureed fruit into milk mixture. Freeze in a 4- to 5-quart ice cream freezer according to the manufacturer's directions. If desired, ripen for 4 hours.\*\*

If desired, garnish individual servings with edible flowers. Makes about 3 quarts (twenty four 1/2-cup servings).

*\*Sugar Substitutes:* We do not recommend sugar substitutes for this recipe.

## Fresh Mint Ice Cream <http://www.ice-cream-recipes.com>

### *Ingredients:*

fresh mint (7 or 8 sprigs)  
5 tablespoons caster sugar  
3 egg whites  
3/4 pint (375 ml) crème fraîche

### *Method*

Take the mint leaves and finely chop them. Using a food blender or food processor or even a traditional pestle and mortar, blend in the sugar and when well mixed together then stir in the crème fraîche.

Whisk the 3 egg whites until stiff and fold into the mixture.

Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## Mint Chocolate Chip Ice Cream

### *Ingredients*

1/2 pint (300 ml) milk  
1/2 pint (300 ml) double cream  
3 oz. (75 g) caster sugar  
5 oz. (150 g) plain chocolate  
1 teaspoon peppermint essence

### *Method*

A few drops green food coloring (optional) - 4-5 tablespoons creme de menthe (optional). Dissolve the sugar by putting it and the milk in a saucepan and heating it slightly. Leave the milk until cold. Grate the chocolate and keep it on one side. Stir the cream, peppermint essence and, if you are using them, the food coloring and creme de menthe into the cooled milk. Pour it all into the ice cream maker. Just as the ice cream starts to thicken add the grated chocolate and then continue freezing the mixture. (Makes approximately 1 1/4 pints)

## Fresh Mint Chocolate Chip Ice Cream

### *Ingredients:*

2 cups half-and-half  
1 cup heavy cream, divided  
1 cup packed mint leaves  
4 large egg yolks  
2/3 cup sugar  
pinch of salt  
1/2 cup bittersweet or semisweet chocolate chips  
2 teaspoons canola oil

### *Method*

In a medium size saucepan, combine the half-and-half and 1/2 cup of the cream. Add the



mint leaves and cook over medium heat until bubbles begin to form around the edge of the pan (about 5-6 minutes). Move the pan to a cool burner and let it sit for 20 minutes. In a separate bowl, whisk together the remaining 1/2 cup cream to the 4 egg yolks. Then whisk in the sugar and the salt. Take 1/2 cup of the warm cream mixture and slowly whisk it into the bowl with the eggs mixture. Don't worry if some mint leaves come with it. Slowly pour the egg and cream mixture back into the sauce pan, whisking the whole time. Cook this concoction together over low heat stirring with a wooden spoon the whole time and taking care not to let it simmer. It's done when you can draw your finger through the coating on the back of a spoon and it leaves a path. To remove the mint leaves, pour the hot cream through a fine strainer, pressing on the mint leaves to squeeze out all the mintiest cream. Bring the mixture to room temperature by placing the container with the minty cream in an ice bath. Stir periodically until cool (about 30 minutes). Cover with plastic wrap directly on the surface of the cream to prevent a "skin" from forming and refrigerate for 3-24 hours. When you are ready to churn the ice cream, first make the Chocolate Chips. Place 1/2 cup of chocolate chips in a microwave safe bowl. Microwave for 40 seconds. Stir and microwave again for 5-10 second bursts until they are almost, but not quite completely melted. Add the oil and stir until any remaining lumps are made smooth. By the time you are ready to add this to the ice cream, it will be room temperature. Turn on your machine so that it is running as you pour in the minty cream. Freezing times will vary, 20-30 minutes. This finished consistency is sometimes described as like thick whipped cream. Dribble in the melted chocolate and let the machine take chunks of it away before putting in a little more. The chocolate will begin to freeze almost immediately. After all the chocolate is added, let it churn for another 30 seconds. It's delicious right away, but more like soft serve than traditional ice cream. Place plastic wrap directly on the surface of the ice cream and freeze for 3+ hours to give it the consistency of gourmet ice cream.

## Muskmelon Ice Cream

### *Ingredients*

1 small sweet muskmelon  
1 quart whole fat milk  
1 cup fresh cream,  
3/4 cup sugar  
2 tablespoon corn starch  
2 drops vanilla extract

### *Method*

Peel, dressed, chop and mash muskmelon to pulp. Keep aside, refrigerated till required. Bring milk to boil, saving 1/4 cup to keep cold. Dissolve corn starch in cold milk, keep aside. Boil milk for approx.15-18 minutes. Gently pour in dissolved corn starch, stirring continuously.

Boil on low, further 3-4 minutes. Take off fire, add sugar and vanilla essence.  
Stir till sugar dissolves, cool to room temperature. Cover with a plastic sheet or cling film.  
Set at highest freezer setting, till almost set, but not hard.  
Remove, chop and beat till fluffy. Beat cream a little, add to beaten icecream.  
Add muskmelon pulp, fold in gently. Transfer back to freezer as before.  
Freeze till well set. Scoop dollops and serve topped with kharbooja seeds sprinkled on top.

## Needham Ice Cream

This easy ice cream combines the flavors of an old-fashioned chocolate-coconut candy bar. It's made with coconut cream, chunks of semisweet chocolate, and flaked coconut.

### *Ingredients:*

1 cup heavy cream  
1/2 cup half-and-half  
1/2 cup pasteurized egg substitute  
1 can (15 ounces) coconut cream, such as Coco Lopez  
2 teaspoons vanilla  
1 cup sweetened flaked coconut  
2 ounces semisweet chocolate, chopped into small chunks, or mini semisweet chocolate chips

### *Method*

Combine cream, half-and-half, egg substitute, coconut cream, and vanilla in a blender. Process until well blended. Pulse in coconut just until mixed. Pour into ice cream freezer; stir in chocolate chunks. Follow manufacturer's directions for making ice cream. Keep in the freezer.

## Nougat Ice Cream <http://www.ice-cream-recipes.com>

### *Ingredients:*

1/2 pint (250ml) double (heavy) cream  
1/2 pint (250ml) milk  
4 egg yolks, 4oz (100g) sugar or caster sugar  
2 teaspoons vanilla extract  
1/2 teaspoon almond extract

Mixture of chopped nuts made up from:

1/4 cup pistachio nuts, 1/4 cup almonds, 1/4 cup walnuts

### *Method*

First of all beat and mix together the egg yolks and sugar until thick. Separately, pour the milk into a saucepan and scald it (bring slowly up to boiling point). Pour the hot milk into the egg yolks and sugar mix whilst continuously stirring. Then pour the mixture back into the pan and heat gently, stirring until the custard thickens - DO NOT BRING TO THE BOIL OR IT WILL PROBABLY CURDLE. When you can see a film form over the back of your spoon it's time to remove the saucepan from the heat. Leave to cool.

Whilst the custard base is cooling, whip the cream until stiff and separately beat the egg whites until stiff. Stir the stiffened cream and egg whites into your cooled custard. Then stir in the vanilla and almond extracts and the chopped nuts.

Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## Toasted Oat, Apple and Fromage Frais Ice Cream

### *Ingredients*

4 oz. (100g) porridge Oats  
2 eating apples  
2 oz. (50 g) hazelnuts (chopped)  
1/2 pint (300 ml) Fromage Frais or soured cream  
1/2 pint (300 ml) single cream  
4 tablespoons runny honey (or to taste)

### *Method*

Mix the oats and nuts together and put them under the grill for a few minutes to brown. Watch them carefully and turn them carefully. Peel and core the apples and grate the fruit finely. Stir together the Fromage Frais and cream and add all the other ingredients, checking to see if it is sweet enough.

(Makes approximately 1 1/4 pints)

## Creamy Orange Ice Cream <http://www.ice-cream-recipes.com>

### *Ingredients:*

1/2 pint (250ml) double/heavy cream  
1/2 pint (250ml) single/light cream  
2 oz. (50g) sugar (more if you prefer a sweeter recipe)

2 cups of fresh orange juice

### *Method*

Gently stir together the cream, sugar and orange juice and then beat until creamy. Transfer the complete mixture into an ice cream maker and mix/freeze according to the manufacturer's instructions.

## **Ben & Jerry's Oreo Mint Ice Cream**

### *Ingredients*

2/3 cup Oreo's; coarsely chopped  
2 cup Heavy or whipping cream  
2 large Eggs  
1 c Milk  
3/4 cup Sugar  
2 teaspoon Peppermint extract

### *Ingredients*

Ben and Jerry have been making Oreo Mint ever since they opened their first store in the gas station. it was their top-selling flavor for a long time and was only recently nudged out of first place by Heath Bar Crunch.

Place the cookies in a bowl, cover and refrigerate. Whisk the eggs in a mixing bowl until light and fluffy, 1-2 minutes. Whisk in the sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. Pour in the cream and milk and whisk to blend. add the peppermint extract and blend again. Transfer the mixture to an ice cream maker and freeze following manufacturer's instructions. After the ice cream stiffens, about 2 minutes before it is done, add the chopped cookies, then continue freezing until the ice cream is ready.

Makes 1 generous quart.

## **Ben & Jerry's Fresh Georgia Peach Ice Cream**

### *Ingredients*

2 cup Ripe peaches; finely chopped  
2 large Eggs  
1 1/4 cup Sugar  
2 cup Heavy or whipping cream

1/2 Juice of lemon  
1 cup Milk

### *Ingredients*

Ben and Jerry prefer small peaches because they have more flavor and less water than the larger ones.

Combine the peaches, 1/2 cup of the sugar, and the lemon juice in a bowl. Cover and refrigerate for 2 hours, stirring the mixture every 30 minutes. Remove the peaches from the refrigerator and drain the juice into another bowl. Return the peaches to the refrigerator.

Whisk the eggs in a mixing bowl until light and fluffy, 1-2 minutes. Whisk in the remaining 3/4 cup sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. Pour in the cream and milk and whisk to blend. Add the peach juice and blend. Transfer the mixture to an ice cream maker and freeze following manufacturer's instructions. After the ice cream stiffens (about 2 minutes before it is done) add the peaches, then continue freezing until the ice cream is ready. Makes 1 generous quart.

## **Peach Ice Cream**

### *Ingredients*

makes about 1.5 quarts:

6 medium peaches (about 2 lbs), peeled and stoned,

4 cups frozen unsweetened peach slices, thawed.

1 cup sugar

3 cups heavy cream

1 cup milk

2 teaspoons vanilla extract

### *Method*

In a large bowl, mash the peaches into a course puree.

Stir in 1/4 cup of the sugar. Let stand 1 hour.

Add the cream, milk, remaining 3/4 cup sugar, and vanilla to peaches, stirring to blend.

Refrigerate, covered, until very cold, at least 3 hours or as long as 3 days.

Stir the mixture to blend and pour in to the canister of an ice cream maker.

Freeze according to the manufacturer's directions.

Eat at once or transfer to a covered container and freeze up to 8 hours.

## Peach Ice Cream 2 - The Neelys

### *Ingredients*

5 large ripe peaches, peeled, pitted and chopped  
1/4 cup water  
1 (12-ounce) can peach nectar  
1 cup sugar  
4 ounces sour cream  
1 pint heavy cream  
1/4 teaspoon vanilla extract  
2 teaspoons lemon juice  
Praline Pecan Sauce, recipe follows

### *Method*

Cook's Note: A few hours before making, place ice cream insert into the freezer  
Place chopped peaches into a saucepan. Add water and a can of peach nectar. Cook over medium heat until soft and cooked through, about 10 minutes. Remove from heat and drain peach juice. Place peaches into a large bowl; add sugar and allow to cool to room temperature. Add sour cream, heavy cream, vanilla extract and lemon juice to the bowl with the peach mixture. Using an emersion blender mix together to incorporate. (If you do not have an emersion blender, a food processor works just as well.) Remove ice cream insert from the freezer and turn the machine on. Pour the peach mixture into the insert and follow manufacturer's instructions for churning. Freeze ice cream in a covered container until ready to serve.  
Serve warm Praline Pecan Sauce 9Below) over ice cream.

### *Praline Pecan Sauce:*

### *Ingredients*

2 1/2 cups chopped pecans  
1 cup light brown sugar  
1 cup light corn syrup  
1 stick butter, melted  
1/4 teaspoon salt  
1 teaspoon vanilla extract

### *Method*

In a large saucepan over medium heat, combine all ingredients and bring to a boil. Reduce heat, and simmer for 10 minutes, stirring frequently until smooth and syrupy. Serve warm. Store leftover sauce, covered, in the refrigerator.

## Burnt Peach Ice Cream

### *Ingredients*

2 cups half-and-half  
1 cup whipping cream  
1/2 cup granulated sugar  
1/2 cup peach preserves (not jelly)  
1 vanilla bean, split and scraped  
Pinch kosher salt  
4 medium peaches, halved, pitted and grilled or broiled until brown

### *Method*

Combine all ingredients but peaches (include the bean and its pulp) in a large saucepan and place over medium heat. Attach a frying or candy thermometer to inside of pan. (see note below)

Stirring occasionally, bring the mixture to 170° F. Remove from heat and strain into a lidded container.

Cool mixture, then refrigerate mixture overnight to mellow flavors and texture.

Freeze mixture in ice cream freezer according to unit's instructions. The mixture will not freeze hard in the machine.

Meanwhile, chop peaches roughly.

Once the volume has increased by half and reached a soft serve consistency, add the peaches and continue turning to incorporate. Spoon the mixture back into a lidded container and harden in the freezer at least 1 hour before serving.

Yield: About 1 1/2 quarts

## Peach Cherry Ice Cream

### *Ingredients*

1 1/2 cups sugar  
2 envelopes unflavored gelatin  
1/8 teaspoon salt  
8 cups light cream or half-and-half  
1/2 cup sugar  
3 cups (2 pounds) peeled, mashed fully ripe peaches  
2 cups fresh dark sweet cherries, pitted and chopped  
1/4 teaspoon ground mace  
2 eggs, beaten  
4 teaspoons vanilla

### **Method**

In a large saucepan, combine sugar, gelatin, and salt. Stir in half of light cream or half-and-half. Cook and stir over medium heat until the mixture almost boils and sugar dissolves.

Add peaches, cherries and mace. Mix until smooth. Stir about 1 cup of hot mixture into beaten eggs; return mixture to the saucepan. Cook and stir for 2 minutes. Cool.

Stir in remaining cream and vanilla.

Freeze in a 4 or 5 quart ice cream freezer according to manufacturer's directions.

Servings: 24

## **Peach And Sour Cream Ice Cream**

### **Ingredients**

2 large ripe peaches

3 egg yolks

4 oz. (100g) caster sugar

1/4 pint (150 ml) milk

¼ pint (150 ml) sour cream

Zest and Juice of 1/2 an orange

2 tablespoons Grand Marnier or Orange Brandy (optional)

### **Method**

Using the egg yolks, sugar and milk, make a custard as given for the Vanilla Ice Cream and leave it until it is cold. Peel the peaches and mash them or puree them in a food processor. Stir the orange juice and zest and, if you are using it, the liqueur into the peach puree. Beat the soured cream until smooth and stir both it and the custard into the fruit.

(Makes approximately 1 1/2 pints)

## **Peanut Butter Ice Cream** <http://www.ice-cream-recipes.com>

### **Ingredients:**

1/2 pint (250ml) double (heavy) cream

1/2 pint (250ml) single (light) cream

2oz (50g) sugar

1/2 cup peanut butter (chunky or smooth - you choose)

1/2 teaspoon vanilla extract



### ***Method***

Place the cream, sugar and peanut butter into a small/medium saucepan and heat gently. Stir all the time whilst heating. When smooth and the sugar has all dissolved, remove the saucepan and leave the mixture to cool. When cool, gently stir in the vanilla extract.

Transfer the mixture into an ice cream maker and freeze following the manufacturer's instructions.

## **Crunchy Pecan Nut and Maple Syrup Ice Cream** <http://www.ice-cream-recipes.com>

### ***Ingredients***

4 oz (100g) pecan nuts chopped  
2 oz (50g) butter  
2 tablespoons brown sugar  
2 tablespoons maple syrup  
3/4 (375ml) pint milk  
3/4 pint (375ml) double/heavy cream

### ***Method***

Using a frying pan, slowly melt the butter then add the chopped pecan nuts. Sprinkle on the sugar, stir and cook on a medium heat for approximately 3-4 minutes until the nuts are crisp. Cooking on too high a heat will burn the pecan nuts and render a bitter taste.

Remove from the pan and place to one side to cool. In a separate mixing bowl, pour in the milk, stir in the cream and then add the fried, chopped pecan nuts. Still stirring add the maple syrup until blended in.

Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## **Pina Colada Ice Cream**

### ***Ingredients:***

3 cups whole milk  
1 package (3.4 oz) Instant Coconut Cream Pudding  
1 small can (8 ounces) crushed pineapple, drained  
1 teaspoon rum flavoring  
1 teaspoon vanilla extract

### ***Method***

Combine all ingredients in a mixing bowl; mix on medium speed until well blended. Pour into prepared ice cream maker and freeze as directed.

Makes about 1 quart.

## **Pistachio Ice Cream 1** <http://www.ice-cream-recipes.com>

### ***Ingredients:***

3 eggs

1/2 pint (250ml) milk

1/2 pint (250ml) double (heavy) cream - whipped

4oz (100g) sugar

1-2 cups of pistachio nuts, shelled and blanched\*,

1/2 teaspoon vanilla extract, 1/2 teaspoon almond extract

### ***Method***

\*blanched = if you have time, then blanching can help the recipe; place the nuts in a heatproof bowl and pour boiling water over them. After 1-2 minutes, carefully drain and peel. Ensure you dispose of the hot water safely.

In a blender place the eggs, milk, sugar and all the nuts and blend until you get a smooth mixture. Pour the mixture into a saucepan and heat gently, stirring continuously and wait until it thickens.

IMPORTANT: DO NOT BRING TO THE BOIL OR IT WILL PROBABLY CURDLE. When you test the mixture over the back of your spoon and it forms a film then it's time to remove the saucepan from the heat and let the mixture cool thoroughly.

When cooled, add the vanilla and almond extracts and carefully fold in the whipped cream. Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## **Pistachio Ice Cream 2**

### ***Ingredients:***

1 1/4 cup Unsalted Pistachio Nuts (shelled)

2 1/2 cup Milk

3 Eggs

1 cup Fine Sugar  
1 cup Heavy Cream, Whipped  
1 teaspoon Almond Extract  
1 teaspoon Vanilla Extract

### *Method*

Blanch the nuts by placing them in a bowl and pouring boiling water over them. Let stand for 1 minute. Drain and peel the pistachios.

Blend the nuts, milk, eggs and sugar to a smooth consistency. Pour into a saucepan. And cook over low heat until the mixture thickens, about 25 minutes. Do not boil.

Allow to cool, then add vanilla and almond extracts. Stir. Fold in whipped cream.

Spoon the mixture into the removable ice cream bucket of the Gourmet Ice Cream Maker and start the cycle.

## **Pralines and Cream Ice Cream**

### *Ingredients*

2 cups heavy cream (35%)  
1 cup homogenized milk (3.5%)  
3/4 cup sugar  
1 vanilla bean  
3/4 teaspoon vanilla extract  
1 cup pecan brittle

### *Method*

Mix half the cream with the sugar in a saucepan.

Split vanilla bean down the center lengthwise. Scrape the seeds into the cream and sugar mix.

Over medium heat, warm the cream, sugar and vanilla pod until the sugar dissolves.

Add the rest of the cream, milk and vanilla extract.

Cover and chill in freezer until the edges begin to turn solid.

Remove vanilla pod and churn in an ice cream maker according to manufacturer instructions.

A minute before the ice cream is done, stir in 3/4 cup of the nut brittle.

Serve with remaining brittle sprinkled on top

## Pumpkin Ice Cream 1

### *Ingredients:*

14 oz. can of pumpkin  
1/2 cup brown sugar  
1/4 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1/4 teaspoon ginger  
1/2 cup maple syrup  
1 cup milk  
2 cups whipping cream

### *Method*

Mix ingredients and freeze in ice cream maker. Tastes like pumpkin pie

## Pumpkin Ice Cream 2

### *Ingredients:*

3/4 cup brown sugar  
1 cup canned solid-pack unsweetened pumpkin or puree below  
1 teaspoon cinnamon  
3 egg yolks  
1/4 cup granulated sugar  
1/4 teaspoon grated nutmeg  
1/8 teaspoon ground cloves  
1/2 teaspoon ground ginger  
2 cup heavy cream  
2 cup milk  
1/8 teaspoon salt  
1 tablespoon vanilla extract

### *Method*

Combine cream, milk, brown sugar and granulated sugar in a medium-sized saucepan over medium heat. Cook, stirring, until the mixture is hot but not boiling, about six minutes. Whisk eggs in a medium bowl. Gradually whisk 1 cup of the warm cream mixture into the bowl with the eggs.

Pour the egg mixture back into the saucepan, reduce the heat to medium-low, and cook, stirring, until the mixture thickens enough to coat the back of a spoon, 5 to 10 minutes. Do not boil.

Strain the custard into another bowl and cover it partially with plastic wrap. Cool at least one hour at room temperature.

Combine pumpkin, vanilla, cinnamon, ginger, nutmeg, cloves and salt in a medium bowl and blend well. Add to the cooled custard and mix so that all the ingredients are evenly distributed. Refrigerate, covered completely, in the coldest part of your refrigerator until the mixture is very cold, about six hours.

Stir the cold pumpkin mixture, then pour into the mixing bowl of an ice cream maker. Freeze according to ice cream maker manufacturer's directions.

Put pumpkin ice cream in a container with a tight cover. Freeze at least three hours before serving.

## ***Pumpkin Puree***

### ***Ingredients***

---

1 4-lb. pumpkin  
1 cup water

### ***Method***

Preheat the oven to 350 degrees F.  
Split the pumpkin in half and seed it.  
Remove the stringy fibers by scraping the insides with a metal spoon.  
Place the two halves cut side down in a roasting pan along with 1 cup water.  
Bake the pumpkin until meltingly tender, about 90 minutes.  
Scoop the flesh out of each pumpkin half.  
Puree in a food processor fitted with a metal chopping blade.  
Use as needed

## **Perfectly Pumpkin Ice Cream**      adapted from [www.makinglifedelicious.com](http://www.makinglifedelicious.com)

### ***Ingredients***

1 tablespoons corn starch  
3 cups half and half  
2/3 cup sugar  
1 tablespoon honey  
1 teaspoons freshly grated ginger  
1/2 teaspoon ground cinnamon  
1/2. teaspoon freshly-ground nutmeg  
1/4 teaspoon kosher salt

1/4 cup dark brown sugar  
1/2 teaspoon vanilla  
1 tablespoon dark rum  
3/4 cup canned pumpkin puree (100% pure) – See Note

### **Method**

NOTE: Be sure to use the 100% pumpkin puree and NOT the pumpkin pie filling. Alternatively, you could roast your own pumpkin and then puree the hot flesh to make your puree.

Whisk together the cornstarch and . cup of the half-and-half, making sure the cornstarch is dissolved. In a medium saucepan mix rest of the half-and-half, granulated sugar, honey, ginger, ground cinnamon, nutmeg, and salt. Bring the mixture to a boil. Boil for 4 minutes. Then add the cornstarch mixture and boil for one minute more, stirring or whisking constantly, until the mixture is slightly thickened. Remove from the heat and whisk in the dark brown sugar, pumpkin puree, vanilla and rum. Press the mixture through a fine strainer into a bowl, or 4-cup pyrex measure.

Place the pumpkin base in an ice bath until cool. Then cover with plastic wrap directly on the surface of the liquid and refrigerate for at least 3 hours or, preferably, overnight. Freeze according to your ice cream maker's instructions, 20-30 minutes. Scrape the ice cream base into a chilled container and freeze it for another 3 hours until solid.

The finished flavor is very similar to a frozen pumpkin pie. At Thanksgiving, consider skipping the pumpkin pie and just serve this with Pecan Pie. It would also be delish with a warm gooey chocolate brownie. Of course, you could stir all sorts of things into this ice cream like chocolate bits, gingersnaps, toffee, candied ginger, etc. Or you can leave it plain and serve with a variety of toppings.

## **Pumpkin & Maple Ice Cream** <http://www.ice-cream-recipes.com>

### **Ingredients:**

5 egg yolks  
3/4 pint (375ml) double/heavy cream  
3 oz. (75g) caster sugar  
250g pumpkin cooked, cooled and mashed  
2.5 fluid oz. (75ml) maple syrup  
1/2 teaspoon ground nutmeg

### **Method**

First cook the pumpkin, mash and leave to cool before you start this recipe.

In a bowl place the egg yolks and caster sugar and beat well until you have a thick mixture.

Slowly add the syrup, beating all the time and when that is fully mixed in, add and beat in the

mashed pumpkin.

In a separate bowl pour the cream and add the nutmeg then beat together well until peaks begin to form. Carefully and gently stir this into the egg, sugar, syrup and pumpkin mixture. Transfer the complete mixture in an ice cream maker and freeze according to the manufacturer's instructions.

## Raspberry Ice Cream

### *Ingredients*

4 cups fresh raspberries  
1 1/2 cups sugar  
juice of half a lemon  
2 eggs  
2 cups heavy cream  
1 cup milk

### *Method*

Toss the raspberries, 3/4 cup sugar, and the lemon juice together in a bowl. Cover and refrigerate for 2 hours, stirring every 30 minutes. Whisk the eggs in a mixing bowl until light and fluffy, add the remaining 3/4 cup sugar, a little at a time, then continue whisking until completely blended. Pour in the heavy cream and milk and whisk to blend. Drain the juice from the raspberries into the cream mixture and blend. Mash the raspberries until pureed and stir them into the cream mixture. Transfer the mixture to an ice cream maker and freeze following the manufacturer's instructions.

## Raspberry Gelatin Ice Cream

### *Ingredients*

1 small box raspberry gelatin  
1/2 cup boiling water  
1 package (10 ounce size) frozen raspberries, thawed and sieved  
2 eggs  
1 cup whipping cream  
1 box (3 3/4 ounce size) instant vanilla pudding mix  
2/3 cup granulated sugar  
2 teaspoons vanilla extract  
1 quart milk

### ***Method***

Dissolve raspberry gelatin in boiling water. Stir in sieved raspberries.

Beat eggs. Add whipping cream, dry pudding mix, sugar and vanilla extract. Stir into raspberry mixture. Pour into 1 gallon ice cream freezer container. Add milk and stir until blended. Freeze according to freezer manufacturer's directions.

Note: You have scaled this recipe to serve/make 1.5 quarts (originally serves/makes 2 quarts). Please adjust for pan sizes, cooking times, measurements in the directions, and divided ingredients accordingly.

## **Raspberry Marble Ice Cream**

### ***Ingredients***

3 eggs  
1 3/4 cup light corn syrup  
1 1/2 cup milk  
3 cups frozen raspberries -- thawed and drained  
2 teaspoons vanilla extract  
1 1/2 cup heavy cream

### ***Method***

Combine and mix well the eggs, 1 cup of the corn syrup, the milk and vanilla extract. Whip cream and fold into the egg mixture. Still freeze to a mush. In a saucepan, combine raspberries and remaining 3/4 cup corn syrup. Cook over low heat for 10 min. Cool. Beat partially frozen ice cream, until smooth, with a rotary or electric beater. Return ice cream to freezing tray and drop spoonfuls of cooled raspberry syrup into the mixture. Swirl syrup through the ice cream. Still-freeze.

NOTES : Be careful when not cooking eggs. You may want to use an egg substitute or a pasteurized egg product.

## **Honey Raspberry Ice Cream**

### ***Ingredients***

1 quart raspberries  
1/3 cup raspberry honey(or any honey will do)



2 cups heavy cream  
1 cup half and half  
1 teaspoon lemon juice  
1- 1 ½ cups sugar (depending on how sweet your berries are)  
3 egg yolks  
¼ teaspoon salt

### ***Method***

In a bowl, add the yolks, sugar and honey and whisk together- set aside. Using a double boiler over medium-low heat, add the half and half, cream, raspberries and salt. (Again, I used a saucepan and it worked well.) Whisk regularly the mixture, heating until the temperature reaches about 145F. The mixture should begin to turn purple.

Once the cream mixture has reached the desired temperature, slowly add about half of the mixture to the eggs and sugar while whisking vigorously. This will prevent the eggs from curdling. Once the eggs and cream have been thoroughly integrated, pour the egg mix back into the remaining cream.

Whisk constantly and slowly as the mix rises in temperature. Once the temperature reaches 165-170F — or when the mix evenly coats the back of a spoon — remove from heat and add the lemon juice. Whisk them in completely and run through a sieve (if you wish) to remove any raspberries seeds. Move to a new container to cool. The mix can be placed in the freezer for 2 to 3 hours or, preferably, into the refrigerator overnight.

Churn according to your ice cream maker's instructions. After churning, place in freezer to firm up. I recommend placing a seal of plastic wrap tightly against the ice cream after making it to prevent a skin from forming on the ice cream's surface. (I didn't do this and it turned out but I have heard this method is common.) Serve once firm enough.

### **Raspberry Ripple Ice Cream**      <http://www.ice-cream-recipes.com>

NOTE: This is a vanilla ice cream (custard base) with raspberry sauce rippled in

#### ***Ingredients:***

For the ice cream base:

4 egg yolks  
1/2 pint (250ml) milk  
1/2 pint (250ml) double/heavy cream  
4 oz (100g) sugar or caster sugar  
1 vanilla pod (sliced down the middle)

#### ***For the raspberry sauce:***

8 oz (200 g) fresh raspberries

2 tbs caster sugar

### *Method*

To make the vanilla ice cream .... pour the milk into a saucepan and bring the pan slowly up to boiling point. Place the vanilla pod into it and leave to infuse for about 20 minutes. In a mixing bowl, beat and mix together the egg yolks and sugar until thick. Carefully remove the vanilla pod from the pan of milk and scrape out the seeds into the milk. Pour the milk into the mixture of egg yolks and sugar whilst stirring. Pour the mixture back into the pan and heat gently, stirring until the custard thickens - DO NOT BRING TO THE BOIL OR IT WILL PROBABLY CURDLE. When you can see a film form over the back of your spoon it's time to remove the saucepan from the heat. Leave to cool. When the custard base is cold stir in the cream. then transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

To make the raspberry sauce .... mash the raspberries and strain through a sieve then stir the caster sugar into the raspberry juice. A few minutes from the end of the freezing time in the ice cream maker, swirl in the raspberry sauce through the slot in the machine whilst it's still churning the ice cream.

## Rocky Road Ice Cream

### *Ingredients*

1/4 cup unsweetened cocoa powder  
3/4 cup sugar  
1 cup milk  
1 teaspoon vanilla extract  
Dash of salt  
1 cup whipping cream  
1 ounce semisweet chocolate square  
1/2 cup miniature marshmallows  
1/4 cup pecans (optional)

### *Method*

In heavy saucepan, combine cocoa powder and sugar. Gradually stir in milk. Cook over low heat, stirring constantly, until chocolate is melted. Remove from heat and refrigerate at least 2 hours.

When ready to freeze, mix whipping cream, salt, and vanilla extract into the chilled mixture. Start ice cream maker and pour mixture through hole in lid.

After 15 minutes, add coarsely chopped semisweet chocolate and pecans. Continue to freeze

until desired consistency or the unit stops. Stir in marshmallows.

Source: Hamilton Beach

## Rum Raisin Ice Cream

### *Ingredients*

3/4 cup Raisins

1/2 cup Rum

1 cup Milk

1/2 cup Sugar

2 Eggs

2 cup Whipping Cream

### *Method*

Place the raisins in a bowl and cover with rum. Allow to soak for several hours or overnight.

Warm the milk in a pan.

Whisk the eggs and sugar together in a separate bowl.

Slowly add the warm milk while continuing to whisk. Pour mixture back in the pan and heat slowly until thickened, stirring constantly. Do not boil.

Allow to cool to room temperature.

Add whipping cream to mixture and stir.

Spoon the mixture into the removable ice cream bucket of the Gourmet Ice Cream Maker and start the cycle.

Add the rum and raisins just before the end of the freezing process.

## Strawberry Ice Cream

1 cup Sugar

2 Tablespoons Flour

¼ teaspoon of Salt

1 1/2 cup Milk

2 Eggs, Slightly Beaten

1 1/2 cup Fresh Strawberries, Pureed

1 1/2 cup Whipping Cream

1 1/2 teaspoon Vanilla Extract

1 teaspoon Almond Extract

Combine 3/4 cup sugar, flour and salt; set aside.

Scald milk in a double boiler. Add a small amount of the hot milk to the sugar mixture, stirring to make a smooth paste. Stir sugar mixture into the remaining milk; cook, stirring constantly, until thickened. Cover and cook for 10 minutes.

Stir an small amount of the hot mixture into the slightly beaten eggs. Stir eggs into the remaining hot mixture; cook stirring constantly for 1 minute. Let cool.

Combine the pureed strawberries, remaining 1/4 cup sugar, whipping cream, vanilla extract and almond extract; stir into the custard. Spoon the mixture into the removable ice cream bucket of the Gourmet Ice Cream Maker and start the cycle.

## Strawberry Cheesecake Ice Cream

### *Ingredients*

3 ounces cream cheese (softened)  
1 (17-ounce) can sweetened condensed milk  
1 cup heavy whipping cream  
1 teaspoon vanilla extract  
1 cup frozen strawberries (slightly thawed)  
1/2 cup graham cracker crumbs

### *Method*

Remove cream cheese and strawberries from the refrigerator. Allow cream cheese to soften and the strawberries to become slightly thawed.

In a medium bowl, beat cream cheese until fluffy.

Gradually add sweetened condensed milk until smooth, (you may use a hand mixer).

Mix in heavy whipping cream and vanilla.

Chop strawberries into small pieces and stir into mixture.

Start ice cream maker and pour mixture through hole in lid. Freeze until desired consistency or the unit stops.

Stir in graham cracker crumbs

Source: Hamilton Beach

## Spumoni Ice Cream

### *Ingredients*

2 cups whipping cream  
2/3 cup sweetened condensed milk  
1/2 teaspoon rum extract  
1 (21 ounce) can cherry pie filling

1/2 cup chopped almonds  
1/2 cup miniature chocolate chips

### *Method*

Combine whipping cream, milk and rum extract in a large bowl; cover and refrigerate for 30 minutes.

Remove from the refrigerator and beat just until soft peaks form. Do not over-beat. Fold in the cherry pie filling, almonds and chocolate chips. Transfer to an 8-inch square pan. Cover and freeze for about 4 hours or until firm. Scoop into dessert dishes and serve.

## Sweet Potato Pecan Ice Cream

### *Ingredients*

1 large sweet potato  
1/2 cup chopped pecans  
1 teaspoon vanilla extract  
1/2 teaspoon nutmeg  
1 (12 ounce) can evaporated milk  
About half a (14 ounce) can sweetened condensed milk  
1 1/2 cups granulated sugar  
3 eggs, well beaten

### *Method*

Bake sweet potato at 375 degrees F for 45 minutes (until easily pierced by a fork). Let cool, then peel and mash.

Combine potato, pecans, vanilla extract, and nutmeg.

In a separate bowl, blend milk, sugar, and eggs thoroughly. Heat this mixture in a saucepan over medium heat for 5 minutes, but don't let it come to a boil. Chill completely in the refrigerator.

Combine the two mixtures and process in an ice cream machine according to manufacturer's instructions.

## Tutti-Frutti Ice Cream

### *Ingredients*

2/3 cup raisins

2 tablespoons chopped candied cherries  
2 tablespoons chopped candied pineapple  
2 tablespoons chopped candied orange peel  
1 tablespoon chopped candied angelica  
Long strip of lemon peel  
4 tablespoons brandy or orange liqueur  
4 eggs, separated  
1 cup confectioners' sugar, sifted  
1 1/4 cups heavy cream, whipped  
2 1/2 tablespoons slivered almonds

### *Method*

Soak fruits and lemon peel in brandy or liqueur for at least 4 hours.

Put egg yolks and sugar in a bowl and beat until thick and light. In another bowl, whip egg whites until stiff but not dry. Fold egg whites into egg yolks with the cream. Pour the mixture into a container.

Cover and freeze until beginning to become firm around the edges. Remove and discard the lemon peel from the fruits. Mix the fruits, the soaking liquid, and the almonds into the ice cream. Spoon into a 5-cup bowl. Cover and freeze until firm.

About 20 minutes before serving, turn out onto a cold plate and leave in the refrigerator.

Decorate with angelica leaves and quartered cherries arranged in the shapes of flowers.

Serves 6 to 8.

## **Vanilla Ice Cream**

### *Ingredients*

4 cups whole milk  
1 cup milk powder  
1/2 teaspoons Knox gelatin  
1/2 cup sugar  
2 teaspoons corn starch  
1 teaspoon butter  
2 - 3 drops vanilla

### *Method*

Boil 3 cups of milk. Keep aside 1 cup of Milk.

Mix Milk powder, Gelatin, Sugar & Corn starch in 1 cup of Milk which is kept aside.

Put that mixture in the boiling Milk.

Cool it. Afterwards put butter and few drops of Vanilla essence and keep in freezer.  
Take out after 1/2 hour and put in the mixer.  
Put again in the freezer. It will be ready to serve.

## Simple Premium Style Vanilla Ice Cream Mix

### *Ingredients*

1/2 pint cream or half-and-half  
1 can condensed milk  
2 to 3 teaspoon 100 percent vanilla

### *Method*

In a mixing bowl, combine 1/2 pint cream or half-and-half, 1 can condensed milk, 2 to 3 teaspoon 100 percent vanilla. Whisk to completely combine. Cover the bowl with plastic wrap and place in the refrigerator until the mixture is cold. Pour into the ice cream freezer and churn. This [recipe](#) can be doubled or tripled for larger churns.

## Old-Fashioned Vanilla Ice Cream

Source: Ice Cream & Frozen Yogurt by Mable Hoffman  
Makes about 2 quarts

### *Ingredients*

1 1/3 cups sugar  
1 tablespoon cornstarch  
1/4 teaspoon salt  
3 cups milk  
2 egg yolks  
1 (5-oz.) can evaporated milk  
1 cup whipping cream  
1 tablespoon vanilla extract

### *Method*

In a medium saucepan, combine sugar, cornstarch and salt. Stir in milk. Stir over medium heat. Simmer 1 minute over low heat; set aside.

In a small bowl lightly beat egg yolks. Stir about 1 cup milk mixture into egg yolks. Stirring

constantly, pour egg-yolk mixture into remaining milk mixture. Cook and stir over low heat 2 minutes or until slightly thickened.

Add evaporated milk, whipping cream and vanilla. Cool to room temperature.

Pour into ice-cream canister. Freeze in ice-cream maker according to manufacturer's directions.

## Old English Toffee Ice Cream

### *Ingredients:*

4 tablespoon melted butter

1/3 cup granulated sugar

1 tablespoon water

1 cup sugar

1 1/2 cups half & half

1 pint whipping cream

two eggs

1 can Eagle Brand sweetened condensed milk

1/3 cup brown sugar

2 1/2 tablespoon vanilla extract

1/4 teaspoon salt

### *Method*

First, we'll prepare the toffee crunch. Lightly grease a large cookie sheet, and melt 4 tablespoons butter in a sauce pan. Add 1/3 cup granulated sugar and 1 tablespoon water. Bring the mixture to a boil and continue cooking while constantly stirring until the mix reaches 300 degrees. Remove from heat, spread quickly on the cookie sheet as thinly as you can. When cool break up into very small crunchies.

Next, take 1 cup sugar and cook it in a sauce pan until it becomes a nice golden brown color. Add 1 1/2 cups half & half and 1 pint whipping cream. The toffee will immediately become rock hard. Keep cooking until the cream is nearly boiling and as you continue cooking the toffee will dissolve. When the toffee is all dissolved, remove from heat and cool completely. Now, in a large mixing bowl, lightly whisk two eggs\*, then whisk in 1 can Eagle Brand sweetened condensed milk, and 1/3 cup brown sugar. When completely mixed, add 2 1/2 tablespoon vanilla extract and 1/4 teaspoon salt, and the toffee/cream mix, (don't add the crunchies yet) and mix thoroughly. Age (chill in the refrigerator) for four hours. After aging, fill the canister no more than 3/4 full and freeze according to the ice cream freezer manufacturer's directions. When the ice cream is almost frozen, add in the crunchies.

\*If you are concerned about the possibility of Salmonella from uncooked eggs, substitute an equivalent amount of Egg Beaters.



## Old Time Vanilla

### *Ingredients*

2 eggs  
1 can of sweetened condensed milk  
1/4 cup sugar  
1/4 cup brown sugar  
1 pint of heavy whipping cream  
1 pint of half and half  
1/4 teaspoon salt  
2 1/2 tablespoons of real vanilla extract

### *Method*

In a large mixing bowl whisk two eggs\*, add 1 can of sweetened condensed milk and whisk together until thoroughly mixed. Then add 1/4 cup sugar, 1/4 cup brown sugar and again mix thoroughly. Don't pack the brown sugar into the measuring cup, let it stay loose just as it comes out of the box. Then add 1 pint of heavy whipping cream, 1 pint of half and half, 1/4 tsp salt and 2 1/2 tablespoons of real vanilla extract. For the very best results (who wants anything less?), let the mix chill in the refrigerator for about four hours which allows the mix to "age" before freezing according to the directions with your ice cream freezer.. \*If you are concerned about the possibility of Salmonella from uncooked eggs, substitute an equivalent amount of Egg Beaters.

## White Chocolate Ice Cream

### *Ingredients*

2 cups light cream  
4 eggs  
12 oz white chocolate coarsely chopped  
1 1/2 cups sugar  
2 cups heavy cream

### *Method*

Scald the light cream in top of double boiler set over simmering water.  
Add the chocolate. Reduce heat so the water barely simmers and cook until the chocolate is melted, stirring occasionally.  
Remove from heat. Using a electric mixer, beat the eggs in medium bowl.  
Add the sugar and continue beating until all the sugar is dissolved.

Slowly mix in the chocolate mixture. Beat in the heavy cream.  
Refrigerate until well chilled. Pour into the ice cream maker using it according to manufacturer's instructions.  
Freeze in covered container at least 4 hours.

# Non-Dairy Ice Cream

Non-Dairy ice cream is use for people who are limiting dairy or lactose intolerant. As with the other varieties of ice cream you start with the vanilla base and add ingredients to flavor the ice cream the way you want it.

## Non-Dairy Vanilla Ice Cream 1

### *Ingredients:*

2 teaspoons Kosher gelatin  
1/4 cup apple juice  
1/4 cup honey  
3-1/4 cups vanilla soy milk  
2 teaspoons vanilla

### *Method*

In a small bowl, sprinkle gelatin over apple juice. Let sit, stirring occasionally, until gelatin is dissolved and softened, about 10 minutes.

In a medium saucepan, whisk together honey and 2 cups soy milk. Cook until just hot, stirring frequently; remove from heat. Add softened gelatin to hot milk mixture, stirring until gelatin is completely dissolved. Stir in remaining soy milk and vanilla; let cool, cover, and refrigerate until very well-chilled.

Spoon chilled mixture into the canister of an ice cream maker and freeze according to manufacturer's directions.

Makes about 1 quart.

## Non-Dairy Vanilla Ice Cream 2

### *Ingredients*

3 teaspoon Knox Gelatin  
1/4 cup Apple Juice  
1/4 cup Honey  
3 1/4 cup Vanilla Soy Milk  
2 teaspoon Vanilla Extract

### ***Method***

Pour apple juice into a glass bowl and sprinkle with gelatin stirring until dissolved.

In a saucepan, whisk together the honey and the soy milk. Cook until just hot, stirring constantly then remove from heat.

Add softened gelatin mixture to warm milk stirring until the gelatin is well dissolved. Stir in the remaining soy milk and vanilla extract. Cover and let cool.

Prepare ice cream according to manufacturer's directions.

## **Non-Dairy Banana Coconut**

### ***Ingredients:***

2 teaspoons kosher gelatin

1/4 guava or other tropical fruit juice

1/4 cup honey

2-1/4 cups vanilla soy milk

1 cup mashed bananas (2 medium bananas)

1 teaspoon vanilla

1/4 cup finely shredded coconut

### ***Method***

1. In a small bowl, sprinkle gelatin over apple juice. Let sit, stirring occasionally, until gelatin is dissolved and softened, about 10 minutes.

2. In a medium saucepan, whisk together honey and 2 cups soy milk. Cook until just hot, stirring frequently; remove from heat. Add softened gelatin to hot milk mixture, stirring until gelatin is completely dissolved. Stir in remaining soy milk, bananas, and vanilla; let cool, cover, and refrigerate until very well-chilled.

3. Spoon chilled mixture into the canister of an ice cream maker and freeze according to manufacturer's directions, adding coconut halfway through freezing time.

Makes about 1 quart.

## **Non-Dairy Chocolate Mint**

### ***Ingredients:***

2 teaspoons kosher gelatin

1/4 cup peppermint tea, room temperature

1/4 cup honey  
3-1/4 cups chocolate soy milk  
1/2 teaspoon peppermint extract

### *Method*

In a small bowl, sprinkle gelatin over apple juice. Let sit, stirring occasionally, until gelatin is dissolved and softened, about 10 minutes.

In a medium saucepan, whisk together honey and 2 cups soy milk. Cook until just hot, stirring frequently; remove from heat. Add softened gelatin to hot milk mixture, stirring until gelatin is completely dissolved. Stir in remaining soy milk and peppermint extract; let cool, cover, and refrigerate until very well-chilled

Spoon chilled mixture into the canister of an ice cream maker and freeze according to manufacturer's directions. Makes about 1 quart.

## Non-Dairy Strawberry

### *Ingredients:*

2 teaspoons kosher gelatin  
1/4 cup apple-strawberry juice  
2/3 cup all-fruit strawberry jam  
3 cups vanilla soy milk  
1 teaspoon vanilla

### *Method*

In a small bowl, sprinkle gelatin over apple juice. Let sit, stirring occasionally, until gelatin is dissolved and softened, about 10 minutes.

In a medium saucepan, whisk together jam and 2 cups soy milk. Cook until just hot, stirring frequently; remove from heat. Add softened gelatin to hot milk mixture, stirring until gelatin is completely dissolved. Stir in remaining soy milk and vanilla; let cool, cover, and refrigerate until very well-chilled.

Spoon chilled mixture into the canister of an ice cream maker and freeze according to manufacturer's directions. Makes about 1 quart.

# Ice Milk

Ice Milk was very popular as a low fat version of ice cream when I was a kid. I always liked Ice Milk as it seemed to allow the flavors of the fruit to shine through better than ice cream. Today there are all sorts of Lower fat, low cholesterol ice creams on the market. You can also use sugar substitutes to reduce calories if you wish or honey instead of processed sugar for a healthier ice milk. You can use any of the previous recipe ingredients just don't use cream!

## Basic Ice Milk

### *Ingredients*

1 cup sugar  
2 cups whole milk  
2 teaspoons vanilla extract  
Fruit, chocolate, nuts or extracts (optional)

### *Method*

Mix together 2 cups of whole milk with 1 cup of sugar in a medium-sized bowl and blend until the sugar is completely dissolved. Add 2 teaspoon of vanilla extract and stir. If you are using an ice cream machine, proceed now with the manufacturer's directions for your particular model. Pour the milk mixture into a freezer-safe long dish such as a metal or glass casserole pan or any plastic container with a snapping lid. Secure the lid, or use plastic wrap if there is no lid, and place in the freezer.

Remove the container from the freezer after 45 minutes and stir with a spatula or sturdy whisk. Scrape away any of the frozen mixture from the edges and whip as fast as you can. Stir for about a minute and return to the freezer. Repeat the stirring procedure every 30 minutes until the ice cream is frozen and no longer able to be stirred. Depending on the freezer and depth of your dish, it could take anywhere from 3 to 7 hours to reach the proper frozen consistency.

## Basic Vanilla Ice Milk

### *Ingredients*

1 quart whole milk  
2 1/2 teaspoon corn starch

1 teaspoon gelatin  
3/4 cup sugar  
1 cup fresh cream  
1 teaspoon vanilla essence  
½ cup cold milk

### *Method*

Bring milk to a boil. Boil for 15 minutes on low, stirring occasionally.  
Mix corn starch in 1/2 cup cold milk, keep aside.  
Add sugar to milk, stir. Add corn starch paste, stirring continuously, till boil resumes.  
Boil for a further 4-5 minutes, take off fire.  
Sprinkle gelatin over 3 tablespoon water in a small pan.  
Allow to soak for 5 minutes. Warm over gentle heat, till dissolved. Do not bring it to a boil.  
When boiled milk cools a little, add gelatin solution and mix well. Cool to room temperature, freeze in covered tray, till set but not hard.  
Break into pieces, beat with an egg beater till soft. Add cream and essence, mix well.  
The texture should be light and creamy. Reset in the freezer till frozen.

## **Almond Ice Milk**

### *Ingredients*

1 quart whole milk  
2/3 cup honey  
1/3 cup finely ground blanched almonds  
1/2 teaspoon pure almond extract

### *Method*

In a medium saucepan, bring the milk and honey to a simmer over moderate heat, stirring to dissolve the honey, about 4 minutes. Remove from the heat and stir in the ground almonds and the almond extract. Strain the almond milk through a sieve into a heatproof bowl set in an ice water bath and let cool completely. Transfer the almond milk to an ice cream maker and freeze according to the manufacturer's instructions.

Make Ahead the ice milk can be frozen in an airtight container for up to 1 week.

## Roasted Almond Ice Milk

### *Ingredients*

1 quart whole milk  
2-1/2 teaspoon corn starch  
1 teaspoon gelatin or 1/2 packet china grass chopped fine  
3/4 cup sugar  
1 cup fresh cream  
1 teaspoon almond extract  
½ cup cold milk  
1 cup almonds, sliced thinly  
1 tablespoon pistachios, sliced thinly  
1 teaspoon cardamom powder

### *Method*

Bring milk to a boil. Boil for 15 minutes on low, stirring occasionally. Mix corn starch in 1/2 cup cold milk, keep aside.  
Add sugar to milk, stir. Add corn starch paste, stirring continuously, till boil resumes.  
Boil for a further 4-5 minutes, take off fire.  
Sprinkle gelatin over 3 tablespoons water in a small pan, warm and dissolve over low flame till transparent.  
When boiled milk cools a little, add gelatin solution and mix well.  
Cool to room temperature, freeze in covered tray, till set but not hard.  
Roast almond slivers in preheated oven on a baking sheet for 5 minutes or till light golden.  
Remove and cool, mix with pistachios.  
Break into pieces, beat with an egg beater till soft. Add cream, almonds, cardamon, saffron and mix well.  
The texture should be light and creamy. Reset in the freezer till frozen.

## Banana Ice Milk

### *Ingredients*

1 banana  
1 1/2 cup milk  
2 tablespoon honey  
Pinch cinnamon  
1/2 teaspoon vanilla



### ***Method***

Slice the banana and place in a food processor with about 1/2 cup of the milk and the honey. Turn on the processor and add the remaining milk through the feed tube with the motor running. Beat in the cinnamon and the vanilla. Freeze until slushy, then process again until smooth. Serves 4.

## **Cappuccino Ice Milk**

### ***Ice Milk Ingredients***

1/2 cup sugar  
1 1/2 cup hot espresso coffee  
3/4 cup low-fat milk  
1/2 teaspoon ground cinnamon  
1 teaspoon vanilla extract

### ***Chocolate Sauce Ingredients***

1/2 cup unsweetened cocoa powder  
1/2 cup packed brown sugar  
3/4 cup low-fat milk  
1/2 teaspoon vanilla extract

### ***Method***

Make ice milk. In bowl dissolve sugar in coffee and milk. Add flavorings. Place in 9-inch cake pan; freeze 2 hours or until firm. Break up into 1-inch pieces; process until smooth in food processor. Serve soft-frozen or freeze until firm.

Make sauce: In saucepan mix cocoa and sugar. Gradually blend in milk. Boil; cool. Add vanilla. Serves 6.

## Fresh Coconut Milk Ice Milk

### *Ingredients*

1 medium coconut, grated  
Water from coconut  
1 tablespoon cornstarch  
2/3 cup sugar  
1 tablespoon butter  
2 cup fresh milk

### *Method*

Open the coconut; peel off the thin brown inside skin (see directions for opening and peeling coconut); cut into pieces. Put part of the milk into the blender and add pieces of coconut. Grate and empty and grate until all is grated. Put the grated coconut with the coconut milk in double boiler and cook for 30 minutes. Remove from fire and strain through a cloth, squeezing to drain out all the milk. Put half of this milk back on the fire; mix the cornstarch with the coconut water, sugar, and butter. Add to the hot coconut milk, stirring well. Cook until it thickens, then add the rest of the coconut milk and cool. Place in freezer tray and freeze until firm. May be beaten if you wish.

This is a nice ice cream for the tropics where cream is hard to find. The natural coconut oil in the milk gives a rich texture and smooth flavor.

## Coffee Ice Milk

### *Ingredients*

1 cup of coffee  
1/2 cup sugar  
3 cups of milk

### *Method*

In a large measuring cup or bowl, whisk together hot coffee and sugar till it dissolves. Mix in milk and whisk.

Pour in your ice cream maker and turn on. Churn till ice cream has reached the consistency of ice cream.

My ice cream maker takes about 20 minutes to a half an hour depending on how cold the mixture is. Empty into an air tight container and place in the freezer to rest for about an hour. I love coffee ice cream and this was amazing. You could use espresso and of course try out skim milk. You will love it:-) makes a quart

## Creamsicle Ice Milk

### *Ingredients*

3 cup whole milk  
2 cup orange juice  
1 cup superfine sugar  
Pinch salt

### *Method*

In large bowl combine all ingredients. Pour into ice cube trays. Freeze until mixture is almost solid, 1-3 hours.

## Dry Milk Ice Milk

### *Ingredients*

2 cup Eagle Brand milk  
3 cup powdered milk  
2 teaspoon vanilla  
6 cup water

### *Method*

Mix all ingredients together well. Pour in ice cream freezer can and freeze (per freezer instructions). Makes 1 gallon.

VARIETY: Mashed fruits may be added for different flavors -- strawberries, peaches, pineapple, bananas, etcup

## Holly's no fat, no calorie Ice Milk

Recipe For Basic Vanilla Ice Milk. Makes one quart.

### *Ingredients:*

1 tray ice cubes (or 2 trays of tiny ice cubes for easier grating)  
1/4 cup skim milk, 30 cal. Add 1/3 cup powdered skim milk for creamier result.  
2-3 teaspoons vanilla

8 teaspoons sugar, 124 cal., or equivalent sweetener (add more or less to taste, 0 cal.)

### *Method*

Using a Cuisinart grate up the ice in snow. Dump the resulting snow into a bowl. Put the slicing blade into the Cuisinart. Dump snow back in.

Add milk, vanilla, sweetener.

Turn on Cuisinart and beat about two minutes. Scrape down the sides to get all the ice to mix in and continue beating 2-4 more minutes until there is about a quart, i.e. the bowl is almost full.

The result is something like a soft ice cream, or whipped cream. The longer you whip it the less dense and icy, but lighter and foamier and bigger it

### *Other Flavors:*

Mocha Or Chocolate

Add 2 teaspoon instant coffee

1 or 2 Tablespoon cocoa

Cinnamon optiona;

### *Fruit.*

This comes out thicker, denser, more like sherbet. Bananas, peaches, or pears makes it creamy. Use less sugar (sweeten to taste).

Grate up 1/2 to 3/4 cup fresh or frozen fruit:

Strawberries, blueberries, mango, pineapple, a banana, peaches, apple, prunes, etcup Try a combination. Strawberry-banana and strawberry-blueberry are popular. Some fruits improve the whipping, others inhibit the foaming somewhat, esp. citrus. You may want to add the fruit after whipping up the ice cream.

### *Creamsicle or Lemon flavor*

Add a few drops of orange/lemon oil at the end.

### **Five-Herb Ice Milk**

Feel free to experiment with the combination of herbs in this refreshing dessert — we were surprised to discover that even adding a sprig of something assertive like cilantro or oregano to the mix can be delicious. Serve it with the five-spice cones in the Sauce, Topping section or topped with fresh berries.

### *Ingredients*

4 2/3 cups whole milk

1 cup sugar  
2 tablespoons cornstarch  
1/4 teaspoon salt  
2 (3- to 4-inch) fresh lemon balm sprigs  
2 (3- to 4-inch) fresh basil sprigs  
2 (3- to 4-inch) fresh tarragon sprigs  
2 (3- to 4-inch) fresh mint sprigs  
2 (3- to 4-inch) fresh lavender sprigs  
4 large egg yolks

### *Method*

Special equipment: a candy or instant-read thermometer; an ice cream maker

Whisk together milk, sugar, cornstarch, and salt in a 2- to 3-quart heavy saucepan. Add herb sprigs and bring to a boil, whisking constantly. Gently boil, whisking constantly, 1 minute.

Lightly beat yolks in a large bowl. Pour hot milk mixture through a sieve into a large glass measure, pressing gently on sprigs before discarding, then gradually add to yolks, whisking until combined.

Cook mixture in saucepan over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 170 to 175°F on thermometer, 3 to 5 minutes (do not let boil).

Pour custard through cleaned sieve into a clean bowl and cool completely, its surface covered with wax paper. Chill until cold, at least 2 hours.

Freeze custard in ice cream maker. Transfer ice milk to an airtight container and put in freezer to harden.

Cooks' note: Ice milk keeps 3 days. yield: Makes about 1 1/2 quarts

## **Mango Ice Milk**

### *Ingredients*

1 quart whole milk  
2 1/2 teaspoon corn starch  
1 teaspoon gelatin  
3/4 cup sugar  
1 cup fresh cream  
1 teaspoon mango essence  
1/2 cup cold milk  
1 cup mango pulp (coarsely mashed)

1/2 cup fresh beaten cream  
1/4 cup ground sugar

### ***Method***

Bring milk to a boil. Boil for 15 minutes on low, stirring occasionally.  
Mix corn starch in 1/2 cup cold milk, keep aside.  
Add sugar to milk, stir. Add corn starch paste, stirring continuously, till boil resumes.  
Boil for a further 4-5 minutes, take off fire.  
Sprinkle gelatin over 3 tablespoons water in a small pan.  
Allow to soak for 5 minutes. Warm over gentle heat, till dissolved.  
Do not bring it to a boil. When boiled milk cools a little, add gelatin solution and mix well.  
Cool to room temperature, freeze in covered tray, till set.  
Remove when well set, mash and beat till soft and creamy.  
Mix together the pulp, 1/2 cup beaten cream and ground sugar.  
Add 1 cup cream first with essence and beat.  
Add fruit cream mixture and fold in gently.  
Transfer back to container and freeze till well set.  
Serve scoops with the matching sauces.

## **Connecticut Maple and Toasted Walnut Ice Milk with Cardamom**

### ***Ingredients***

3 Cups Milk-divided  
3 Green Cardamom Pods or substitute 1 teaspoon of ground cardamom  
¾ Cup Pure Maple Syrup-grade b dark amber is best  
¾ Cup Sweetened Condensed Milk  
¼ teaspoon Salt  
¾ Cup Chopped Walnuts-chopped and toasted lightly in the oven  
Flavoring as Needed

### ***Method***

Heat the 1 cup of the milk and the cardamom pods to a gentle simmer. Place the remaining 2 cups of milk in the freezer to chill very well. Turn off the heat and let flavor infuse for 30 minutes. Place the maple syrup in a pot and bring to a gentle boil and cook down until less than ½ cup remains, cool 5 minutes. Whisk together the condensed milk and salt into a bowl large enough to fit remaining ingredients. Add the reduced maple syrup, whisk until smooth. Strain the cardamom out of the milk mixture and gradually pour the milk into the condensed milk, whisking to make smooth. Whisk in the remaining two cups of cold milk. Freeze in an ice cream

maker according to manufacturers directions. In the last few moments of churning, add the toasted walnuts. Enjoy!

## **Meyer Lemon and Cardamom Ice Milk** *Adapted from a recipe in the LA Times*

### ***Ingredients***

5 Meyer lemons  
1 tablespoon cardamom pods, crushed (or a scant 1 tablespoon cardamom  
2 cups half and half  
2 cups milk  
1 cup sugar  
1/2 vanilla bean  
6 large egg yolks

### ***Method***

Peel 1 lemon with a vegetable peeler, taking care not to cut into the bitter white pith. Place the peel in a nonreactive medium saucepan with the crushed cardamom, half-and-half, milk or cream, and sugar. Scrape the vanilla pod seeds into the pan and drop in the pod. Heat over high heat to just under a boil. Remove from the heat, and allow to steep for 10 to 15 minutes.

In a medium mixing bowl, whisk the egg yolks, and then pour in some of the hot half-and-half mixture, stirring constantly.

Pour the mixture back into the pan and cook over medium heat, stirring constantly, until it coats the back of a wooden spoon, 4 to 5 minutes.

Pour the mixture through a strainer into a bowl. Finely grate the zest of 2 lemons and add it to the mixture. Allow to stand for 10 minutes.

Juice all 5 lemons and add the juice to the cream mixture. Chill thoroughly, perhaps even overnight.

Freeze in an ice cream machine according to the manufacturer's instructions. (Makes 1 quart.)

## **Orange Ice Milk with Custard Sauce**

### ***Ice Milk Ingredients***

1/2 cup sugar  
2 cup fresh orange juice

1 cup low fat milk  
1 teaspoon grated orange peel

### *Custard Sauce Ingredients*

1 1/4 cup low fat milk  
1/2 (3 inch size) cinnamon stick  
1/2 vanilla bean  
1 lg. egg  
3 tablespoons sugar

### *Method*

#### *To make ice milk:*

In saucepan dissolve sugar in juice; boil. Add milk and peel. Place in 9-inch cake pan, freeze 2 hours or until firm.; Break up into 1-inch pieces. Process until smooth in food processor. Serve soft-frozen or freeze until firm.

#### *To make sauce:*

In small saucepan, combine milk, cinnamon stick and vanilla bean. Heat until small bubbles form around edge of milk. Remove from heat. Cover; steep 30 minutes. Remove cinnamon stick and vanilla bean, split bean, scrape seeds into milk.

In bowl, mix egg with sugar; add milk. Mix well. Pour into cleaned saucepan. Cook, stirring, 5 minutes until thick (don't boil). Sieve; chill. Serve with ice milk. Serves 6.

## **Peach Ice Milk 1**

### *Ingredients*

3 cups peeled, pitted and sliced ripe peaches (4-5 good-sized peaches)  
2 cups half-and-half  
1/2 cup granulated sugar  
1/4 cup vanilla sugar\*  
1/4 cup nonfat dry milk  
3 Tablespoon lemon juice (juice of one lemon)  
dash salt  
1 teaspoon cinnamon\*



### *Method*

Combine half-and-half, sugar and dry milk in a blender (or food processor) and process at high speed until smooth and frothy.

Add the peaches, lemon juice, salt and cinnamon. Process again until smooth and frothy.

Chill in the refrigerator for at least 2 hours.

Blend the mixture again for 1 minute at high speed before pouring it into the ice cream maker, (ice cream canister should have spent at least 24 hours in a deep freeze). Follow the instructions for freezing.

Note: Penzey's recipe specify using 'Ceylon Cinnamon' which can be ordered from them, but just use cinnamon on hand if you like. They also sell 'Vanilla Sugar', but you can buy that at your local market too.

TIPS from Penzeys: for making ice cream at home: "Remember, the key to success with a small home ice cream maker is having the mix very cold and well whipped up before pouring into a really frozen ice cream maker, then spooning the finished ice cream into a freezer container and popping it into the freezer for another hour or two before eating. Old-fashioned hand crank ice cream makers with ice and salt really do produce ice cream that is much more like store-bought--- if you can find one". (I use a 1-1/2 quart electric ice cream maker, with a canister that you freeze then use... works great.

Remember too, that the mix will keep in refrigerator for several days if you have to make in batches)

## **Peach Ice Milk 2**

### *Ingredients*

- 1 envelope unflavored gelatin
- 1 (12 oz.) can evaporated lowfat milk
- 1/4 cup granulated sugar
- 1 teaspoon granulated sugar substitute
- 2 lg. egg yolks
- 2 1/2 cup lowfat milk
- 1/4 cup heavy cream
- 1 tablespoon vanilla extract
- 1 (8 oz.) can sliced peaches in juice

### *Method*

In a medium saucepan, sprinkle gelatin over evaporated lowfat milk; let stand 5 minutes to soften. Whisk in sugar, sugar substitute and egg yolks until no trace of yolks remains.

Over medium heat, cook stirring constantly, 10 to 15 minutes or until mixture thickens slightly and coats back of spoon. Remove from heat; stir in lowfat milk, heavy cream and vanilla. Pour into large aluminum loaf pan or rectangular baking pan. Refrigerate 1 hour or until chilled. To half the chilled custard, add 1 (8 oz.) can sliced peaches in juice, drained and chopped. Proceed with directions for freezing. Cover with foil and freeze 2 hours. (Or freeze in ice cream maker following manufacturer's instructions.)

In a large bowl, beat mixture until smooth and creamy. Return to pan, cover and freeze 2 to 3 hours. Transfer to bowl and beat again. Place ice milk in airtight container, cover and freeze until ready to serve. Remove from freezer 10 to 15 minutes before serving. Makes 12 (1/2 cup) servings. 95 calories per serving

## Low Cholesterol Pineapple Orange Ice Milk

### *Ingredients*

2 (3 oz.) boxes orange Jello dissolved in 1 cup hot water  
1 can Eagle Brand milk  
1 large can milk  
1 cup water (omit if used in Jello)  
1 teaspoon coconut flavoring  
1 large can crushed pineapple and juice  
1 cup sugar  
1/3 cup vegetable or corn oil

### *Method*

Put all of this in blender and blend until smooth. Pour into freezer container. Finish filling freezer container with skim milk. Freeze until firm. Makes 1 gallon ice cream. May be kept in covered container in refrigerator freezer for a week without becoming icy. Good.

## Strawberry Ice Milk with Raspberry Sauce

### *Ice Milk Ingredients*

2 pints strawberries, chopped  
1/2 cup sugar

2 tablespoons fresh lemon juice  
1 cup low-fat milk

### *Raspberry Sauce Ingredients*

1 (12 oz.) bag frozen raspberries, thawed, pureed, sieved  
2 tablespoons sugar  
1/4 cup water

### *Method*

Make ice milk: In food processor, puree ingredients. Place in a 9-inch cake pan; freeze 2 hours or until firm. Break up into 1-inch pieces. Process until smooth. Serve soft frozen or freeze until firm.

Make sauce: In bowl mix ingredients. Serves 8.

# Gelato

## Definition From Wikipedia:

**Gelato** (Italian pronunciation: [\[dʒeˈlaːto\]](#); plural: **gelati**) is an ancient Italian frozen dessert, a far more recent variant of which is the American ice cream. As such, gelato is made with some of the same ingredients as most other frozen dairy desserts. Milk, cream, various sugars, flavoring including fruit and nut purees are the main ingredients.

Gelato is different from some ice cream because it has a lower butterfat content. Gelato typically contains 4-8% butterfat, versus 14% for ice cream in the United States. Gelato has a higher sugar content than ice cream. Dairy based gelato contains 16-24% sugar and water and fruit based sorbet contains 24-30% sugar. Most ice cream in the United States contains 12-16% sugar. The sugar content in gelato is precisely balanced with the water content to act as an anti-freeze to prevent the gelato from freezing solid. Types of sugar used include sucrose, dextrose, and invert sugar to control apparent sweetness. Typically, gelato and Italian sorbet contain a stabilizing base. Egg yolks are used in yellow custard-based gelato flavors, including zabaione and creme caramel. Non-fat milk solids are also added to gelato.

In Italy, the mixture for gelato is typically prepared using a hot process, which includes pasteurization. White base is heated to 85 °C (185 °F). Heating the mix to 90 °C (194 °F) is essential for chocolate gelato, which is traditionally flavored with cocoa powder. Yellow custard base, which contains egg yolks, is heated to 65 °C (149 °F). The gelato mix must age for several hours after pasteurization is complete for the milk proteins to hydrate, or bind, with water in the mix. This hydration reduces the size of the ice crystals, making a smoother texture in the final product. A non-traditional cold mix process is popular among some gelato makers in the United States.

Unlike most commercial ice creams in the United States, which are frozen with a continuous assembly line freezer, gelato is frozen very quickly in individual small batches in a batch freezer. Churning during the freezing process incorporates air into the mix. The added air is called overage. Unlike most commercial ice cream, which contains up to 50% overage, the overage in gelato is low, generally 20-35%. Lower overage results in a denser product with more intense flavors.

U.S. ice cream, with a higher fat content, can be stored in a freezer for months. High-quality artisan gelato holds its peak flavor and smooth texture only for several days. That is only when it is stored carefully at consistent, low temperatures.

## Basic Gelato Recipe

### *Ingredients*

2 cups milk  
1 cup heavy cream  
4 egg yolks  
1/2 cup sugar

### *Method*

In a saucepan, mix milk and cream.

Heat until bubbles begin to form around the edges, then remove it from the heat.

In a large bowl, beat the egg yolks and sugar on high until they are nice and foamy, about one minute.

Gradually pour the warm milk and cream into the egg yolks, whisking constantly as you do.

Pour entire mixture into saucepan and cook over medium heat, stirring with a wooden spoon until mixture thickens a bit and coats the back of the spoon. If you begin to see lumps, remove from heat.

Pour everything through a fine strainer and into a bowl.

Cover and chill for several hours.

Pour the mixture into your ice cream maker and freeze as per the instructions that came with the machine.

Variation: Try adding 1/2 teaspoon of vanilla extract for amazing vanilla flavoring

## Basic Gelato - Adapted from Annie's Eats

### *Ingredients*

3 tablespoons unsalted butter  
3 cups whole milk  
2/3 cup dark brown sugar  
3 tablespoons cornstarch  
2 large pinches of kosher salt  
1/2 cup heavy cream  
2 teaspoon vanilla extract  
1/2 of the "special chocolate chips for ice cream" see recipe above

### *Method*

#### *Make The Ice Cream*

Melt 3 tablespoons of unsalted butter in a medium saucepan over medium-high heat. Continue heating, stirring often, until the butter is a deep golden brown color, being careful not to burn

it. Add 1 cup milk, 2/3 dark brown sugar, 2 large pinches of kosher salt and 3 tablespoons of cornstarch and whisk until smooth.

Then whisk in the remaining 2 cups of milk. Continue whisking over medium high heat until it comes to a boil, about 5-6 minutes. Turn the heat down to low and continue to cook while whisking for an additional minute. Take off the heat and whisk in the 1/2 cup heavy cream and the vanilla. Transfer to a different bowl or your trusty pyrex measuring cup.

Cool all this down by placing the container with the cream into an [ice bath](#) for 20 minutes, stirring occasionally. Take care not to get water into the cream.

When the mixture is cool, cover with plastic wrap directly on the surface of the chocolate mixture to prevent a “skin” from forming on the top. Refrigerate for 2-3 hours or, even better, overnight.

When you are ready to make the ice cream, turn your on ice cream maker and freeze the mixture according to your machine’s instructions. It will not harden all the way. Mine takes about 25 minutes to reach a nice thick soft serve consistency.

At this point, add the chunks of frozen cookie dough and the rest of the chunks of chocolate. Let it churn for another 30 seconds or so until the cookie dough is well distributed. However, you may need to finish the mixing by hand.

Transfer to a chilled container, cover tightly freeze for at least 3 hours.

### ***Make Your Favorite Chocolate Chip Cookies***

Once cool. Sandwich a big scoop of the chocolate chip cookie dough ice cream between two baked and cooled chocolate chip cookies. Yes, you should feel guilty. You are about to do a very bad thing.

### ***Make The Dipping Chocolate***

This is very similar to when you made the chocolate chips. Take 2 cups of semisweet chocolate chips. Melt carefully in the microwave taking care not to burn. Then, stir in 1 teaspoon of canola oil until smooth. Dip half of each chocolate chip cookie dough sandwich in the chocolate and put back in the freezer to harden.

Again, by mixing the canola oil with the chocolate, you lower the melting point, making the chocolate easier to bite into when frozen.

### ***Storage***

You can store the sandwiches unwrapped in the freezer for a few hours. However, if you are going to store them longer, wrap each sandwich in plastic. They will be good that way for up to a week (or possibly more). But who knows really. Its not like you will keep them that long. They will call to you from the deep freeze...eat me...eat me...eat me.... You will be powerless to resist.

## Gelato Basic Vanilla Cream Base for Gelato Recipes

### Basic Milk Gelato

#### Ingredients

2 cups of whole milk  
3/4 cup of sugar  
2 teaspoons vanilla extract

#### Method

You'll want to thoroughly mix the sugar and milk until the sugar has fully dissolved then add the vanilla extract.

Now, it couldn't be easier if you have a high quality gelato machine: put the ingredients you've mixed into the bowl of your gelato maker and close the lid.

Start your machine, and in 25-30 minutes, your gelato will be ready. Easy!

For added flavor and such: if you want to add berries, chocolate, or nuts, *add after the mixer has gone for 20 minutes*. Add your extras then, if you like, and mix for about 5 more minutes.

### Gelato di Crema 1

I use this one for my base recipe for most of my gelatos

#### Ingredients

5 large egg yolks  
3/4 cup sugar  
2 1/4 cups (18 ounces) whole milk  
1 cup heavy cream  
1/2 teaspoon corn starch  
1 vanilla bean  
1 teaspoon fresh lemon juice if adding fruit

#### Method

In a large bowl whisk together the egg yolks and the sugar until pale yellow and thickens up.

Combine the whole milk, heavy cream, corn starch and 1 vanilla bean, sliced in half lengthwise in a saucepan. Heat the mixture just until it starts to bubble along the edges. Do not allow the mixture to boil. Remove from the heat.

Remove the vanilla bean and scrape out the seeds with the tip of a small knife and add the seeds back into the milk mixture. Discard the vanilla bean shell.

While whisking the egg mixture add in about a cup of the warm milk mixture and combine together. Then add in the rest of the egg mixture to the milk. Heat the mixture slowly to 175 to 180 degrees F. The custard should be thickened and coat the back of a wooden spoon. Do not allow the custard to simmer.

Strain the custard through a fine mesh sieve, stir in lemon if you are adding fruit ,cover and refrigerate until well chilled.

You can transfer this custard into the ice cream maker and follow manufacturer's instructions. This will make vanilla gelato, or you can add chopped about 1 ½ to 2 cups fruit.

Espresso: add 1/2 cup of chilled espresso coffee into the custard.

Chocolate: add 3 ounces melted bittersweet chocolate into the warm custard before chilling.

Pistachio or hazelnuts: In a blender add 6 ounces shelled pistachios with the heavy cream and puree before adding into the saucepan.

Amaretto: Stir in 1/2 cup of crushed amaretto cookies into the milk before heating and add 1-ounce amaretto liqueur into the finished chilled custard before freezing.

This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

## Gelato di Crema 2

### *Ingredients*

2 cups whole milk

1 cup sugar

6 egg yolks

2/3 cup heavy cream

Pinch of salt

### *Method*

Heat the milk, egg yolks, salt and sugar in a saucepan over medium low heat. Continue to mix until the sugar has melted and the mixture has thickened enough to coat the back of a spoon.

Remove the saucepan from the heat and pour the custard into a medium-sized container.

Cover and chill for approximately two hours or until cold. Whip the cream in a bowl until soft peaks form. Gradually fold the whipped cream into the custard mixture.

Freeze the mixture in the ice cream maker following the manufacturer's instructions



## Gelato Di Crema with Corn Starch

### Ingredients

2 cups whole milk  
2 tablespoons cornstarch  
1/3 cup sugar  
Flavoring and additives

### Method

Mix ¼ cup whole milk (do not use low-fat or skim milk) and 2 tablespoons [cornstarch](#). Mix in a blender or by hand with a whisk until the cornstarch is dissolved with no lumps. Set aside.

Combine the remaining milk (1 ¾ cups) with 1/3 cup white [sugar](#) in a medium-sized sauce pan over medium heat, stirring constantly.

Add the milk and cornstarch mixture to the hot sugar milk just as it begins to boil. Reduce the heat and cook at a low simmer for three minutes, stirring constantly. Remove from heat and allow to cool.

Pour the cooled milk mixture into a container and place in the refrigerator for at least two hours. Once cold, stir in flavored extracts, fruits, chocolates, nuts, cookies, pastes or whatever it is you wish to [flavor](#) your gelato with. There are endless possibilities for flavoring ice cream. Whisk until smooth.

Freeze the gelato mixture in an electric ice cream maker according to the instructions. All ice cream makers are different, so read the instructions carefully.

Freeze the gelato by hand. Pour the chilled, whipped mixture into a shallow [baking](#) pan (such as a metal bread pan) or a glass casserole dish. Place in the freezer for 30 minutes. Using a whisk or spatula, beat the mixture thoroughly to break up any ice chunks. Repeat every 30 minutes until a creamy consistency is reached. This process can take anywhere from three to five hours depending on the temperature of the freezer and depth of the pan.

## Almond Amaretto Gelato

Makes 6 servings

### Ingredients

4 cups heavy cream  
5 egg yolks  
1 cup granulated sugar  
1 cup crushed blanched almonds  
1 tablespoon Amaretto liqueur

### **Method**

Pour the cream into a saucepan and heat gently.

Beat the egg yolks and sugar together until pale and creamy. Beat 2 tablespoons of the hot cream into the egg mixture, then beat in the remaining cream, a half cup at a time.

Pour into a double boiler, or into a bowl set over a pan of simmering water, and cook over a gentle heat, stirring constantly 15 to 20 minutes, until the mixture coats the back of a spoon. Cool mixture, then chill.

Pour chilled mixture into an ice cream maker and churn according to manufacturer's instructions.

While the paddle is churning, add the almonds and Amaretto, freeze gelato overnight. Place in the refrigerator about 20 minutes before serving.

## **Gelato all'Amaretto - Amaretto Gelato** From Betty Crocker's Italian Cooking

### **Ingredients**

1/2 cup amaretto

1/2 cup golden raisins

3/4 cup sugar

1 cup whole milk

1 jumbo egg

12 Amaretti cookies crushed (about 1/2 cup) or 6 Traditional Almond Cookies (see recipe below)

1 cup heavy whipping cream

1/4 teaspoon salt

### **Method**

Pour amaretto over raisins. Let stand at least 8 hours. Drain, reserving 2 Tablespoon amaretto.

Mix sugar, milk & egg in 2 qt. saucepan. Cook over medium heat, stirring constantly, just till bubbles appear around edge. Cover & refrigerate about 1 1/2 hours or till cool.

Stir cookies into milk mixture. Beat whipping cream in chilled medium bowl till stiff. Fold milk mixture into whipped cream. Fold in reserved amaretto, the raisins & salt. Freeze in ice cream maker as directed by manufacturer. Yield: 1 Quart

## **Gelato Banana - Banana Gelato** from <http://www.ice-cream-recipes.com/>

### **Ingredients**

½ pint (250ml) milk

(soya milk can work just as well if you are catering for anyone lactose intolerant)

½ pint (250ml) water  
4 oz (100g) caster sugar  
3 ripe bananas  
Juice of 1 fresh lemon

### **Method**

Place the sugar and water into a saucepan and stir whilst heating the pan slowly. Bring up to boiling point and ensure the sugar has dissolved. Remove the pan from the heat and leave to cool.

In a separate bowl, mash the bananas and stir in the juice from the lemon. Stir in the milk and the cooled sugar/water syrup made a little earlier. Transfer into an ice cream maker and freeze according to the manufacturer's instructions.

## **Banana Fudge Gelato**

from <http://www.ice-cream-recipes.com/>

### **Ingredients**

1/2 pint (250ml) full cream milk (or half milk and half cream)  
2oz (50g) sugar  
3 ripe bananas (medium to large size)  
4oz (100g) soft fudge chopped into thin, small squares or slices

### **Method**

Make a puree of the bananas either by mashing by hand with a fork or putting in a blender. In a large mixing bowl, mix together the bananas with the milk (or milk and cream) mixture and sugar. Stir together well. Transfer into an ice cream maker and freeze according to the manufacturer's instructions. 5 minutes before the end of the freezing time, drop the fudge pieces into the ice cream maker.

## **Blueberry Gelato**

### **Ingredients**

3 Cups Whole Milk  
1/2 Cup Sugar  
2 Cups Blueberries

1 Tablespoon Lemon zest  
2 Tablespoons Corn Starch  
Juice from 1/2 a fresh lemon or lime  
1 teaspoon cayenne pepper

### **Method**

Place blueberries, sugar and lemon juice & 2 Tablespoons of water in a pot on a very low heat until all the sugar has dissolved. Cook blueberries until soft but still have kept their shape.

Remove from heat & cool & stir in the lemon zest and cayenne pepper.

Chill the mix overnight in fridge or until completely cold. Mix together 1 cup of milk and corn flour together till smooth; Heat rest of milk in a pot at a low heat.

Just before your milk starts to boil, remove the mixture from the heat and stir in the milk with your corn flour. Mix until it is lump free. Put the pot on a low heat, stirring consistently for a few minutes until your milk thickens.

Transfer the mix into ice cream maker and process according to manufacturers instructions.

Once ice cream is completely chilled, serve and you can sprinkle a little extra cayenne on top for a little extra bite!

## **Amazing Chocolate Gelato** From Esquire magazine

### **Ingredients**

4 egg yolks  
2/3 cup sugar  
2 cup milk  
3 1/2 oz. bittersweet chocolate bar  
1 1/2 oz. cocoa powder  
2 Tablespoon sugar

### **Method**

Beat the egg yolks with a whisk. Gradually add 2/3 cup sugar. In saucepan, bring milk to a boil, remove from heat. When slightly cooled, very slowly add to egg yolk mixture, stirring constantly and quickly, being careful not to curdle the eggs. Melt chocolate in a double boiler and stir until smooth and silky. Pour into custard mixture and blend.

Add cocoa powder and mix well. Pour into larger saucepan, place over medium heat (do not boil) and stir until mixture thickens slightly. In another saucepan, heat the 2T. sugar with 2 Tablespoons water until a caramel is formed. Add this to the custard and blend well. Cool about 1-1 1/2 hours and then add to ice cream maker.

## Gelato Cioccolato - Chocolate Gelato

from <http://www.ice-cream-recipes.com/>

### *Ingredients*

2 pints milk  
5 oz. sugar or caster sugar  
8oz. dark chocolate (chopped)  
1/2 teaspoon vanilla extract (optional)

### *Method*

Place the milk, sugar and vanilla extract into a saucepan and stir whilst heating the pan slowly to dissolve the sugar. DO NOT BOIL the mixture. Once the sugar has dissolved, remove the pan from the heat.

Add the chopped chocolate to the pan and stir until fully melted. Leave the whole mixture to cool then transfer into an ice cream maker and freeze according to the manufacturer's instructions.

## Chocolate Dipped Cookie Dough Ice Cream Sandwiches

Cookie dough mixed into cookie dough flavored cream, sandwiched between two freshly baked cookies & dipped in chocolate. Yummm!

### *"Special" Chocolate Chips For Ice Cream:*

*If you aren't quite as fussy as me, you can skip this step and just use 1 1/2 cups of semisweet chocolate chips, but this extra step will make your chocolate more ice cream friendly.*

### *Ingredients*

1 1/2 cups semisweet chocolate chips  
2 teaspoons canola oil

### *Method*

#### *Make The Chocolate Chips*

This couldn't be easier. Melt 1 1/2 cups of semisweet chocolate chips carefully in a microwave in 20-30 second bursts. Take care not to scorch the chocolate.

Then mix in 2 teaspoons of canola oil until smooth. Line a plate or cookie sheet with wax paper and spread the chocolate in a sheet about 1/4 of an inch thick.

Stick this in the fridge or freezer for about 10-20 minutes or until firm. Then cut into chunks and reserve.

*Why bother with any of this? Because the resulting reconstituted chocolate chips will be softer and less chalky on your teeth and tongue when frozen into the ice cream.*

## Deeply Chocolate Gelato - Ina Garten (the Barefoot Contessa)

### Ingredients

2 1/4 cups whole milk  
1/3 cup heavy cream  
3/4 cup sugar, divided  
1 cup unsweetened cocoa powder (recommended: Pernigotti)  
2 ounces bittersweet chocolate, finely chopped  
4 extra-large egg yolks  
2 tablespoons Mexican coffee flavor liqueur (recommended: Kahlua)  
2 teaspoons pure vanilla extract  
Large pinch kosher salt  
8 chocolates, roughly chopped, optional (recommended: Baci)

### Method

Heat the milk, cream, and 1/2 cup sugar in a 2-quart saucepan, until the sugar dissolves and the milk starts to simmer. Add the cocoa powder and chocolate and whisk until smooth. Pour into a heat-proof measuring cup.

Place the egg yolks and the remaining 1/4 cup sugar in the bowl of an electric mixer fitted with the paddle attachment and beat on high speed for 3 to 5 minutes, until light yellow and very thick. With the mixer on low speed, slowly pour the hot chocolate mixture into the egg mixture. Pour the egg and chocolate mixture back into the 2-quart saucepan and cook over medium-low heat, stirring constantly, until thickened. A candy thermometer will register about 180 degrees F. Don't allow the mixture to boil!

Pour the mixture through a sieve into a bowl and stir in the coffee liqueur, vanilla, and salt.

Place a piece of plastic wrap directly on top of the custard and chill completely.

Pour the custard into the bowl of an ice cream maker and process according to the manufacturer's directions. Stir in the roughly chopped chocolate, if using, and freeze in covered containers. Allow the gelato to thaw slightly before serving.

## Chocolate-Hazelnut Gelato - Giada De Laurentiis

### Ingredients

2 cups whole milk

1 cup heavy cream  
1/2 cup sugar, plus 1/4 cup  
4 egg yolks  
1/2 teaspoon vanilla extract  
1/2 cup chocolate-hazelnut spread (recommended: Nutella)  
1/2 cup toasted hazelnuts, crushed, for garnish

### **Method**

In a saucepan combine the milk, cream, and 1/2 cup sugar over medium heat. Cook until the sugar dissolves, about 5 minutes.

Meanwhile, in a medium bowl whip the egg yolks with the remaining sugar using an electric mixer until the eggs have become thick and pale yellow, about 4 minutes. Pour 1/2 cup of the warm milk and cream mixture into the egg mixture and stir. Add this mixture back into the saucepan. Cook over very low heat, stirring constantly, until the mixture becomes thick enough to coat the back of a wooden spoon, about 7 to 10 minutes.

Place a strainer over a medium bowl and pour the warm custard mixture through the strainer. Stir in the vanilla and hazelnut spread until it dissolves. Chill mixture completely before pouring into an ice cream maker and follow manufacturer's instructions to freeze. To serve, scoop gelato into serving bowls and top with hazelnuts.

### **Chocolate Toffee Gelato with a Secret** - from <http://makinglifedelicious.com/>

This sweet creamy crunchy deliciousness is a celebration of chocolate and toffee and includes a secret ingredient (Shhhh!). It's made primarily with whole milk instead of cream and doesn't include egg yolks so it's healthy...sort of...pay no attention to the bittersweet chocolate and toffee behind the curtain.

### **Ingredients**

1 cup sugar  
2 tablespoons cornstarch  
1 teaspoon freeze dried (aka instant) coffee crystals  
Pinch of salt  
2 cups whole milk, divided  
5 ounces bittersweet chocolate  
1 cup heavy cream  
1 cup chopped toffee (like Trader Joe's Toffee or Heath Bar)

### **Method**

Pour the sugar, cornstarch, salt and coffee into a medium size saucepan. The coffee crystals are

the secret ingredient. A little bit of coffee flavor enhances chocolate, but you probably won't be able to taste it in the final product. Add 1/4 cup of milk and whisk the ingredients together until the cornstarch is dissolved.

Whisk in the remaining 1. cups of whole milk. Then continue whisking over medium high heat until it comes to a boil, 5-6 minutes. Turn the heat down to low and continue to cook while whisking for an additional minute.

Turn off the heat and add the chocolate. Let the milk and chocolate sit for a minute before whisking it all together until smooth.

Transfer to a different bowl or your trusty pyrex measuring cup and add 1/2 cup cream.

Mix until smooth. Cool all this down by placing the container with the chocolatey cream into a bowl of ice and water for 20 minutes, stirring occasionally. When the mixture is cool, cover with plastic wrap directly on the surface of the chocolate mixture to prevent a "skin" from forming on the top. Refrigerate for 2-3 hours or overnight.

Turn your on ice cream maker and freeze the chocolate mixture according to your machine's instructions. After about 25 minutes in my ice cream maker, it looked like this.

Add the frozen chopped toffee.

Let it churn for another 30 seconds or so until the toffee is well distributed in the gelato and you are good to go. Cover with plastic wrap and freeze for at least 3 hours.

## Coffee Gelato With Cream

### *Ingredients*

2 cups whole milk  
1 cup heavy (whipping) cream  
1/2 cup white sugar, divided use  
1/4 cup finely ground coffee beans (half French roast and half Sumatra is recommended)  
1/3 cup very coarsely ground coffee beans  
4 large egg yolks, at room temperature  
Pinch kosher salt  
2 teaspoons vanilla extract

### *Method*

Place the milk, heavy cream, 1/4 cup of sugar and the ground coffee beans in a small pan and cook over low heat, whisking from time to time, until it is warm, about 175 degrees F.

Place the egg yolk, 1/4 cup of the sugar and the salt in a small metal bowl and whisk until completely mixed. Add 1/4 cup of the warm milk mixture to the eggs, whisking all the while.

Continue adding milk to the eggs, 1/4 cup at a time, until you have added about 1 1/2 cups.

Slowly, whisking all the while, return the milk and egg mixture to the remaining milk mixture in



the pan and continue cooking until it just begins to thicken or reaches about 185 degrees F. Do not allow the mixture to boil. Set aside for 2 hours at room temperature. Pour through a medium-fine strainer into a metal bowl and discard the solids. Cover and refrigerate until it reaches 40 degrees F, about 3 hours. Add the vanilla extract and stir well. Transfer to an ice cream maker and proceed according to the manufacturer's instructions.

## Coffee Gelato with Milk

### *Ingredients*

10 egg yolks  
2 cups granulated white sugar  
1 cup whole milk  
1/2 cup cream

### *Method*

Put 10 egg yolks into a large glass mixing bowl.  
Add 2 cups of granulated white sugar to the bowl with the eggs and whisk moderately to combine.  
Combine the whole milk and cream in a small saucepan or heatproof measuring cup and heat on the stove or in the microwave until warm, but not boiling.  
Slowly whisk the warm milk and cream into the egg mixture, adding 1/4 cup at a time.  
Dissolve 2 1/4 tablespoons instant coffee or espresso in 1 cup clean, warm water. Add the coffee mixture to the eggs and cream.  
Transfer the contents of the mixing bowl to a medium saucepan and heat the mixture, stirring constantly until a custard-like consistency is reached.  
Pour the mixture into a heatproof storage container with a tight-fitting top and put it in the refrigerator for five hours or until fully thickened and cooled.  
Process the gelato in an ice-cream maker after it thickens and sets, following the manufacturer's directions.

**Gelato al Caffè e Cioccolato - Coffee and Chocolate Ice Cream** From Betty Crocker's Italian Cooking

### *Ingredients*

3/4 cup sugar  
1 cup whole milk

1 Tablespoon freeze-dried instant coffee  
1 teaspoon cocoa  
2 jumbo eggs  
1 cup heavy whipping cream

### **Method**

Mix all ingredients except whipping cream in 2 quart saucepan. Cook over medium heat, stirring constantly, just till bubbles appear around edge. Cover & refrigerate about 1 1/2 hours or till cool.

Beat whipping cream in chilled medium bowl till soft peaks form. Fold milk mixture into whipped cream. Freeze in ice cream maker as directed by manufacturer. Yield: 1 Quart

## **Cookie Dough** - Adapted from Annie's Eats

### **Ingredients**

5 tablespoons unsalted butter, melted  
1/3 cup packed dark brown sugar  
1/3 cup flour  
1/2 teaspoon vanilla extract  
1/4 teaspoon kosher salt  
1/2 of the "special chocolate chips for ice cream" see recipe above

### **Method**

#### **MAKE THE COOKIE DOUGH**

Stir together the melted butter and sugar until smooth. Mix in the flour, then the vanilla. Let this sit for about 10 minutes before mixing in 1/2 of the "special" chocolate chips. *Why wait? The special chocolate chips have a lower melting point and will melt easily into a very warm cookie dough.*

The dough will be very wet and won't look like a traditional cookie dough, but have no fear. Form the dough into a disk, wrap in plastic wrap and refrigerate until firm, even better over night. When it is completely firm, cut into chunks and freeze the chunks.

## Dulce de Leche Gelato - Emeril Lagasse

### *Ingredients*

1 (14-ounce) can sweetened condensed milk  
1/4 cup brown sugar  
1/4 cup water  
2 large egg yolks  
1 1/2 pints heavy cream  
1 tablespoon vanilla  
1/8 teaspoon salt

### *Method*

Fill a large pot 3/4-full with water. Place the unopened can of condensed milk in the water, making sure it is covered completely, and carefully bring to a gentle boil. Reduce heat and simmer for 3 hours, adding more water as necessary. Remove from the heat and let sit until completely cool. Watch the can carefully to make sure it does not start to bulge. If the can does begin to bulge, remove from the heat and let cool. Once cool, punch a small hole in the top of the can, return to the heat, and continue cooking. Although this is a traditional way to make this recipe, we suggest using the method below as a safe alternative to cooking an unopened can of condensed milk.

Pour the condensed milk into the top of a double boiler set over simmering water. Cook, stirring every 5 minutes, until a caramel color is achieved, about 2 to 3 hours. Or, preheat the oven to 425 degrees F. Pour the condensed milk into a baking dish and cover with foil. Place the pan in a larger pan. Fill the larger pan with enough water to come halfway up the sides of the baking dish with the condensed milk. Bake until caramelized, about 2 hours.

In a clean saucepan, combine the brown sugar and 1/4 cup water. Bring to a boil over medium heat. Reduce the heat and simmer, stirring, until the sugar is dissolved. Remove from the heat and let cool.

In a metal bowl set over a pot of simmering water, whisk together the warm syrup and egg yolks. Whisk constantly until the mixture is a thick, pale yellow and reaches the ribbon stage. Remove the bowl from the heat, and beat with an electric mixer on low speed until cool. Whisk in the condensed milk, heavy cream, vanilla and salt. Strain through a fine mesh sieve into a clean container. Cover with plastic, pressing down onto the surface to prevent a skin from forming. Refrigerate until well chilled, at least 2 hours.

Transfer to the bowl of an ice cream machine and process according to the manufacturer's instructions. Transfer to an airtight container and freeze until ready to serve.

## Custard Gelato

### *Ingredients*

2 1/4 cups whole milk  
Pinch of salt

2/3 cup sugar  
6 egg yolks  
2/3 cup heavy cream

### **Method**

In a medium saucepan, combine the milk and salt. Heat the milk over medium heat until bubbles form around the edges of the pan. Set aside and cover to keep hot.

In a blender or food processor, blend the sugar and egg yolks together until very thick and smooth. With the machine running, gradually add the hot milk. Return the mixture to the saucepan and cook over medium heat, stirring constantly with a wooden spoon, for 6 to 8 minutes, or until the mixture thickens slightly and coats the back of the spoon. Remove the pan from heat and set it in a bowl of ice water. Stir for 2 minutes to cool the mixture. Cover and refrigerate for 2 hours, or until thoroughly chilled.

In a deep bowl, beat the cream until soft peaks form. Fold the whipped cream into the custard mixture. Transfer to an ice cream maker and freeze according to the manufacturer's instructions.

## **Fresh Fig Gelato With Orange And Cinnamon**

### **Ingredients**

1 pound fresh figs, chopped  
1/4 cup fresh orange juice  
1 tablespoon plus 1/2 cup light brown sugar, divided use  
1/4 teaspoon ground cinnamon  
2 cups whole milk  
1 cup heavy (whipping) cream  
3 large egg yolks, at room temperature  
1/2 teaspoon vanilla  
Pinch kosher salt

### **Method**

Place figs, orange juice, 1 tablespoon brown sugar and cinnamon in a small pan and cook over low heat until the figs have softened, 10 to 15 minutes, depending on thickness of the skin. Mash until the mixture is almost pureed but still has some texture. Set aside until it reaches room temperature. Cover and refrigerate.

In the meantime, place milk, cream and 1/4 cup of the brown sugar in a small pan and cook over low heat, whisking from time to time, until it is warm, about 175 degrees F.

Place egg yolks, 1/4 cup of the brown sugar, vanilla and salt in a small metal bowl and whisk until completely mixed. Add 1/4 of the warm milk mixture to the eggs, whisking all the while.

Continue adding milk to the eggs, 1/4 cup at a time, until you have added about 1 1/2 cups. Slowly, whisking all the while, return the now milk-and-egg mixture to the remaining milk mixture in the pan and continue cooking until it just begins to thicken or reaches about 185 degrees. Do not allow the mixture to boil.

Pour through a medium fine strainer into a metal bowl, discard the solids and set aside until it reaches room temperature.

Add the cooled fig mixture. Cover and refrigerate until it reaches 40 degrees, about 3 hours.

Transfer to an ice cream maker and proceed according to the manufacturer's instructions.

Makes 1 1/2 to 2 pints

## Fruit Gelato

### *Ingredients*

10oz frozen fruit

1/2 cup of sugar

1/2 cup heavy cream

### *Method*

With a very sharp knife, roughly chop your frozen fruit. I find that 1 inch pieces work nicely.

Measure out 1/2 cup of sugar. Don't worry about being exact. You can add more to taste later.

You could of course use sugar substitutes but unless you have to for medical reasons, why not use the real thing?

Measure 1/2 cup of heavy whipping cream. The carton stuff at the local mega mart will do just fine.

Throw all the ingredients into the blender and buzz until silky smooth. Yummy.

Freeze for at least an hour and then transport yourself to an Italian summer.

## Gelato Siciliano

Sicily's eastern coast is overshadowed by Mount Erna. Her majestic peak is adorned with snow almost entirely year around. This access to cold crystals, even in the summer heat, prompted some to develop a thick beverage or frozen-like sweet meal (Sicilian ice cream), that could be savored for it's luscious flavor and relished for the coldness that is experienced with each succulent bite.

In this Sicilian ice cream recipe we will be using pistachios as a flavoring that young and old and everyone seems to enjoy greatly.

### *Ingredients*

4 c whole milk  
1 c sugar  
2 3/4 Tablespoons cornstarch  
2 c finely ground pistachio nuts, shelled and unsalted  
2 3 cup plastic containers and lids

### *Method*

In a medium saucepan, over medium heat pour in 3 cups of milk. Bring this to a simmer, then remove from heat.

In a medium size mixing bowl add 1 cup of milk, sugar and cornstarch. Make sure this is mixed to a smooth consistency. Pour this into hot milk.

Bring saucepan with mixture to a medium low heat and stir liquid for about 6 to 9 minutes.

Look for a rich thickening. Remove from heat.

Add finely ground pistachios to the hot mixture. Blend well for several minutes.

Let the pistachio mix cool. Pour into plastic containers, cover with container lid or plastic wrap.

Freeze for 12 to 24 hours. Serve Sicilian ice cream on a waffle cone or in a dessert bowl with a drizzling of honey or chocolate syrup.

## **Grape Gelato**

### *Ingredients*

4 egg yolks  
3/4 cup sugar, divided  
3 cups whole milk  
2 pounds seedless green grapes (you can also use red grapes)  
1 cup white grape juice  
1/4 teaspoon vanilla flavoring

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### *Method*

In a bowl, whisk yolks with 6 tablespoons of your sugar until thick and well incorporated. Set your egg mixture aside while you work on your other components to your creamy grape

gelato. In a medium saucepan, over low heat bring milk to a simmer. Gradually whisk milk into your egg mixture, keep stirring this. Return your mixture to your saucepan.

Cook over low heat, stirring consistently, until your egg mixture starts to thicken. Do not let this boil though. You will now strain your mixture into a clean bowl. Let this cool until it reaches room temperature. Cover your creamy grape gelato and refrigerate for at least 2 hours or even overnight, this can save you time.

In another saucepan, over medium-low heat, saute your green grapes, grape juice, and your leftover sugar. Stir until mixture thickens. Set aside to cool. Now, you want to get your food processor and puree your grapes. Add your chilled custard / gelato and pulse in your food processor until smooth and creamy. Transfer your creamy grape gelato to your ice cream maker and freeze according to manufacturer's directions. Once frozen, enjoy your delicious, creamy grape gelato.

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## Nocciola Gelato - Hazelnut Gelato

### *Ingredients*

4 ounces shelled hazelnuts, toasted and skinned

2/3 pint milk

2 egg yolks

2 tablespoons sugar

### *Method*

Grind the hazelnuts to a very fine paste (this can be done in a blender or coffee grinder).

Warm milk until the edge is ringed with tiny bubbles. Turn off heat at once. Put in the hazelnut paste, mix thoroughly, and cover. Allow to cool completely.

Line a strainer with a double layer of cheesecloth. Set over a bowl and pour the hazelnut milk mixture into the strainer and press as much through as possible. Tie up the ends of the cheesecloth, suspend over the bowl, and allow to drip through. When mixture stops dripping, squeeze gently. In another bowl beat the egg yolks and sugar until pale and foamy. Add the strained milk mixture mixing in a little at a time.

Pour everything into top of double boiler over medium heat. Stir constantly and cook for 3 to 4 minutes after the water in the bottom has started to bubble. Pour into a bowl. Allow to cool completely then chill. Freeze according to ice cream machine directions.

## Kiwi Gelato

### *Ingredients*

1 cup Water  
1/2 cup Sugar  
1/2 cup Corn syrup, light  
4 Kiwifruit; pared  
5 tablespoons Lemon juice  
1/4 teaspoon Lemon peel grated

### *Method*

Combine water, sugar and corn syrup in saucepan. Cook and stir 2 minutes or until sugar is dissolved. Puree kiwi in food processor or blender to equal 3/4 cup puree. Add lemon juice, peel and sugar mix. Pour into shallow metal pan and freeze for approximately 1 hour or until the mixture is firm, but not solid. When chilled, spoon into a chilled bowl and beat with an electric mixer until the mix is light and fluffy. Return it to the freezer for approximately 2 hours or until firm enough to scoop. 4 servings

## Lemon Gelato

I grew up with lemon gelato. It was often served after a large meal to cleanse the palate and prepare for dessert. It was made in a large wooden pail with a hand crank. All the kids took turns churning the ice cream – I think this was to keep us out of the way while the women cleaned up the mess after a large gathering.

### *Ingredients*

6 lemons  
1 1/3 cup sugar  
6 egg yolks  
1/8 teaspoon salt  
1/3 cup heavy cream  
2 2/3 cup half and half  
1/2 teaspoon vanilla extract

### *Method*

Begin by getting about 3/4 cup of zest from the lemons. This can be done with a grater, or by removing the peel with a vegetable peeler and mincing in a food processor. Whisk together 6 egg yolks, 1 and 1/3 cups of heavy cream and 1/8 teaspoon of salt in a mixing bowl until well mixed.



Mix together 2 and 2/3 cups of half-and-half, lemon zest and 1/8 teaspoon of salt in a small saucepan. Set the saucepan on a burner set to medium-low heat. Bring to a simmer, stirring continually until the sugar dissolves. Remove from heat.

Slowly whisk the egg yolk mixture into the hot half-and-half mixture. Return the pan to the hot burner and cook over medium-low heat until the mixture thickens enough to coat a spoon. This takes about 5 minutes.

Pour the hot mixture into a bowl and stir in 1 and 1/2 teaspoons of vanilla extract. Cover with plastic wrap and set aside at room temperature to cool. The plastic wrap should prevent a film from developing on the top of the mixture. This may take several hours. The mixture may be refrigerated for up to 48 hours, or you can move to the next step right away.

Squeeze lemons until you have 3/4 cup lemon juice. Stir the lemon juice into the cooled mixture. Freeze the mixture. This process makes about a quart and a half of lemon gelato.

## Gelato di Riso - Italian Rice Gelato

### *Ingredients*

4 cups whole milk, divided  
1/2 cup uncooked Arborio rice  
2/3 cup sugar  
zest of 1 lemon  
pinch of salt  
1/2 cup chopped dried fruit, soaked in rum if desired  
4 large egg yolks  
1 teaspoon real vanilla  
2 cups chilled heavy cream

### *Method*

In a batter bowl, combine 2 cups of the milk and rice. Microwave on High for 3 minutes. Whisk. Microwave another 3 minutes, or until rice is nearly tender.

Allow to stand while you do the following: Beat egg yolks until lemon colored. Whisk in the sugar, salt, and the remaining milk. Microwave on High 2 minutes. Whisk well. Microwave 3 minutes. Whisk well. Microwave 2 minutes and then combine with the rice mixture. Add the lemon zest drained fruit, vanilla and chilled cream.

Chill several hours before freezing.

## Mascarpone Gelato

### *Ingredients*

2 cups whole milk  
2 cups heavy whipping cream  
2/3 cup sugar  
1 vanilla bean, split lengthwise  
2 cups (16 ounces) mascarpone cheese at room temperature  
1 teaspoon grated lemon zest  
2/3 cup pine nuts, toasted

### *Method*

In a medium saucepan, combine milk, cream and sugar. Cook over medium heat, stirring, until sugar is dissolved, then cook until bubbles form around edges of pan. Remove from heat. Add vanilla bean, scraping seeds into milk, and let stand 30 minutes. Cover and refrigerate at least 2 hours, or until thoroughly chilled. Remove vanilla pod. Stir in mascarpone, lemon zest and pine nuts. Transfer to an ice cream maker and freeze according to manufacturer's instructions. Makes 1 1/2 quarts; 6 servings

## Gelato alla Napoletana - Neapolitan Gelato From Betty Crocker's Italian Cooking

### *Ingredients*

1 cup milk  
3/4 cup sugar  
4 jumbo egg yolks  
1 cup heavy whipping cream  
1/2 cup hazelnuts (filberts)  
1/2 teaspoon cocoa

### *Method*

Mix milk, sugar & egg yolks in 2 qt. saucepan. Cook over medium heat, stirring constantly, just till bubbles appear around edge. Cover & refrigerate about 1 1/2 hours or till cool. Heat oven to 400 degrees. Bake hazelnuts in ungreased baking pan 5 minutes or till skins begin to crack. Wrap hazelnuts in clean towel, let stand 2 minutes. Rub hazelnuts in towel to remove skins. Chop hazelnuts finely. Return to baking pan. Bake about 8 minutes till golden brown, stirring occasionally, cool. Stir whipping cream, hazelnuts & cocoa into milk mixture. Freeze in

ice cream maker as directed by manufacturer. Yield: 1 pint

## Orange Gelato

### *Ingredients*

3 navel oranges  
1 cup water  
3/4 cup sugar  
6 large egg yolks  
1 cup heavy cream

### *Method*

Finely grate the zest from the oranges and squeeze the juice. There should be about 3 tablespoons zest and 2/3 cup juice. In a medium saucepan, combine the water and the sugar. Cook over medium heat, stirring, until the sugar dissolves, about 3 minutes. Remove from the heat. In a large bowl, whisk the egg yolks until very light. Slowly add the hot sugar syrup in a thin stream, whisking constantly. Pour into a large saucepan and cook over low heat, stirring with a wooden spoon until slightly thickened. Strain the mixture into a medium bowl, and set it in a larger bowl partially filled with ice water. Stir in the orange juice and zest. Let cool, stirring occasionally. (Or chill overnight in refrigerator.) In a large chilled bowl, using an electric mixer with chilled beaters, whip the cream until stiff peaks form. Fold the cream into the cooled orange custard mixture. Freeze in an ice cream freezer according to manufacturer's instructions. Transfer to a covered container and place in freezer until serving time. If the gelato becomes too firm, place it in the refrigerator for 30 minutes before serving.

## Peach Gelato 1

### *Ingredients*

3 lbs fresh peaches, peeled and pitted  
1/4 cup sugar, or more to taste  
1/2 cup mascarpone cheese, creme fraiche or yogurt

### *Method*

Cut peaches into very small pieces. The smaller you cut them, the faster they will freeze and the finer the final texture will be.

Arrange peach pieces in single layer on baking sheet and freeze solid, about 2 hours.  
Put frozen peach pieces into food processor with sugar; grind briefly. Add mascarpone and pulse until the mixture is smooth.  
Empty contents into small container and freeze again for 20-30 minutes before serving.  
Makes 8 servings

### **Peach Gelato 2** from <http://www.ice-cream-recipes.com>

This technique, which skips the ice-cream machine, from Sicilian chef Ciccio Sultano, singled out by Gambero Rosso as one of Italy's great young chefs, when he cooked at Valentino last year as part of their 30th anniversary celebration. It couldn't be easier, but the fresh peach flavor is astonishing. The texture should be somewhere between soft-serve ice cream and dense, chewy traditional gelato. Depending on the sweetness of your peaches, you may want to add more sugar.

#### ***Ingredients***

3 pounds peaches, peeled and pitted  
1/4 cup sugar, or more, to taste  
1/2 cup mascarpone, crème fraîche or yogurt

#### ***Method***

Cut the peaches into very small pieces. The smaller you cut them, the faster they will freeze and the finer the final texture will be. Arrange the peach pieces in a single layer on a rimmed cookie sheet and freeze solid, about 2 hours.

Put the frozen peach pieces in a food processor with the sugar and grind briefly. Add the mascarpone and pulse until the mixture is smooth.

Empty the food processor into a small container and freeze again, 20 to 30 minutes, before serving. If the ice cream freezes solid, simply process it briefly again before serving.

Servings: 6 to 8

### **Toasted Pecan Gelato**

#### ***Ingredients***

2 cups whole milk  
1 cup heavy (whipping) cream  
2/3 cup light brown sugar  
4 large egg yolks, at room temperature

Pinch kosher salt  
1 cup toasted pecans, finely ground  
1/2 teaspoon vanilla

### **Method**

Place milk, cream and 1/3 cup of the brown sugar in a small pan and cook over low heat, whisking from time to time, until it is warm, about 175 degrees F.  
Place egg yolks, 1/3 cup of the brown sugar and salt in a small metal bowl and whisk until completely mixed. Add 1/4 cup of the warm milk mixture to the eggs, whisking all the while. Continue adding milk to the eggs, 1/4 cup at a time, until you have added about 1 1/2 cups. Slowly, whisking all the while, return the now milk-and-egg mixture to the remaining milk mixture in the pan and continue cooking until it just begins to thicken or reaches about 185 degrees. Do not allow mixture to boil.  
Pour through a medium fine strainer into a metal bowl. Discard the solids.  
Add the pecans and stir well. Set the mixture aside until it reaches room temperature.  
Add vanilla and mix well. Cover and refrigerate until it reaches 40 degrees, about 3 hours.  
Transfer to an ice cream maker and proceed according to the manufacturer's instructions.  
Makes 1 1/2 to 2 pints

## **Pistachio Gelato 1**

### **Ingredients**

1 cup unsalted shelled pistachio nuts  
¾ cup sugar  
2 cups whole milk  
5 egg yolks  
1 teaspoon almond extract  
2 drops green food coloring  
Dash of salt

### **Method**

Combine the pistachios with ¼ cup of the sugar in a food processor; pulse until nuts are finely chopped. DO NOT process it to a paste.  
Remove from the processor, place in a saucepan and add the whole milk.  
Bring to a simmer over medium heat.  
Remove from heat, cover, and let steep at room temperature for 30 minutes.  
Stir in the remaining ½ cup of sugar and a dash of salt.

Return to medium heat and cook until the sugar dissolves and the mixture is hot; stir occasionally.

In a medium bowl, beat the egg yolks lightly.

Gradually whisk in about 1 cup of the warm pistachio milk.

Whisk the egg mixture into the remaining pistachio milk in the saucepan.

Reduce the heat to a medium-low, and cook, stirring, until the custard thickens. Do not boil.

Strain the custard into a bowl; discard the pistachio nuts.

Whisk in the food coloring.

Cover and refrigerate for 4 hours.

Stir in the almond extract.

Pour the custard into the ice cream maker canister and freeze according to the manufacturer's directions.

Transfer gelato to a covered container and freeze until firm enough to scoop. About 3 hours.

## Pistachio Gelato 2

### *Ingredients*

2 cups milk

1/2 teaspoon grated lemon peel

4 yolks

1/2 cup sugar

1/8 teaspoon salt

1/4 cup pistachio paste

Sicilian pistachios, for garnish

### *Method*

In a saucepan, heat the milk and lemon peel to a simmer then turn off the heat and allow to infuse 10 minutes. Meanwhile, whisk the yolks with the sugar and salt till very light in color and fluffy. Whisk in the hot milk and return the mixture to the heat. Cook carefully until it thickens then immediately add the pistachio paste whisking well. Pour the custard base into a new container and cool it in an ice bath. Turn as per manufacturer's instructions.

## Gelato di polenta - Polenta Ice Cream

This is a very rustic-tasting ice cream; don't expect it to be as smooth and creamy as other ice creams. I loved it, but honestly, it may not be to everyone's taste.

The distinctive earthy flavor was a good match for some quick-candied cherries I had on hand. When fresh apricots come into season, I'm thinking of roasting some with brown sugar and

Marsala to serve alongside. Poached pears or dried apricots would be welcome alongside a scoop of this, too.

### *Ingredients*

2 cups (500 ml) whole milk  
1 cup (250 ml) heavy cream  
3/4 cup (150 g) sugar  
3/4 cup (75 g) farina bóna, toasted corn flour (see recipe below)  
1/8 teaspoon coarse salt

### *Method*

Heat 1/2 cup (60 ml) of the milk in a medium saucepan with the cream, sugar, farina bóna, and salt. Cook until the mixture just begins to boil, stirring constantly with a whisk to make sure the corn flour isn't lumpy, and let it cook at a low boil for ten seconds, while continuing to whisk.

Remove from heat and stir in the remaining milk.

Transfer the mixture to a bowl and chill thoroughly.

Freeze in your ice cream maker according to the manufacturer's instructions.

### *Toasted Corn Flour*

If you make this, use corn flour, not corn meal (or fine polenta). It has the consistency of wheat flour. I found mine easily in a natural food's store.

The corn flour will smoke quite a bit, exuding the toasty smell of fresh-popped popcorn, so open a window or use your hood fan. You want to cook the flour more than you think. You don't want to burn it, but cook it to the right color for best flavor. See the picture in the post of the farina bóna that I used, and use that as your guide.

Spread the corn flour in a medium skillet. Cook the corn flour over medium-high heat. Keep a non-stop watch over it, stirring almost constantly, as the flour on the bottom will cook faster than the flour on top.

Continue stirring and cooking until the flour is deeply-toasted; the color of peanut butter. It will take between 7 and 10 minutes, depending on how high the heat is.

Once the flour is toasted to your satisfaction, remove from heat and let cool in the pan, stirring as it cools.

If the corn flour seems dark enough when you remove it from the heat, transfer it to a plate to cool. About 1 quart

## **Pomegranate Gelato**

### *Ingredients*

1 1/2 cups heavy (whipping) cream  
1/2 cup whole milk  
3/4 cup sugar  
1 1/2 tablespoons cornstarch

1/8 teaspoon salt  
1 1/4 cups pomegranate juice  
1/3 cup pomegranate liqueur such as PAMA  
1 teaspoon fresh lemon juice  
Pomegranate seeds (for garnish)

### *Method*

In 2 1/2- to 3-quart heavy saucepan, whisk together cream, milk, sugar, cornstarch and salt. Bring to a boil over medium heat, whisking occasionally, then boil, whisking, 2 minutes. Remove from heat and whisk in remaining ingredients. Transfer to a bowl and chill, uncovered, until cold, at least 1 hour.\*  
Freeze in an ice cream maker, following manufacturer's instructions, then transfer to an airtight container and put in freezer to harden for at least 2 hours.  
Softened gelato slightly in refrigerator, about 20 minutes, before serving.  
Gelato keeps 1 week.  
\*The cream mixture - before churning - can be chilled, covered, up to 1 day ahead.  
Makes 1 quart

## **Wisconsin Ricotta Gelato** From Wisconsin Milk Marketing Board, Incup

### *Ingredients*

1 cup golden raisins  
1/2 cup (4 ounces) light rum or grappa  
2 1/2 cups light cream  
1 tablespoons lemon zest, grated  
9 egg yolks, large  
1 1/2 cups sugar  
2 teaspoons pure vanilla extract  
1 pound Wisconsin Whole Milk Ricotta Cheese  
8 ounces Wisconsin Mascarpone Cheese

### *Method*

In saucepan, combine raisins and rum or grappa. Heat to simmering; remove from heat and set aside until liquid is absorbed.  
In a large saucepan, combine cream and lemon zest; heat to simmer. Remove from heat, cover and keep warm.  
In large bowl beat egg yolks; gradually beat in sugar until sugar is completely dissolved and mix is light and lemon colored.  
Whisk warm cream into the egg yolk mixture place over medium-low heat; cook stirring, until mixture reaches 165 degrees F on an instant read thermometer. Do not boil, as this will curdle



the mixture. Strain into a bowl and add vanilla. Cover and refrigerate until cold.  
Mix in Wisconsin Ricotta and Mascarpone Cheese until well blended. Pour into ice cream maker and add raisins.  
When frozen, transfer to chilled container and store in freezer at least 3 hours. Servings: 12

## Roman Custard Gelato

### *Ingredients*

2 cups milk  
1/4 cup honey  
3 egg yolks  
1/4 teaspoon nutmeg or cinnamon

### *Method*

To make the custard, first pour the milk into a bowl. Mix with the honey and then scald in a saucepan. Remove from the heat and add well beaten egg yolks. Add nutmeg or cinnamon and stir well. Pour into individual mold or into a baking dish. Bake uncovered at 325 F for 1 hour, or until set. Sprinkle with cinnamon or nutmeg, and serve. (3 servings)

## Gelato alla Fragola - Strawberry gelato

### *Ingredients*

12 ounces fresh strawberries (hull removed)  
3/4 cup sugar  
2 cups whole milk  
1/2 cup heavy cream  
1 teaspoon fresh lemon juice

### *Method*

In a blender combine the strawberries, sugar and whole milk and puree until smooth.  
Add in the heavy cream and mix just enough to combine (you do not want to whip the cream).  
Add in the lemon juice. Refrigerate for at least 4 hours. Refrigerating overnight is best because it will allow the flavor to intensify.  
Transfer the mixture into an ice cream machine and freeze according to the manufacturer's instructions. Serve at once with fresh cut strawberries, if desired, or freeze for up to one month.

You can substitute the following fruits using the above recipe: Bananas, peaches, Pears, raspberries, blackberries, apricots, Granny Smith apples and blueberries.

This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

## Strawberry Gelato

### *Ingredients*

1 lb. fresh strawberries  
8 oz. granulated sugar, about 1 cups  
1.5 cup cold heavy whipping cream  
1/4 cup cold water  
1 teaspoon of lemon juice, about ¼ of a lemon

### *Method*

Gather your ingredients and set up you food strainer or juicer.

Use the food strainer or juicer to separate the juice from the seeds and pulp. If using a food strainer, be sure that your place a bowl to collect the juices from your strawberries and also a bowl to collect the pulp.

Refrigerate the strawberry juices that you collect, if not cold already. Throw away or compost the leftover pulp. 20 in the fridge minutes will do.

Mix all ingredients together, then whip with a wisk (or fork) for 10-20 seconds.

Set up gelato maker / icecream maker and add ingredients. Wait until it thickens before sampling.

## Strawberry-Buttermilk Gelato From Cooking Light

This Italian classic has a melt-in-your-mouth, creamy consistency that is satisfying on any summer day.

### *Ingredients*

2 cups sugar  
2 cups water  
5 cups quartered strawberries (about 4 pints)  
2 cups low-fat buttermilk

### **Method**

Combine sugar and water in a large saucepan; bring to a boil, stirring until sugar dissolves. Pour into a large bowl; cool completely.

Place strawberries in a blender, and process until smooth. Add strawberry purée and buttermilk to sugar syrup; stir to combine.

Pour the strawberry mixture into the freezer can of an ice-cream freezer, and freeze according to the manufacturer's instructions.

### **Vanilla Gelato** from <http://www.ice-cream-recipes.com/>

This first recipe abides more by the standard Italian gelato making rules in terms of the ingredients.

### **Ingredients**

1 1/2 pints (750 ml) whole milk (full cream milk)

1 cup (100g) skimmed milk powder

6oz (125g) caster sugar

1 vanilla pod (split down the middle)

### **Method**

Put all the ingredients, with the exception of the vanilla pod, into a saucepan and heat gently stirring all the time. Bring slowly up to boiling point and immediately pour the heated mixture into a large mixing bowl. Scrape the seeds out from the vanilla pod directly into the mixture, stir and leave to cool. When the mixture is cold, transfer it into an ice cream maker and freeze according to the manufacturer's instructions.

### **Vanilla Gelato 2** from <http://www.ice-cream-recipes.com/>

This recipe is very similar to my custard base American style vanilla ice cream recipe - the gelato version excludes the cream and uses more egg yolks and milk.

### *Ingredients*

8 egg yolks  
2 pints (1000 ml) whole milk (full cream milk)  
4oz (100g) sugar  
1 teaspoon vanilla extract

### *Method*

First of all beat and mix together the egg yolks and sugar until thick. Then stir in the milk and transfer the mixture to a saucepan. Heat gently and bring slowly up to boiling point, continuously stirring until the custard thickens. DO NOT BRING TO THE BOIL OR IT WILL PROBABLY CURDLE. When you can see a film form over the back of your spoon it's time to remove the saucepan from the heat. Leave to cool. When the custard base is cold, stir in the vanilla extract, then transfer the whole mixture into an ice cream maker and freeze according to the manufacturer's instructions.

## **Zabaione Marsala Gelato** From Nick Malgieri

### *Ingredients*

4 egg yolks  
1/3 cup sugar  
1/2 cup sweet Sicilian Marsala such as Florio or Pellegrino  
cinnamon

### *Method*

Try substituting other wines (or liqueurs) for the Marsala; a combination of strong coffee and brandy also makes a flavorful, though not traditional, Zabaione. BRING A QUART OF WATER to a simmer in a small saucepan. Place the egg yolks in a heat-proof bowl and whisk by hand until liquid. Whisk in the sugar in a stream, then the Marsala. Regulate the heat under the pan so that the water simmers gently, then place the bowl over the pan so that the bottom of the bowl is above the surface of the water. Whisk vigorously; the Zabaione will begin to absorb air fairly quickly. Continue whisking for a total of 4 minutes, until the Zabaione is very aerated and thickened. Pour into stemmed glasses, dust with a dash of cinnamon and serve immediately. Though not traditional, you may wish to serve the Zabaione cool: After whisking until thickened, continue whisking by hand, with a hand mixer set at medium speed, or in a heavy-duty mixer fitted with the whip, until the Zabaione is cool. (4 servings)

# Sorbetto – The Italian Ices

Gelato made from water instead of cream is known as sorbetto. Here in the US we often refer to it as Italian Ice. This is a wonderfully refreshing treat on a hot day and is often used to cleanse the plate after a huge meal in Italian households. The key element of Italian Ices is lemon. The lemon really livens up the added fruit to make them stand out. There are two basic styles with and without corn syrup. I prefer not to use corn syrup.

## Basic Italian Ice

### *Ingredients*

1 cup Water  
½ cup Sugar  
¼ cup Lemon juice  
2 tablespoons grated lemon peel  
3 to 4 cups of the fruit(s) of your choice

### *Method*

Add the water and sugar into a saucepan and turn the burner to medium heat. Use the spoon to stir the mixture. Continue until the sugar has dissolved.

Allow the sugar water to cool completely on the countertop. Meanwhile, place the strainer into a metal bowl and squeeze the lemons over top to remove the juice. Discard the pulp and seeds the strainer has caught.

Put the bowl into the refrigerator for 1 hour or until it is chilled. Combine the sugar water and lemon juice together into the bowl and blend together well.

Place the bowl into the freezer until ice crystal appear around the outside of the mixture, approximately 30 minutes.

Use a fork to stir the ice crystals back into the mixture and return the bowl back to the freezer.

Continue this process of freezing and stirring until all the liquid is gone, about 2 to 3 hours.

Serve by scooping it into chilled dessert bowls. Sit down and enjoy your Italian Ice.

## Frosty Blackberry Lemon Ice From Better Homes and Garden

### *Ingredients*

1 cup water  
1/2 cup sugar  
4 cups fresh blackberries or frozen unsweetened blackberries

1/4 cup fresh lemon juice  
2 tablespoons finely shredded lemon peel

### ***Method***

In a medium saucepan combine water and sugar; bring to boiling, stirring frequently. Boil gently, uncovered, for 2 minutes. Remove from heat and cool slightly.

In a blender or food processor combine blackberries, the warm syrup mixture, and lemon juice. Cover and blend or process until almost smooth. Strain mixture through a fine mesh sieve, discarding seeds. Stir in 1 teaspoon of the lemon peel.

Transfer the mixture to a 3-quart rectangular baking dish or a 13x9x2-inch baking pan. Place in the freezer, uncovered, for 1-1/2 hours or until almost solid.

Remove berry ice from freezer. Using a fork, break up the ice into a somewhat smooth mixture. Freeze 1 hour more.\* Break up the ice with a fork and serve in cups. Top each serving with remaining shreds of lemon peel. Makes 6 to 8 servings.

### **\*Note**

If mixture remains in the freezer longer than the 1 additional hour, let it stand at room temperature about 20 minutes before breaking up mixture with a fork and serving.

## **Blueberry Italian Ice 1**

### ***Ingredients***

3 cups pureed blueberries  
2 tablespoons sugar  
2 tablespoons honey  
1 tablespoon fresh lemon juice

### ***Method***

Blend the fruit, sugar, honey and lemon juice with 2 cups ice in a food processor or blender until chunky. Add another 1 cup ice and blend until completely smooth.

Pour the mixture into a shallow baking dish and freeze 30 minutes. Scrape the ice with a fork until slushy, then freeze until firm, about 2 more hours. Scoop into paper cups.

## Blueberry Italian Ice 2      Emeril-Lagasse

### *Ingredients*

2 cups fresh blueberries  
2 cups sugar  
1/4 cup water  
12 cups finely shaved ice

### *Method*

In a medium saucepan, combine blueberries, sugar and water, being careful to crush the fruit. Cook over low heat, stirring gently. (The heat will make the berries split and their juices will run clear.) Once the sugar dissolves, cook 2 more minutes. Remove from the heat and strain into a clean bowl through a fine mesh strainer, without pressing the fruit. Let cool completely before serving over shaved ice.

## Cantaloupe Italian Ice      Angelo Brocato's Ice Cream and Pastry, New Orleans, LA

### *Ingredients*

1 quart (32 ounces) water  
1 pound, 4 ounces sugar  
1 lemon, juiced  
2 medium-sized ripe cantaloupes

### *Method*

Dissolve sugar and water in a 2-quart saucepan over medium-high heat. Bring to a boil and cook for 2 minutes. Remove from the heat and cool.

Peel and seed the cantaloupes. Cut into 2-inch pieces. Puree in a food processor. Strain through a medium sieve. Mix strained cantaloupe juice, sugar syrup, and lemon juice with a wire whisk. Pour into an ice cream machine. Add some cantaloupe pulp, if desired. Freeze to a smooth consistency, according to manufacturer's directions.

Serving suggestion: You may wish to place in the freezer compartment of your refrigerator for a few hours to harden. Serve in a dessert glass topped with whipped cream or with a scoop of vanilla ice cream. Garnish with fresh mint leaves.

## Cherry Italian Ice

### *Ingredients*

Pint of fresh cherries, pitted  
Sugar  
Fresh lemon

Sprig of fresh mint (optional)  
2 cups ice cubes

### ***Ingredients***

Take the pan and put it in the freezer. Let it chill for at least 1 hour, or overnight if possible. Wash and pit the fresh cherries. Take half a lemon and squeeze out 2 tablespoons of lemon juice into the blender.

Add the ice and sugar to the blender. Blend until you've reached a relatively smooth consistency.

Add the pitted cherries to the blender. Blend until the mixture is combined thoroughly.

Take the pan out of the freezer. Add the cherry ice to the pan, and spread it out evenly. Put the mixture into the freezer for 30 minutes before serving. Add a sprig of fresh mint for garnish, if so desired.

### **Cherry-Apricot Freeze Italian Ice** From Diabetic Living

This colorful frozen treat can be stored up to 1 month in the freezer. That means no wasted leftovers!

1 1/2 cups water

¼ cup sugar

115-oz. can pear halves (juice pack)

115-oz. can unpeeled apricot halves in light syrup, rinsed, drained and chopped

16-oz. can frozen pineapple juice concentrate, thawed (3/4 cup)

¾ cup water

½ of a 10-oz. jar maraschino cherries, drained and halved

In a medium saucepan combine 1 1/2 cups water and the sugar; bring to boiling, stirring occasionally to dissolve sugar. Boil, uncovered, 1 minute. Remove from heat.

Meanwhile, drain pears, reserving juice. Chop pears. Stir chopped pears, reserved pear juice and the remaining ingredients into the saucepan. Transfer mixture to a 2-quart freezer container. Cover and freeze for 8 hours or until firm, stirring occasionally to distribute fruit. Store in freezer up to 1 month.

To serve, let stand at room temperature about 1 hour. Scrape mixture into dessert dishes.

Makes 12 (3/4-cup) servings.



## Low Carb Cherry Limeade Sorbet

### *Ingredients*

1 bag of FROZEN dark sweet Cherries  
4 limes  
1 tablespoon cherry fruit preserve  
1 cup Splenda or equivalent sugar substitute  
1 cup of water  
Pinch of salt

### *Method*

Items you will need.

Pictured are the food items you will need.

The carb count to this dessert is 9 carbs per 1/2 cup. If you are counting calories, there are only 28.5 calories per 1/2 cup.

This will take approximately 30 minutes to make from start to finish.

What your puree looks like.

Roll your limes on the counter to help loosen the juice and pulp. Cut each lime in half and juice them.

Place your cherries, Splenda, lime juice, water and fruit preserve in your food processor. Blend until it is puréed.

\*If you are using a blender, you will put half the cherries in with the cup of water and blend; then put the other half in and blend again. Once the cherries have been puréed then add the other ingredients.

Make sure your ice cream/sorbet maker is set up. Then pour the puree into the container and turn on. It will take approximately 15 to 20 minutes to be ready. You can hear it change in sound when it is ready.

Once your sorbet is finished, you will need to place it in a container for freezer storage. For the perfect size, use the small plastic container found in your grocery store. This measures a half cup and is easy to grab out of the freezer.

Once you have put the sorbet away, take some out and enjoy!

## Coffee Italian Ice

### *Ingredients*

3 cups water  
1 cup granulated sugar  
4 tablespoons instant coffee dissolved in 1 cup water

### ***Method***

Simmer the water and sugar over medium heat until the sugar is dissolved.

Let cool, then add the coffee mixture

Pour the Italian ice base into a freezer-safe dish, and leave in the freezer until ice crystals form around the edges.

Stir with a fork to blend the ice crystals and put back in the freezer.

Check every 20 to 40 minutes, and repeat the stirring until the Italian ice has the consistency of crushed ice. The deeper the container, the longer the intervals between stirrings.

Serve with an ice cream scoop, and store remaining ice in an airtight container.

## **Coffee Italian Ice with Espresso** From Better Homes and Garden

### ***Ingredients***

1/4 cup sugar

2 tablespoons instant espresso coffee powder

1/2 cup boiling water

1 cup cold water

5 strawberries (optional)

### ***Method***

In a small bowl combine sugar and coffee powder. Add boiling water; stir until dissolved. Stir in cold water.

Pour mixture into a 9x5x3-inch loaf pan. Freeze about 2 hours or until firm.

Break frozen mixture into small chunks; place in a chilled medium mixing bowl. Beat with electric mixer on low speed until fluffy.

Freeze mixture for 2 hours or until firm.

To serve, scrape or scoop ice into small dessert dishes. If desired, garnish each serving with a strawberry. Makes 5 (1/2-cup) servings.

Make ahead directions

Pack into an airtight freezer container. Seal, label, and freeze up to 1 month.

## **Italian Lemon Ice with Juice Concentrate**

### ***Ingredients***

2 cups water

1 cup lemon juice concentrate  
½ cup sugar

### ***Method***

Place all ingredients into the saucepan and heat on low while stirring until the sugar has completely dissolved. If it's not sweet enough, add a little more sugar, a teaspoon at a time, until it has reached the desired flavor.

Pour the lemon mixture into the baking pan, and place it into the freezer.

Stir the mixture every 20 minutes or so while the ice sets up. The first time you do this you won't notice much of a change, but eventually it will start to freeze. By stirring, you will continue to break up the ice and end up with a crystallized texture that will mimic that of shaved ice.

Remove from the freezer when it reaches the consistency you want, and scoop out the ice into individual serving cups.

## **Lemon Italian Ice**

### ***Ingredients***

3 cup Water  
1 1/2 teaspoons Grated lemon peel  
1 1/4 cup Sugar  
3/4 cup Lemon juice

### ***Method***

Combine water, sugar and lemon peel in medium saucepan. Bring to a boil on medium heat, stirring constantly. remove from heat and allow to cool. Pour mixture into canister of ice cream maker. stir in lemon juice. Freeze according to manufacturer's directions.

Makes 1 quart.

## **Lime Italian Ice** Sunny Anderson

### ***Ingredients***

3 cups water  
1 1/2 cups sugar  
1/2 cup lime juice

### *Method*

Fill a large bowl with ice water. Place another bowl inside so it's surrounded on all sides by the ice water. In a medium saucepan, bring water and sugar to a **boil**. When sugar has dissolved, remove from heat and add lime juice. Pour into bowl sitting in the ice bath to cool **lime** mixture, about 15 minutes. Pour mixture into a 10 by 12-inch baking dish that's sitting on a sheet tray and put in the freezer. After 1 1/2 hours, remove from freezer and scrape the ice with a fork, being sure to mix the softer center with the more frozen outer edges. Put back into the freezer for another 1 1/2 hours. Before serving, scrape again using the fork.

## **Orange Italian Ice**      Emeril-Lagasse

### *Ingredients*

2 cups sugar  
1 cup fresh orange juice  
1 cup fresh lemon juice  
1 teaspoon orange zest  
1 teaspoon lemon zest  
12 cups finely shaved ice

### *Method*

In a medium saucepan, combine sugar, orange juice, lemon juice, orange zest and lemon zest. Bring to a boil, then lower the heat and simmer, stirring constantly until the sugar dissolves. Remove from the heat and strain into a clean bowl through a fine mesh strainer. Let cool completely before serving over shaved ice.

## **Orange-Lemon Italian Ice**

### *Ingredients*

4 cups water  
2 cups granulated sugar  
2 cups orange juice  
1/2 cup lemon juice

### *Method*

Combine the water and sugar in a medium-sized saucepan. Boil for 5 minutes.

Remove from heat until cool, then stir in orange juice and lemon juice. Pour into a [baking](#) pan and place in the freezer.

Stir the mixture every 1/2 hour until a slush forms. Don't forget to stir every 1/2 hour, or you will end up with a solid block of ice instead of an enjoyable treat. An easy way to remember to stir the ice every half-hour is to set your kitchen timer; re-set after each stir until slush forms. The freezing time varies from 2 to 3 hours.

## **Papaya Ice** From Better Homes and Garden

### ***Ingredients***

1 cup sugar  
2 fresh papayas or mangoes (about 1 pound total), peeled, seeded, and cut up or 1 26-ounce jar refrigerated sliced papaya or mango, drained  
2 tablespoons lemon juice  
1 cup warm water

### ***Method***

In a 2-cup measure stir sugar into warm water until dissolved. In a blender container or food processor bowl combine half of the sugar mixture, half of the fruit, and half of the lemon juice. Cover and blend or process until smooth. Remove. Repeat.

Freeze in a 2-quart ice cream freezer according to manufacturer's directions. (Or, pour into a 9x5x3-inch loaf pan. Cover; freeze for 4 to 5 hours or until almost firm. Break into chunks. Transfer to a chilled large mixer bowl. Beat with an electric mixer on medium speed about 2 minutes or until fluffy. Return to cold pan. Cover; freeze 6 hours or until firm. Makes 1 quart (8 servings).

## **Pineapple Italian Ice**

### ***Ingredients***

3 cups chopped pineapple  
2 tablespoons sugar  
2 tablespoons honey  
1 tablespoon fresh lemon juice

### ***Method***

Blend the fruit, sugar, honey and lemon juice with 2 cups ice in a food processor or blender until chunky. Add another 1 cup ice and blend until completely smooth.

Pour the mixture into a shallow baking dish and freeze 30 minutes. Scrape the ice with a fork until slushy, then freeze until firm, about 2 more hours. Scoop into paper cups.

## Raspberry Italian Ice Giada De Laurentiis

### *Ingredients*

3 cups raspberry syrup (recommended: Torani)  
3/4 cup lemon juice  
1 lemon, zested  
1/4 cup finely chopped fresh mint leaves  
5 pounds crushed ice (about 6 ice trays)

### *Method*

Combine the syrup, lemon juice, lemon zest, and mint in a small pitcher. Place in the refrigerator to chill.

Shave the ice by placing 2 to 3 cups crushed ice at a time in a food processor and running the machine until the ice is finely shaved. Store shaved ice in a large re-sealable plastic bag in the freezer for up to 1 day.

Place 1 1/2 cups of crushed ice in a serving dish. Pour 3 to 4 tablespoons of the syrup mixture over the ice. Serve immediately

## Strawberry Italian Ice

### *Ingredients*

3 cups halved strawberries  
2 tablespoons sugar  
2 tablespoons honey  
1 tablespoon fresh lemon juice

### *Method*

Blend the fruit, sugar, honey and lemon juice with 2 cups ice in a food processor or blender until chunky. Add another 1 cup ice and blend until completely smooth.

Pour the mixture into a shallow baking dish and freeze 30 minutes. Scrape the ice with a fork until slushy, then freeze until firm, about 2 more hours. Scoop into paper cups.

## Strawberry-Champagne Italian Ice

Emeril-Lagasse

### Ingredients

2 cups sugar  
1 cup fresh strawberries, hulled  
1 cup demi-sec or extra dry champagne  
12 cups finely shaved ice

### Method

In a medium saucepan, combine the sugar and strawberries, being careful to crush the fruit. Cook over low heat, stirring gently. (The heat will make the berries split and their juices will run clear.) Once the sugar dissolves, cook 2 more minutes. Remove from the heat and strain into a clean bowl through a fine mesh strainer, without pressing the fruit. Let cool completely. Stir the Champagne into the strawberry syrup and serve over shaved ice.

## Tarragon Italian Ice – from Better Homes and Garden

### Ingredients

3 cups water  
1 cup sugar  
1/3 cup fresh lemon or lime juice  
1 Tablespoon snipped fresh tarragon

### Method

1. In a medium saucepan combine water and sugar. Bring to boiling, stirring to dissolve sugar. Remove from heat; cool 30 minutes. In a 2-quart square baking dish, combine sugar mixture, lemon juice, and tarragon. Cover and freeze about 7 hours or until nearly firm.
2. Break frozen mixture into small chunks. Transfer to a chilled large mixing bowl. Beat with an electric mixer on medium speed until fluffy but not melted. Return mixture to 2-quart square dish; cover and freeze at least 3 hours or until firm.
3. To serve, let stand at room temperature for 10 minutes. Using a large spoon, scrape across surface and spoon into dessert dishes. Makes about 6 cups (12, 1/2-cup servings).

## Watermelon Italian Ice *adapted from David Lebovitz's The Perfect Scoop*

### Ingredients

4 1/2 cup watermelon juice (it was only 1/2 of our watermelon)  
1/2 cup sugar

Big pinch of salt  
2 T. freshly squeezed lime juice

### ***Method***

Heat 1/2cup watermelon juice with sugar and salt until fully dissolved. Mix in with remaining watermelon juice and mix well. Pour directly into freezer-safe pan (I used throwaway aluminum baking pans) or flat plastic container (may take longer) and freeze. After one hour, start scraping the sides and pushing the crystals to the middle of the pan. Continue this for several hours, if you have the patience!

If the mixture gets too hard or solid, you can take it out of the freezer for 10 minutes until it starts to soften.

## **Watermelon-Lime Italian Ice** – from Better Homes and Garden

### ***Ingredients***

1 cup water  
1/2 cup sugar  
6 cups cubed and seeded watermelon  
2 tablespoons lime zest  
1/4 cup fresh lime juice  
1/4 cup minced fresh mint, loosely packed

### ***Method***

In a small saucepan, combine water and sugar. Cook over medium-high heat, stirring frequently, until sugar is dissolved. Allow to cool.

In the container of a blender, puree watermelon until smooth. Add sugar syrup, lime zest, lime juice, and mint. Pulse until well blended.

Pour mixture into a 13-x-9-x-2-inch dish. Cover and freeze for 8 hours. Scrape mixture with a fork every 2 hours to loosen the ice crystals.



# Sorbet

## Definition From Wikipedia:

**Sorbet** (pronounced /'sɒrbeɪ/) is a frozen dessert made from sweetened water flavored with fruit (typically juice or puree), wine, and/or liqueur. The origin of sorbet is variously explained as either a Roman invention, or a Middle Eastern drink *charbet*, made of sweetened fruit juice and water. The term *sherbet* or *charbet* is derived from Turkish: *şerbat*/*şerbet*, "sorbet", from the Persian *sharbat*, which in turn comes from the Arabic شربات *sharbāt* meaning "drink(s)" or "juice." Sorbet is sometimes served between courses as a way to cleanse the palate before the main course.

## Sorbet Simple Syrup

The sorbet base is made using a simple syrup then adding other flavors to it. A thick simple syrup is just 2 parts sugar to 1 part water. It is used as a base for many flavors of sorbet. This will keep in the refrigerator for about a month.

Combine the water and sugar in a medium saucepan. Bring the mixture to a boil and let the sugar dissolve. Stir the mixture as it dissolves. You may want to consider flavoring the syrup or adding liqueurs and alcohols, citrus zest, herbs or extracts to it. Allow the syrup to cool slightly before adding flavoring.

## Alton Browns No Brainer Sorbet

*Formula = 2 + 8 + 1 + ½ and a pinch*

### Ingredients

2 pounds of fruit peeled  
8 oz sugar  
2 tablespoons lemon juice  
1 tablespoon vodka  
A pinch of kosher salt

### Method

Place fruit in a food processor and puree. Vodka or alcohol make smaller ice crystals, lemon or acidity boosts flavor. Chill to 40 degrees. This will make churning faster and give a smoother texture. Churn in an icecream maker until it resembles soft serve icecream according to manufacturers instructions. Sever as is or place in an air tight container.

## Apple Sorbet Recipe

### *Ingredients:*

1 3/4 pints (1 liter) apple juice  
14 oz. (410g) can apple purée  
2 egg whites

### *Method*

Take the apple purée and mix with the apple juice. Pour into a baking tray (metal) and freeze. When frozen transfer to a food blender or processor and blend until smooth. Whisk the egg whites and when stiff 'fold' them into the blended apple mixture.

Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## Apple Sorbet with Mint

### *Ingredients*

4 eating (dessert) apples, peeled, cored and finely chopped  
250 ml/8 oz./1 cup white wine  
100 ml/4 oz./0.5 cup water  
75 ml/5 tablespoons clear honey  
Juice of 1 lemon  
6 mint leaves, finely chopped

### *Method*

Puree the apples, wine and water in a [food](#) processor or blender, then stir in the honey and lemon juice.

Freeze for 1 hour.

Stir well, then freeze again and continue to stir the sorbet occasionally while it is freezing.

Just before it sets, stir in the mint.

Whisk the sorbet and serve in individual glasses.

## Apple & Blackberry Sorbet

### *Ingredients*

1 cup of fresh blackberries  
1/2 cup of water  
1 cup of sugar  
5 fresh apples  
2 fresh limes (juiced)

### *Method*

Place the blackberries and water into a blender. Blend until smooth then pour through a sieve and press to extract the juice (should make 1 cup of juice). Discard the flesh of the blackberries left in the sieve.

Mix this juice with the sugar in a saucepan over a medium heat. Stir continuously until the sugar has dissolved and it forms a syrup. Remove the syrup from the heat and leave to cool - takes about 20 minutes.

While waiting for the syrup to cool, wash, peel and core the apples and then chop them into cubes. Place the apple cubes, cooled syrup and lime juice into a blender and blend until smooth. Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## Apricot Sorbet

### *Ingredients*

3/4 pound very ripe apricots, peeled and pitted  
Juice of 1 large lemon  
1/2 cup granulated sugar

### *Method*

Purée the apricots into a bowl. Add the lemon juice and whip in the sugar with a wire whisk. Pour into a container, cover and freeze until firm, beating 3 times at 45-minute intervals. About 30 minutes before serving, transfer the sorbet to the refrigerator. Serves 4.

## Frozen Banana Sorbet

### *Ingredients*

1 ripe banana, frozen  
1 tablespoon freshly squeezed lime juice  
1 tablespoon honey

### *Method*

Peel the banana and cut into chunks about 1-inch long. Put the banana, lime juice and honey in a food processor and process by pulsing until it is pureed but still a little chunky. Spoon into a serving dish and serve.

Note: A little chocolate sauce and chopped nuts are good with this. You can also put a little vanilla yogurt cheese in the processor with the bananas for an even creamier dessert!

## Bellini Sorbet

I love to make this Bellini sorbet. Bellini is a Italian drink that takes prosecco and peach together to make a incredibly refreshing and tasty drink. You can use a ice cream machine for this but I also have done it without a ice cream machine and it was wonderful.

### *Ingredients*

1/2 cup water  
1 1/2 cups sugar  
the juice of 1 lemon  
2 peaches  
1 cup prosecco (A sparkling white wine from the Veneto region of NE Italy)

### *Method*

In a sauce pan make a simple syrup out of the water, [lemon juice](#), and sugar by boiling on high. You will need to heat the sugar, water, and lemon juice until they form a syrup. Test this by placing a spoon in the mixture. If the syrup coats the spoon then you are ready for the next step.

Add the peaches and prosecco. Cook for five minutes.

Puree this mixture into a blender.

Pour the bellini sorbet mixture into a container and put in the freezer.

Every half hour take the sorbet out and stir with a fork until you have a nice soft frozen bellini sorbet.

If you have a ice dream machine you can use this for your bellini sorbet. It will come out smoother.

## Bing Cherry Sorbet

### *Ingredients*

2 cans pitted dark sweet Bing cherries  
4 tablespoons fresh lemon juice

### *Method*

Freeze unopened can of cherries until solid, about 18 hours.  
Submerge can in hot water for 1 to 2 minutes. Open and pour syrup into a food processor bowl. Place fruit on a cutting surface and cut into chunks. Add to bowl and purée until smooth. Add lemon juice and process until blended thoroughly. Cover and freeze until ready to serve, up to 8 hours. Makes approximately 3 cups.

## Blackberry and Lemon Swirl Sorbet

### *Ingredients*

1 cup sugar, plus 3 tablespoons  
2 cups water, plus 1 tablespoon  
2 cups lemon juice  
1 half-pint blackberries

### **Directions**

In a saucepan, bring 1 cup sugar and 2 cups water to a boil. Let cool slightly then measure out 2 cups. Combine the 2 cups with the lemon juice and chill.  
Meanwhile in a saucepan, place the blackberries with 1 tablespoon of water and 3 tablespoons of sugar. Bring to a boil then turn the heat down to a simmer, stirring often to reduce to a thick puree. Strain, if desired and chill the puree.  
Spin the chilled sorbet mixture in your ice cream maker then place in a frozen bowl. Fold in the chilled blackberry puree lightly to swirl it. Freeze until ready to enjoy.

## Bloody Mary Tomato Sorbet

### *Ingredients*

1 pint (600 ml) tomato juice  
Juice of 2 lemons  
1 dessertspoonful Worcestershire sauce  
Few drops Tabasco sauce (optional)

1 dessertspoonful sugar - Salt and pepper  
4 oz. (125 ml) Vodka (optional)  
2 egg whites.

### *Method*

Mix together all the ingredients, tasting carefully to achieve the seasoning that you like. The finished sorbet will be light and fluffy and is good served in scoops on a bed of lettuce leaves, decorated with a few prawns. (Makes 1 1/4 pints of mixture)

## **Magic Buttermilk Sorbet**

### *Ingredients*

1/2 cup sugar  
2 cups buttermilk  
1/2 cup salt  
2 cups ice  
1 quart-size resealable bag  
1 gallon-size resealable bag

### *Method*

In the quart-size resealable bag, combine sugar and buttermilk. Seal the bag. In the gallon size resealable bag, combine salt and ice. Insert the smaller bag into the larger one and seal, letting all the air out. Shake continuously for 5 minutes. When buttermilk stiffens, remove the small bag and dip into cold water to remove salt from the outside of the bag. Freeze or serve immediately. To serve, open bag and scoop out sorbet

## **Champagne Sorbet**

Sorbets don't always have to be made directly from fruit. This Champagne sorbet is bright and tangy and goes very well as an accompaniment to sweet fruit. You'll need an ice cream maker to make this recipe. Makes about 4 cup

### *Ingredients*

1/2 bottle decent-quality Champagne or sparkling wine  
2/3 cup sugar

1/2 cup water  
1 egg white

### *Method*

Make sure the Champagne or sparkling wine is well-chilled.

Heat the sugar and water together in a large nonreactive saucepan until the water simmers. Shut off the heat and let cool completely.

Meanwhile, open the Champagne. Pour half the bottle into a medium bowl and place in the freezer for about 15 to 20 minutes. This recipe works best if the Champagne is as cold as possible without freezing.

When the syrup has cooled completely and no traces of warmth remain, gently pour the Champagne into the syrup and stir until the syrup is mostly blended in. Because of the temperature difference, the two won't blend completely. Don't worry about this.

Pour the mixture inside the ice cream maker and process according to the manufacturer's directions.

Remove the mixture when it's frozen but still soft.

Beat the egg white to soft peaks and fold it into the sorbet.

Cover and freeze the sorbet until needed.

## Cherry Sorbet

### *Ingredients*

6 cups frozen pitted cherries  
1/4 cup sugar  
1 lemon, juiced

### *Method*

Combine sugar and cherries and refrigerate overnight. Place mixture into a blender and puree until smooth. Add lemon juice and pulse until combined. Pour mixture into ice cream machine and churn according to manufacturer's instructions.

## Chocolate Sorbet with Cocoa

Makes about 3 cups.

### *Ingredients*

2 cups water

1 cup granulated sugar  
1 cup unsweetened cocoa powder, best possible quality

### *Method*

Combine water and sugar in a heavy saucepan and place over medium heat. Stir until sugar dissolves.

Whisk in cocoa and bring mixture to a simmer. Simmer for 3 minutes, stirring constantly.

Remove from heat and pour through a fine strainer into a bowl. Chill in refrigerator for 2 hours.

Stir the cool mixture, then freeze in 1 or 2 batches in your ice cream machine according to manufacturer's instructions.

When finished, sorbet will be soft but ready to eat.

For firmer sorbet, transfer to a freezer-safe container and freeze at least 2 hours.

## **Chocolate Sorbet** Ina Garten

### *Ingredients*

1 cup sugar  
1/2 cup very good cocoa powder (recommended: Pernigotti)  
1/4 teaspoon pure vanilla extract  
1/8 teaspoon ground cinnamon  
1/8 teaspoon kosher salt  
2 cups water  
1/4 cup brewed espresso (1 shot)  
1 1/2 tablespoons coffee liqueur (recommended: Tia Maria)

### *Method*

In a large saucepan, mix the sugar, cocoa powder, vanilla, cinnamon, and salt. Stir in 2 cups water and the espresso. Cook over low heat until the ingredients are dissolved. Off the heat, stir in the coffee liqueur. Transfer to plastic containers and refrigerate until very cold.

Freeze the mixture in an ice cream freezer according to the manufacturer's directions. The sorbet will still be soft; place it in a plastic container and freeze for 1 hour or overnight, until firm enough to scoop.

## **Lotta Chocolate Sorbet** Emeril-Lagasse

### *Ingredients*

1 1/4 cups sugar  
2 1/4 cups water



3/4 cup unsweetened cocoa powder, preferably Dutch-process  
1/2 teaspoon ground cinnamon  
1/4 teaspoon cayenne pepper  
Pinch salt  
1/2 teaspoon vanilla extract

### *Method*

In a medium saucepan combine the sugar and 1/4 cup of the water and cook over medium-high heat, undisturbed, until the sugar melts and begins to boil. Allow the sugar to cook, swirling occasionally, until the syrup reaches a deep golden caramel, about 5 minutes. Add the water carefully; the caramel will harden and steam vigorously. Cook over low heat until the caramel is dissolved. Add the cocoa powder, cinnamon, cayenne and salt and whisk until dissolved. Transfer to a clean bowl and cool, stirring occasionally. When the mixture has cooled, stir in the vanilla and transfer to the refrigerator until thoroughly chilled. Freeze in an ice cream maker according to manufacturer's directions. Transfer to an airtight container and freeze for at least two hours before serving.

## **Bittersweet Chocolate Sorbet**

The deep chocolate flavor and rich consistency belie this dessert's low-fat status. Freeze the sorbet up to two days in advance; let stand at room temperature 15 minutes to soften a bit before scooping.

YIELD: 6 servings (serving size: about 2/3 cup)

### *Ingredients*

2 1/2 cups water  
1 1/4 cups sugar  
1/2 cup unsweetened cocoa  
3 ounces bittersweet chocolate, finely chopped  
2 teaspoons vanilla extract

### *Method*

Bring water to a boil in a medium saucepan. Stir in sugar and cocoa; reduce heat, and simmer 5 minutes, stirring frequently. Remove from heat; add chocolate and vanilla, stirring until chocolate melts. Cover and chill completely.

Pour chocolate mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.

## **Bittersweet Chocolate-Cherry Sorbet**

Tart-sweet cherry and strong dark chocolate flavors meld beautifully in this surprisingly rich sorbet crowned with juicy fresh cherries. Use a high-quality jam for the sorbet, and be sure to start the process a day ahead for the best flavor and texture.

### ***Ingredients***

#### ***Sorbet:***

3/4 cup red cherry jam (such as Bonne Maman)  
1/2 cup Dutch process cocoa  
1/4 cup sugar  
1/8 teaspoon salt  
2 cups water

#### ***Compote:***

1/4 cup sugar  
1 pound fresh Bing or tart cherries, pitted and halved

#### ***Method Sorbet***

Bring water to a boil in a medium saucepan. Stir in sugar and cocoa; reduce heat, and simmer 5 minutes, stirring frequently. Remove from heat; add jam and vanilla, stirring until it melts. Cover and chill completely.

Pour chocolate mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze.

#### ***Method Compote***

Add sugar and cherries to a medium sauce pan. Stir in sugar until dissolved. Chill and pour over Sorbet. YIELD: 7 servings (serving size: 1/2 cup sorbet and about 1/4 cup compote)

## **Chocolate Hazelnut Sorbet**

### ***Ingredients***

2 cups hot water  
6 decaf chocolate hazelnut tea bags

1/2 cup chocolate syrup  
2 teaspoons instant espresso (recommended: Medaglia D'oro)  
2 tablespoons hazelnut liqueur (recommended: Frangelico)  
Fresh raspberries, for garnish

### *Method*

Freeze bowl of ice cream maker overnight before use.

In a small pot, boil water over high heat. Add tea bags and steep for 5 minutes. Remove bags from pot and discard. Add remaining ingredients and stir to combine.

Remove from heat and transfer to a large bowl to cool to room temperature. Cover and place in refrigerator until chilled, about 1 hour.

Remove ice cream bowl from freezer and secure in ice cream maker. Pour chocolate hazelnut mixture into bowl and start ice cream maker.

Sorbet is finished when frozen.

Serve garnished with fresh raspberries.

## Chocolate Orange Sorbet

### *Ingredients*

4 cups water  
2/3 cup sugar  
1 tablespoon instant coffee crystals  
1/2 cup frozen orange juice concentrate, thawed  
1 pound bittersweet (not unsweetened) or semisweet chocolate, chopped

### *Method*

Bring water, sugar and instant coffee crystals to boil in large saucepan over medium-high heat.

Keep stirring until sugar dissolves completely. Mix in orange juice concentrate.

Reduce heat to low. Add chocolate and whisk until it turns smooth.

Chill it uncovered for 4 hours, stirring occasionally.

Process sorbet mixture in ice cream maker.

Transfer it to the container. Cover and freeze for at least 6 hours and up to 3 days.

## Citrus Sorbet

### *Ingredients*

Grated zest and juice of 1 pink grapefruit

Grated zest and juice of 1 lemon  
Grated zest of 1 orange  
Juice of 2 oranges  
6 oz. granulated sugar  
3/4 pint (450 ml) water  
2 small or 1 large egg white

### *Method*

Follow the instructions for the Orange Sorbet and make a syrup with the sugar and water with the addition of the zest of the fruits. When the syrup has cooled, add the juices and pour it into the ice cream maker. When the sorbet starts to freeze and thicken, add the egg whites, so that they are incorporated and whisked into the syrup for the last 10 minutes of freezing time. (Makes approximately 1 1/4 pints of mixture)

## Coconut Lime Sorbet

### *Ingredients*

1 (15 ounce) can cream of coconut (Coco Lopez is excellent)  
3/4 cup water  
1/2 cup fresh lime juice (use the juice of fresh key limes if possible)

Optional: Chopped maraschino cherries or other sweet cherries, about 1/2 cup  
Garnish: Fresh pineapple, cherries, mango slices, banana

### *Method*

In a bowl, whisk ingredients together. If you are adding cherries, do so now. Freeze the mixture in an ice cream maker, according to the manufacturer's instructions. Transfer sorbet to an airtight container and put in freezer to harden. Transfer to serving bowls and garnish with fresh fruit. Makes about 1 pint.

## Cranberry Sorbet

Although this could be dessert, Cranberry Sorbet does its best work as a palate cleanser. Before a special dinner hits the table (and after the anticipatory snacking and drinking), gourmet cooks serve sorbet to cleanse the palate in preparation for the delectable feast ahead! So, scoop out servings of this taste bud scrubber and everyone will appreciate your fancy meal even more! And, yes, it's a refreshing dessert, too.

### **Ingredients**

3/4 Cup Sugar  
1/2 Cup Water  
1/2 Cup Orange Juice  
1 (approx 12 oz) Bag of Fresh or Frozen Cranberries  
Zest and Juice of 1 Lemon

### **Method**

Pick over cranberries and discard any which look smashed or damaged. Rinse and drain the berries.

Combine the water, sugar, orange juice and cranberries in a medium saucepan. Bring the berry mixture to a boil. You may hear some "popping" - that's the berries cracking open. Reduce the heat to a simmer and cook, stirring periodically, for about 15 minutes.

Zest and juice the lemon. Remove the cranberry mixture from the heat and stir in the lemon juice and zest. Allow the mixture to cool.

Pour the berry mixture into a food processor or blender and puree.

Pour the puree through a sieve, into a bowl. Use the back of a wooden spoon to press the solids into the sieve, squeezing out as much of the liquid as possible. Discard the solids.

Freeze the sorbet mixture in your ice cream maker, according to the manufacturer's directions. (See Tips for an alternative freezing method.)

Allow sorbet to soften slightly before serving.

## **Cranberry Sorbet**

### **Ingredients**

*1/2 cup (100g) sugar*  
*1/2 cup (125ml), plus 1/4 cup (60ml) water*  
*12 ounces (340g) fresh or frozen cranberries (if frozen, thaw first)*  
*pinch of salt*  
*1/2 cup (125ml) orange or tangerine juice, preferably freshly squeezed*  
*optional: 1 tablespoon orange-flavored liqueur, such as Cointreau or Grand Marnier*

### **Method**

In a medium saucepan, heat the sugar with 1/2 cup (125ml) water then add the cranberries and a pinch of salt.

Cover, and cook at a low boil for about 10 minutes, or until the cranberries are completely softened.

Remove from heat and let the cranberries sit until room temperature, covered.

Once the cranberries have cooled, puree the cranberries with any liquid and the orange juice, 1/4 cup water (60ml), and the orange-flavored liqueur, if using.

Chill thoroughly, then freeze in your ice cream maker according to the manufacturer's instructions. About 1 quart (1l)

## Fresh Grape Sorbet

### *Ingredients*

2 1/4-pounds (1kg) fresh, flavorful grapes (such as Muscat, Zinfandel, Concord or a wine-making variety), rinsed and stemmed

1/4 cup (60ml) water

3 tablespoons (45g) sugar

2 tablespoons (30ml) light corn syrup or glucose (see Note)

optional: 4-6 tablespoons (60-90ml) rosé wine

### *Method*

In a large non-reactive pot, add the grapes along with the water. Cover, stirring from time to time, and cook until the grapes are soft.

Remove from heat and pass the grapes through a food mill with the attachment with the smallest holes. If you don't have a food mill, press them through a fine-mesh strainer, which will take a bit of force. Different grapes will yield differing amounts of juice.

(I got 3 cups, 750ml, of juice from mine, which is good to know if you want to make this with high-quality bottled grape juice.)

Add the sugar, corn syrup and rosé, if using, and stir until the sugar is dissolved. Chill thoroughly, then freeze in your ice cream maker according to the manufacturer's directions.

Note: If you wish to omit the corn syrup or glucose, you can substitute an equal amount of mild-flavored honey or Golden Syrup, or an additional 3 tablespoons (45g) of sugar. About 1 quart (1L)

## Grapefruit Sorbet

Sorbets are a wonderful dessert after a rich meal or simply on a hot summer day. A dessert wine and elegant cookies complement this grapefruit sorbet nicely. Serves four.

### *Ingredients*

1 3/4 cup Essencia (or other sweet dessert wine)  
2 1/2 cup pink grapefruit juice - freshly squeezed  
1/2 cup plus 2 tablespoons sugar  
2 tablespoons light corn syrup  
1 tablespoon grenadine syrup  
1 1/2 teaspoon pink grapefruit peel - grated

### *Method*

Boil 1 cup wine in a small, heavy saucepan until it has reduced to 1/4 cup  
Pour the wine into a large bowl.  
Add the grapefruit juice, sugar, corn syrup, grenadine and peel.  
Stir until the sugar has dissolved.  
Mix in the remaining 3/4 cup wine.  
Refrigerate the mixture until cold.  
Pour the mixture into an ice cream maker and freeze according to manufacturer's instructions.  
Keep frozen in a covered container.

## **Fresh Fig Sorbet**

### *Ingredients*

10 figs (about 1 pound/500g)  
1/4cup (75ml) water  
1/3cup (75g) sugar  
1 lemon (untreated, you will need a clean peel)  
1 1/2 cup water (375ml)

### *Method*

Cut the ends (and stem pieces) from the figs, and cut into large chunks (keep the skins on). Add the 1/4cup water to the fig pieces in a medium frying pan or saucepan and zest the lemon directly into the mix. Cover and cook for 8-10 minutes, stirring occasionally.  
Add the sugar and stir with the lid off until they start to break down and get "jamlike." Remove from heat and let cool. Puree the mixture (I used my trusty wand blender) and slowly incorporate the 1 1/2cup water while blending. Taste and add more water and/or lemon juice if necessary.  
Pour into a freezer-safe dish and freeze for several hours (or use your ice cream machine). I used a low, throwaway container that is good to bring with you to parties, so you can forget it! Set out for 5-10 minutes before serving to soften.

This is a delicately-flavored sorbet but very refreshing, and fresh figs are abundant at this time of year so it's easy to whip up a batch! Try not to eat all the figs while you're cooking.

## Green Melon with Lime and Lemon Sorbet Rachael Ray

### *Ingredients*

1 honeydew melon, quartered and seeded  
1 lime  
A handful mint leaves, chopped  
1 pint lemon sorbet

### *Method*

Dress the melon quarters with lime zest, lime juice and mint. Fill each boat with a small scoop of lemon sorbet and serve.

## Key Lime Sorbet Alton Brown

### *Ingredients*

1 cup sugar  
1 cup key lime preserves  
1 lemon, zested and juiced  
1 lime, zested and juiced  
4 cups lime flavored club soda or seltzer  
Kosher salt

### *Method*

Combine sugar, preserves and 1 cup of the soda in a medium saucepan and stir over low heat until sugar and preserves are melted. Add citrus juice and zest. Stir in the remaining soda, move to a clean, lidded container and chill thoroughly, 2 to 3 hours.

Turn mixture in ice cream maker per maker's instructions or until mixture reaches the consistency of a firm slush. Return mixture to lidded container and harden in freezer 1 hour before serving.



If sorbet is to be held frozen for longer than 2 hours, move from freezer to refrigerator for about half an hour before serving. If you'd like a more assertive sorbet, double the amount of citrus zest.

## Key Lime Sorbet with Gingersnaps

Citrusy Key Lime Sorbet pairs beautifully with simple gingersnap cookies for a refreshing dessert that will transport you to the tropics.

### *Ingredients*

5 cups water  
1 cup sugar  
3 (1/8-inch-thick) slices peeled fresh ginger  
2 teaspoons grated Key lime rind or lime rind  
1/2 cup fresh Key lime juice or lime juice (about 10 Key limes)

### *Method*

Combine first 3 ingredients in a large nonaluminum saucepan; bring to a boil. Add lime rind, and cook over low heat 10 minutes, stirring occasionally. Strain mixture through a sieve into a bowl, reserving the sugar mixture. Discard solids. Cool sugar mixture completely. Stir in lime juice.

Pour the juice mixture into the freezer can of an ice-cream freezer, and freeze according to the manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 2 hours or until firm. Serve with Gingersnaps. YIELD: 12 servings (serving size: 1/2 cup sorbet and 2 cookies)

Note: Total nutritional analysis includes Gingersnaps

## Lemon Sorbet 1 Rachael Ray

### *Ingredients*

1 pint lemon sorbet  
2 (1/2 pint) containers raspberries or blackberries or a combination of both  
Several sprigs fresh mint, shredded

### *Method*

Line ice cream dishes with fresh berries. Top berries with small scoops of lemon sorbet. Top sorbet with remaining berries. Sprinkle shredded fresh mint leaves over the sorbet and berry cups.

## **Lemon Sorbet 2** Emeril-Lagasse

### *Ingredients*

1 cup water  
1 cup sugar  
1 cup fresh lemon juice  
1 tablespoon lemon zest

### *Method*

Bring the water and sugar to a boil in a small saucepan, remove from the heat, and cool. Combine the syrup with the lemon and zest and pour into the bowl of an ice cream machine. Freeze according to the manufacturer's instructions. After the sorbet is made, transfer to an airtight container. Cover tightly and freeze until ready to serve.

### Notes

Note: If you are concerned if the oils or other ingredients in these recipes are suitable for Passover, seek non-dairy substitutes or ingredients that are certified kosher for Passover.

## **Lemon Sorbet 3**

### *Ingredients*

8 oz. (250 g) granulated sugar  
3/4 pint (450 ml) water  
1/2 pint (300 ml) fresh orange juice  
Zest of one lemon  
Juice of a lemon.

### *Method*

Combine the sugar, water and lemon zest in a saucepan. Set it over a gentle heat and stir frequently until the sugar has melted. Bring to the boil and boil for 5-8 minutes or until you have a light syrup (230°F 110 °C) then remove from the heat and leave until it is cold. Stir in the

lemon juice and turn it into the ice cream maker. As lemon juice is very sour, you may need less than 1/2 a pint (300ml), so taste it carefully before freezing. (Makes approximately 1 1/4 pints)

## Lemonade Iced Tea Sorbet

We used full-flavored English Breakfast tea (a blend that includes black tea leaves), but consider substituting your favorite tea to make this frozen treat.

### *Ingredients*

2 cups boiling water  
4 regular-sized English Breakfast tea bags  
3/4 cup sugar  
3/4 cup fresh lemon juice (about 4 lemons)  
1 cup ice water  
Mint sprigs (optional)

### *Method*

Combine 2 cups boiling water and tea bags in a large bowl; steep 5 minutes. Discard tea bags. Add sugar to tea mixture, stirring until sugar dissolves. Cool completely. Stir in juice and 1 cup ice water; chill 1 hour.

Pour tea mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container. Cover and freeze 1 hour or until firm. Garnish with mint sprigs, if desired. YIELD: 8 servings (serving size: 1/2 cup)

## Lemon Juice Sorbet

### *Ingredients*

1/2 cup lemon juice  
1/4 cup orange juice  
1/4 cup sugar  
1 teaspoon finely chopped lemon zest  
1/4 cup water  
1 egg white

### *Method*

Combine the lemon juice, orange juice, sugar, lemon zest and water in a small bowl.

Stir until the sugar dissolves.

Cover the mixture and chill 2 hours.

Beat the egg white in a separate bowl until stiff. Fold into the chilled citrus mixture.

Pour the mixture into an ice cream maker and freeze.

## **Lemon Verbena Sorbet** Emeril-Lagasse

### *Ingredients*

2 1/2 cups water

2 cups granulated sugar

1 1/2 cups chopped lemon verbena

2 tablespoons lemon juice

### *Method*

Combine the water, sugar, and lemon verbena in a medium, heavy saucepan, and bring to a boil. Stir the pot until the sugar dissolves, and then reduce the heat to medium-low. Allow the pot to simmer for 5 minutes. Remove from the heat and allow the herb-syrup to steep while it cools. Refrigerate for 2 hours, or until thoroughly chilled. Strain, add the lemon juice, and process in an ice cream machine according to the manufacturer's instructions. Transfer the sorbet to an airtight container and let firm in the freezer for at least 2 hours before serving.

## **Basil-Lemon Sorbet** Emeril-Lagasse

### *Ingredients*

2 1/2 cups water

2 cups sugar

2 tablespoons lemon zest

3 tablespoons lemon juice

24 basil leaves

12 mint leaves

### ***Method***

In a small saucepan, combine the water, sugar, lemon zest and lemon juice. Bring to a simmer and cook until the sugar is dissolved, about 10 minutes. Add the basil and mint and set aside to steep for 3 minutes. Strain syrup through a fine mesh sieve and set aside to cool. Transfer to the refrigerator until thoroughly chilled, then process in an ice cream machine according to manufacturer's directions. Transfer to a freezer-proof container with a lid and freeze until ready to serve.

## **Lemon-Mint Sorbet**

### ***Ingredients***

2 cups lemon juice  
2 cups simple syrup, recipe follows  
1/4 cup packed mint leaves

### ***Method***

In a 2-quart saucepan set over medium-high heat, add the lemon juice and simple syrup. Bring the pan to a boil and add the mint leaves to the pan. Remove from the heat, and allow the mint to steep in the sorbet base for 5 minutes. Strain the sorbet base, chill it completely, and churn in an ice cream maker according to the manufacture's suggested procedure. Once the sorbet is frozen, transfer to 1-quart container and store tightly sealed in the freezer

### ***Simple Syrup:***

### ***Ingredients***

2 cups water  
2 cups sugar

### ***Ingredients***

Combine the water and sugar in a saucepan. Cook until the sugar has dissolved. Remove from the heat and cool.

## **Spicy Lemon Sorbet**

The unexpected zip of ginger and pepper creates a carnival of contrasts: smooth but sharp, sweet but peppery.

### *Ingredients*

3 cups lemon sorbet  
2 tablespoons finely chopped crystallized ginger  
1/4 teaspoon white pepper

### *Method*

Place a large bowl in freezer. Let sorbet stand at room temperature 45 minutes or until softened.

With a rubber spatula or stand mixer, combine softened sorbet, ginger, and pepper in chilled bowl. Cover; freeze to desired consistency.

## **Roasted Lime Sorbet**

### *Ingredients*

3 limes, softened by rolling or microwaving 30 seconds, halved  
1/3 cups sugar  
1/2 vanilla bean, scraped  
Water, to cover the limes, plus 2 cups  
2 cups freshly squeezed lime juice  
Sugar

### *Method*

Preheat oven to 375 degrees F.

Place halved limes, sugar, vanilla bean scrapings, and water in a roasting pan and stir.

Place in the oven and roast, stirring occasionally until the edges of the limes start to caramelize about 30 minutes. Remove the pan from the oven and allow to cool to room temperature.

Place a strainer over a bowl of a food processor and squeeze the juice from the limes then strain the roasting pan juices into the food processor bowl.

Roughly chop 1 lime half, add it to the food processor, and puree until smooth. Strain the puree into a bowl and stir in the 2 cups water, 2 cups fresh lime juice, and sugar, to taste. Chill and freeze in an ice cream maker according to manufacturers' instructions.

## **Lime Basil Sorbet**

This easy, cool summer treat ends any meal with a clean, refreshing, citrusy note. You only need four ingredients: limes (about 15), light corn syrup, sugar, and basil leaves (Sweet Italian

or lemon basil work best). Tip: A traditional salt and ice electric freezer works best for this sorbet, as opposed to a tabletop freezer, which won't freeze the mixture firmly enough.

### *Ingredients*

1 1/2 cups sugar  
2 cups fresh lime juice, divided (about 15 limes)  
1/2 cup light-colored corn syrup  
3/4 cup packed basil leaves, coarsely chopped  
2 cups water  
1 tablespoon grated lime rind  
Finely grated lime rind (optional)

### *Method*

Combine sugar, 1 cup juice, and corn syrup in a medium saucepan over medium-high heat. Cook 2 minutes or until sugar melts, stirring constantly. Stir in basil. Cook 30 seconds. Remove from heat. Pour mixture into a bowl. Add remaining 1 cup juice, 2 cups water, and 1 tablespoon rind. Cover and chill. Strain mixture through a fine sieve; discard solids. Pour mixture into a freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon mixture into a freezer-safe container; cover and freeze 1 hour or until firm. Garnish with finely grated rind, if desired. YIELD: 8 servings (serving size: 1/2 cup)

## **Lime Daiquiri Sorbet**

### *Ingredients*

2 1/2 cups fresh lime juice (10 to 12 large limes)  
Grated zest of 3 limes  
1 1/3 cups granulated sugar  
1 cup rum  
1/2 cup water

### *Method*

Process all ingredients in a blender or food processor fitted with the metal blade. Freeze in an ice cream maker, following manufacturer's instructions. Makes 1 quart.

## **Limoncello-Mint Sorbet with Fresh Blackberries**

Limoncello is an Italian liqueur that can be mixed in a refreshing spritzer, but it truly stands out in this sorbet when paired with aromatic mint and fresh blackberries.

### *Ingredients*

2 cups water  
1 1/3 cups sugar  
1/2 cup limoncello  
1 cup fresh lemon juice (about 6 large lemons)  
1/2 cup chopped fresh mint  
2 cups blackberries  
Lemon slices (optional)

### *Method*

Combine first 3 ingredients in a saucepan over medium-high heat; bring to a boil, stirring until sugar dissolves. Remove from heat; add lemon juice and mint. Cover and chill.  
Strain juice mixture through a sieve into a bowl; discard solids. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm. Serve with blackberries; garnish with lemon slices, if desired.

## **Lychee Nuts And Pineapple Chunks With Mango Sorbet** Rachael Ray

### *Ingredients*

1(16-ounce) can lychee nuts in syrup  
1 ripe pineapple, peeled and cored, then cut into chunks  
1 pint mango sorbet

### *Method*

Combine nuts in syrup and diced pineapple. Chill until ready to serve dessert. Top dishes of pineapple and nuts with scoops of mango sorbet. Yummo!

## **Mango Sorbet 1** The Neeleys

### *Ingredients*

4 cups mango nectar  
1/4 cup sugar  
1/4 cup sweetened lime juice (recommended: Rose's)  
1 tablespoon vodka



### *Method*

Whisk the mango nectar, sugar, sweetened lime juice together, and vodka in a large measuring cup to dissolve the sugar. Chill in the refrigerator for 2 to 3 hours, until cold.

Pour the mango mixture into an ice cream machine and churn until frozen and slushy, following manufacturer's directions. Freeze until solid, another 2 to 3 hours.

Cook's Note: The vodka helps make the sorbet more scoopable without adding flavor.

## **Mango Sorbet 2** Ina Garden

### *Ingredients*

3/4 cup sugar

5 large ripe mangoes, peeled and seeded

1/4 cup freshly squeezed orange juice

1/4 teaspoon kosher salt

### *Method*

Place the sugar and 1/2 cup water in a small saucepan and cook until the sugar dissolves. Set aside.

Place the mangoes in a food processor fitted with the steel blade and puree. You should have about 5 cups of mango. If you want a smoother sorbet, you can process the puree through a food mill fitted with a medium blade.

Combine the mango, [sugar syrup](#), orange juice, and salt and refrigerate until cold. Freeze in an ice cream machine according to the manufacturer's directions. (The sorbet will be soft.) Serve directly from the ice cream machine.

Yield: 1 1/2 quarts; 6 servings

## **Mango Sorbet 3**

Thank goodness mangoes have come into more common use these days - no other fruit evokes the tropics quite like the mango. Try this sorbet and see. Makes 6 cup

### *Ingredients*

3 cup sugar

3 cup water

4 ripe mangoes (about 3 1/2 lbs.)

3 tablespoon lime juice - freshly squeezed

### ***Method***

Heat the sugar and water and bring to a boil. Boil until the sugar dissolves, and cool.

Wash and dry the mangoes.

Remove the two flat sides of each mango with a sharp knife, cutting lengthwise alongside the pit and cutting as close to the pit as possible. The mango flesh should be in two large pieces.

Scoop the flesh with a spoon from the mango sides. Cut as much flesh from the pit as you can.

Put all the mango flesh in a blender.

Take 1 cup cooled syrup and add to the blender. Add the lime juice and puree until smooth.

Freeze the mango puree in an ice cream maker.

Freeze the sorbet at least 6 hours, or until frozen hard.

## **Mango-Agave Sorbet**

This Mexican dessert is sweetened with agave nectar, which is made from the desert plant that is used to make tequila. A wonderful alternative to table sugar, agave nectar has a low glycemic index, which means it is better for people with blood sugar issues.

### ***Ingredients***

4 cups cubed peeled ripe mango (about 3 pounds)

1/2 cup fresh orange juice (about 3 oranges)

1/3 cup fresh lime juice (about 3 limes)

1/3 cup tequila

3/4 cup light agave nectar

1/3 cup water

### ***Method***

Combine cubed mango, orange juice, lime juice, and tequila in a food processor; process until smooth. Pour the mixture into a bowl, and stir in the agave nectar and 1/3 cup water. Cover and chill for 2 hours.

Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 8 hours or until firm.

## **Mango Sorbet with Amaretto and Crystallized Ginger** Rachael Ray

### ***Ingredients***

1 pint mango sorbet

2 ounces Amaretto, or other almond liqueur  
2 pieces crystallized ginger, available in Asian foods section  
8 gingersnap cookies  
1/2 pint fresh raspberries

### **Method**

In cocktail glasses or small dessert cups, place 2 small round scoops of mango sorbet. Pour 1/2-ounce, 1/2 a shot, Amaretto over sorbet. Using a hand held small grater grate the crystallized ginger over the sorbet to garnish. If you do not have a small grater, use a small pairing knife to shave off small curls of the ginger pieces. Set 2 gingersnaps into the sorbet in each glass and scatter top of desserts with a scattering of fresh red raspberries.

## **Tropical Mango Sorbet**

### **Ingredients:**

5oz (150g) sugar  
1/2 pint (250ml) water  
Flesh of 2 large, ripe mangoes puréed  
1 egg white  
juice of a lime

### **Method**

With the sugar and water make a syrup mixture. When cool, stir in the puréed mangoes and lime juice then transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions. *NB. Approx 10 minutes before the end of the freezing/mixing time, add the egg white.*

## **French Martini Sorbet**

Created by reader Lynnsey Elshere as a twist on her favorite cocktail, French Martini Sorbet looks elegant served in a martini glass.

### **Ingredients**

1 1/4 cups granulated sugar  
3/4 cup water

3 cups unsweetened pineapple juice  
1/4 cup fresh lemon juice  
1/4 cup Chambord (raspberry-flavored liqueur)  
2 tablespoons vodka  
3 drops red food coloring (optional)

### *Method*

Combine sugar and 3/4 cup water in a small saucepan over medium-high heat. Cook 2 minutes or until sugar dissolves, stirring constantly. Remove from heat; cool completely. Combine sugar mixture, juices, Chambord, vodka, and food coloring, if desired, in a large bowl; stir well. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 8 hours or overnight.

## **Melon Sorbet**     Alton Brown

### *Ingredients*

1 pound, 5 ounces diced watermelon, muskmelon or honeydew  
3 tablespoons freshly squeezed lemon juice  
2 tablespoons vodka  
9 ounces sugar, approximately 1 1/4 cups

### *Method*

Place the melon in the bowl of a food processor and process until smooth. Add the lemon juice, vodka, and sugar and process for another 30 seconds. Place the mixture into the refrigerator until the mixture reaches 40 degrees F; depending on the temperature of your ingredients and refrigerator, this could take 30 minutes to 1 hour.

Pour the chilled mixture into the bowl of an ice cream maker and process according to manufacturer's directions. Transfer the sorbet to an airtight container and place in the freezer for 3 to 4 hours before serving.

## **Mint Julep Sorbet**     Emeril-Lagasse

### *Ingredients*

1 cup sugar  
2 cups water

1/2 cup packed fresh mint leaves  
1/4 cup bourbon  
1/4 cup club soda  
Mint sprigs for garnish

### *Method*

Combine sugar, water, and mint leaves in a small saucepan and bring to a boil, stirring to dissolve the sugar. Remove from the heat and cool to room temperature.  
Add the bourbon and club soda to the cooled syrup, stirring until combined. Freeze mixture according to manufacturer's directions in an ice cream freezer.  
Place sorbet in a freezer-safe container and allow mixture to freeze for 4 hours before serving. Garnish with fresh mint sprigs.

## **Mojito Sorbet**

Making mojito sorbet is easy to do. You do not even need a ice cream machine. This mojito sorbet recipe is refreshing and tastes wonderful with fresh mint and lime. Rum is the key because alcohol does not freeze it will make the mojito sorbet softer. There is a very small amount of rum in the recipe.

### *Ingredients*

2 cup water  
1 cup sugar  
1 tablespoon honey  
2 limes  
1/8 cup of rum  
1 tablespoon chopped mint  
10 sprigs of mint

### *Method*

Combine the sugar, water and honey in a saucepan and heat over med high.  
Add the mint sprigs once the sugar has dissolved. Zest one lime into the mixture. Let come to a boil and simmer over low heat for ten minutes.  
Strain the mixture into a shallow container.  
Add the lime juice, rum and zest the other lime into the mixture.  
Cool and add the chopped mint to the mojito sorbet.  
Put the mojito sorbet in a shallow pan in the freezer. Every half hour use a fork to stir the mojito sorbet. You can store mojito sorbet for three days covered in the freezer. You can use a

ice cream machine for this recipe as well. Just use your machines instructions for freezing the mojito sorbet.

## **Mocha Sorbet**

This is a very low fat mocha sorbet recipe that is sure to satisfy any chocolate lover. This is an easy recipe that can be made with espresso or coffee.

### ***Ingredients***

1 ½ cups sugar  
¾ cup Dutch process unsweetened cocoa powder  
1/8 teaspoon salt  
2 cups water  
1 cup brewed espresso or very strong coffee  
1 tablespoon light corn syrup  
½ teaspoon vanilla extract

### ***Method***

Combine the sugar, cocoa powder, and salt in a medium saucepan; whisk to blend.  
Gradually mix in the water and espresso (or coffee).  
Whisk in the corn syrup until well blended.  
Cook over medium heat, whisking frequently until the sugar dissolves and the liquid is smooth.  
Remove from the heat and set aside to cool to room temperature.  
Stir in the vanilla, cover, and refrigerate for 2 hours or until cold.  
Whisk briefly to blend.  
Pour into an ice cream maker canister and freeze according to the manufacture's directions.  
Transfer the mocha sorbet to a covered container and freeze until firm enough to scoop, which is usually for about 3-4 hours.  
Scoop the mocha sorbet and serve in a dessert dish or in a coffee cup.

## **Mulled Wine Sorbet**

### ***Ingredients***

4 oz. (100g) sugar or caster sugar  
2/3 pint (300ml) water  
3/4 pint (375ml) red wine  
juice from 2 oranges  
1 egg white

1/4 teaspoon ground nutmeg  
1-2 sticks cinnamon according to taste  
4 cloves  
2 tablespoons redcurrant or cranberry jelly

Into a pan put the sugar and water and heat through very gently, stirring all the time, until the sugar has fully dissolved. Then simmer the mixture until it thickens (takes a few minutes). Place to one side.

Into another pan pour the red wine and orange juice and stir in all the spices and redcurrant or cranberry jelly. Heat gently, stirring all the time. When the jelly has fully dissolved, bring the mixture to the boil. Then pour through a strainer into the syrup mixture in the first pan so that all the solids are removed. Stir well and leave to cool.

In a separate bowl beat the egg white and then stir it into the cooled mixture. Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## Orange Sorbet

### *Ingredients*

8 oz. (250 g) granulated sugar  
3/4 pint (450 ml) water  
1/2 pint (300 ml) fresh orange juice  
Zest of two oranges  
Juice of a lemon.

### *Method*

Combine the sugar, water and orange zest in a saucepan. Set it over a gentle heat and stir frequently until the sugar has melted. Bring to the boil and boil for 5-8 minutes or until you have a light syrup (230°F 110 °C) then remove from the heat and leave until it is cold. Stir in the orange and lemon juices and turn it into the ice cream maker. (Makes approximately 1 pint)

## Orange Honey Sorbet in Orange Cups

### *Ingredients*

12 to 13 oranges  
1/2 cup honey

Mint leaves for garnish

### *Method*

Squeeze juice from 10 oranges to get about 2 1/2 cups of juice and set aside. Cut remaining 2 oranges in half and scoop out pulp, preserving shape of peel. (You can use the pulp to increase the juice amount if necessary). Place hollowed orange halves in freezer until frozen, about 1 hour.

Melt honey in a small saucepan over low heat until liquefied, about 5 minutes. Remove from heat and stir in 1/4 cup of the orange juice, then stir in remaining orange juice. Place in refrigerator to chill several hours or overnight. Freeze sorbet base in a machine according to manufacturer's instructions. When ready, scoop sorbet into frozen orange cups and garnish with mint leaves.

## Orange or Pineapple Sorbet

### *Ingredients*

For the simple syrup

2 cups sugar

1 cup water

2 cups orange juice, if making orange sorbet

2 cups pineapple juice, if making pineapple sorbet

### *Method*

When making sorbet, you can use fresh puree, fresh juice, or commercially prepared frozen puree. No matter which you use, you need simple syrup. When using fruit, it is often necessary to slightly vary the amount of simple syrup to balance the sweetness.

A refractometer is a piece of equipment used by wine makers to determine the amount of sugar in grapes. It is also used to measure the sugar content in sorbet. It works by measuring light as it is reflected off the sugar crystals contained in the sorbet mix.

Most ice cream machines work in the same way. The cold source comes from the outside of the container. The ice cream machine blade continually scrapes the sides of the container where the mix has frozen and mixes the frozen particles throughout. The continuous motion of the blade keeps the ice crystals small. If properly spun, sorbet and ice cream should not be icy. The motion of the blade also traps air in the mix as it thickens and gains volume.

The PACOJET<sup>®</sup> allows you to mix, freeze, and spin the exact number of portions needed. This is a versatile, although expensive, machine that makes great ice creams, sorbets, soups, mousses and purees.

Make the simple syrup: Combine the sugar and water in a 2-quart heavy-bottomed saucepan over medium-high heat and bring to a boil. All the sugar crystals should completely dissolve. Remove from the heat and pour into a clean medium-size bowl. Let cool completely before using. Simple syrup can be stored in the refrigerator indefinitely if kept in an airtight container.



The technique for the orange or pineapple sorbet is exactly the same. Use a refractometer to balance the sugar in the fruit juice. It may not be necessary to add very much simple syrup to the fruit juice if using commercially prepared fruit juice. It is often very sweet. The fruit juice and simple syrup combination should balance to a measure of 24 to 26 degrees Brix on the refractometer.

Pour the fruit juice and syrup combination into the PACOJET<sup>®</sup> beaker and freeze until completely frozen. When frozen, remove from the freezer and place the beaker in the PACOJET<sup>®</sup> container. Insert and spin as many servings as you would like to make. The sorbet is ready to serve.

## Pear Sorbet Recipe

### *Ingredients:*

2 can of pears in syrup (16oz/500g size)  
4 tablespoons lemon juice, 3/4 cup of simple syrup

### *Method*

Drain the pears from the syrup in the tins and purée them in a blender or food processor. Put into a mixing bowl and stir in the lemon juice and syrup. Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## Pina Colada Sorbet The Neeleys

### *Ingredients*

2 cups pineapple juice  
1 (15-ounce) can cream of coconut  
1 (20-ounce) can pineapple bits, in juice, undrained  
2 tablespoons dark rum  
1 teaspoon coconut extract  
Coconut Whipped Cream, for garnish, recipe follows  
Shredded coconut, for garnish  
Maraschino cherries, for garnish

### ***Method***

Puree all of the sorbet ingredients in a blender until smooth and refrigerate for 1 hour. Add the mixture to an ice cream machine and run until slushy. Freeze until solid. Serve with Coconut Whipped Cream, shredded coconut, cherries and cocktail umbrella in coconut shells.

### ***Coconut Whipped Cream:***

1 cup heavy whipping cream, chilled

1/4 cup confectioners' sugar

1 teaspoon coconut extract

2 tablespoons dark rum

Add the whipping cream to a chilled bowl and begin whipping with an electric mixer. Add the remaining ingredients and whip until soft peaks form. Serve on top of sorbet.

## **Pineapple Sorbet**

Make the most of fresh pineapple and cool down on a hot summer night with this deliciously smooth and creamy pineapple dessert.

### ***Ingredients***

1 small pineapple, peeled and cored

2 tablespoons fresh lemon juice

1 cup plus 2 tablespoons sugar

Mint sprigs (optional)

### ***Method***

Cut pineapple into 2-inch pieces. Place pineapple and lemon juice in a food processor; process until smooth. Add sugar; process 1 minute or until sugar dissolves.

Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container. Cover and freeze 1 hour or until firm.

Garnish with mint sprigs, if desired. YIELD: 9 servings (serving size: 1/2 cup)

## **Pink Grapefruit Sorbet**

In this refreshing palate cleansing sorbet, sugar tames the tartness of grapefruit juice. And with just two ingredients, it could not be simpler to prepare. A serving delivers about two-thirds of your RDA for vitamin C, and only 145 calories.

### *Ingredients*

3 cups fresh pink grapefruit juice (about 4 grapefruits), divided  
3/4 cup sugar

### *Method*

Combine 1/2 cup grapefruit juice and sugar in a small saucepan over medium heat. Cook until sugar dissolves, stirring frequently.

Combine the sugar mixture and the remaining 2 1/2 cups grapefruit juice in a medium bowl; cover and refrigerate until chilled.

Pour mixture into the freezer can of an ice-cream freezer, and freeze the mixture according to manufacturer's instructions. Spoon the sorbet into a freezer-safe container; cover and freeze for 1 hour or until the sorbet is firm. YIELD: 6 servings (serving size: 2/3 cup)

## **Plum Mint Sorbet**

### *Ingredients*

1 cup water  
4 ripe plums (overripe best)  
3/4 cup sugar  
handful of mint

### *Method*

Chop the plums into rough chunks. Measure out 2 cups' worth, and put them in a (lightly-oiled, if you wish) dish. Chop the mint, and mix with the plums. Set the mixture in the freezer for at least 3 hours.

Mix the cup of water with the 3/4 cups of sugar, and bring to a boil. Once boiling, lower heat to medium and simmer for about 5 minutes. Remove the mixture from heat, allowing it to cool to room temperature.

Pour the neutral-temperated sugar water into the blender. Add half of the frozen mint-plum mixture. Grate until fairly smooth. add half of the remaining frozen mixture to the blender, grate again. Add the final amount, and grate for 30-60 seconds further, until smooth.

Pour this mixture into a deep bowl, and set aside to freeze. If you like your sorbet soft, check it after 2-3 hours, depending on how cold your freezer is. Otherwise freeze for 5 hours to overnight. If sorbet becomes too hard, let it thaw for 10 minutes before serving.

## Rhubarb Sorbet 1

### *Ingredients*

Fresh rhubarb - 1lb (450g) of stalks, trimmed and with leaves removed. NOTE: rhubarb leaves are poisonous

### *To stew the rhubarb:*

2 tablespoons water, 1 tablespoon sugar

### *Simple syrup*

2 cups (500ml) water

5oz (125g) sugar

### *Method*

Take the rhubarb stalks, rinse thoroughly in cold water and chop into chunks approximately 1 inch long. Place in a saucepan and add the water and sugar. Stir and slowly bring to the boil. Simmer gently for about 10 minutes until the rhubarb is soft and stewed. Place to one side to cool.

Make the simple syrup and, again, place to one side to cool.

Place the cooled, stewed rhubarb into a food blender or food processor and pour in the cooled simple syrup. Blend together for a few seconds - long enough to ensure the rhubarb is fully blended into the mixture.

Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

## Rhubarb Sorbet 2

The caramel notes of brown sugar tame rhubarb's tang. If you've frozen the sorbet overnight or longer, let it stand at room temperature for 10 to 15 minutes to soften before scooping.

### *Ingredients*

5 cups sliced rhubarb (about 1 1/4 pounds)

1 quart water

1/2 cup granulated sugar

1/2 cup packed brown sugar

1 tablespoon fresh lemon juice

### *Method*

Combine rhubarb and water in a large saucepan. Bring to a boil; cook 10 minutes. Remove from heat; strain mixture through a sieve into a bowl, pressing rhubarb with the back of a spoon to

remove as much liquid as possible. Discard rhubarb. Add granulated sugar, brown sugar, and juice; stir until sugars dissolve. Cover and chill.

Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm. Remove sorbet from freezer 10 minutes before serving.

## Strawberry-Black Pepper Sorbet

This luscious sorbet has just a hint of black pepper to contrast and accentuate the sweetness of ripe summer strawberries. To crush the peppercorns, use a mortar and pestle, the side of a chef's knife, or the bottom of a heavy pan or skillet.

### *Ingredients*

1 cup sugar  
1 cup water  
2 tablespoons coarsely crushed black peppercorns  
6 cups sliced strawberries (about 2 pounds)  
2 tablespoons fresh lemon juice

### *Method*

Combine sugar and water in a small saucepan; bring to a boil, stirring occasionally until sugar dissolves. Remove from heat. Stir in peppercorns; let stand 20 minutes.

Drain sugar syrup through a fine sieve into a bowl; discard solids. Place half of sugar syrup, half of sliced strawberries, and fresh lemon juice in a blender, and process until smooth. Pour pureed mixture into a bowl. Repeat the procedure with remaining sugar syrup and sliced strawberries.

Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 4 hours or until firm.

YIELD: 12 servings (serving size: 1/2 cup)

## Strawberry Lavender Sorbet

### *Ingredients*

5 cups strawberry puree, strained of seeds, from about 4 pints raw berries  
3/4 to 1 cup lavender simple syrup, recipe follows  
1/2 cup lemon juice

### *Method*

Puree strawberries and send them through a fine sieve to catch the seeds. Whisk in cool lavender simple syrup and lemon juice. Taste for balance of acid and sweetness. Chill overnight in freezer.

### *Lavender Simple Syrup:*

2 cups sugar  
1 1/2 cups water  
2 tablespoons dried lavender

### *Method*

Combine the sugar and the water in a saucepan. Bring to a simmer and cook until the sugar has dissolved. Remove from the heat and cool. Bring simple syrup back to a simmer and toss in dried lavender. Cover and infuse for a 30 minutes. Strain and cool. Store in a refrigerator.  
Yield: 3 cups

## **Exotic Panna Cotta with Tropical Sorbet**

### *Ingredients*

8 3/4 ounces heavy cream  
1 3/4 ounces tropical puree  
1 1/2 ounces sugar  
1 sheet gelatin  
Exotic Jelly, recipe follows  
Exotic Fruit Soup, recipe follows

### *Method*

Combine the cream, puree, and sugar in a small saucepan and warm over low heat. Soak the sheet of gelatin in a bowl of cold water until it softens. Squeeze the sheet of gelatin to remove excess water and add it to the warm mixture. Set aside.

### *Exotic Jelly:*

8 3/4 ounces tropical puree  
1 3/4 ounces sugar  
1 sheet gelatin

### *Method*

Combine the puree and sugar in a small saucepan and warm over low heat. Soak the sheet of gelatin in a bowl of cold water until it softens. Squeeze the sheet of gelatin to remove excess water and add it to the warm mixture. Set aside.

Once both Exotic Fruit Panna Cotta and the Exotic Jelly mixes are complete, you may now begin to layer them. First, pour about 1-ounce of the jelly into each of 4 to 6 martini glasses, depending on the number of guests. Set aside in the refrigerator to set firm. Once firm, add about 2 ounces of the Panna Cotta mixture. Set aside again in the refrigerator to set firm. Repeat until you have 2 layers of each mixture in each glass.

#### *Exotic Fruit Soup:*

1-ounce mango puree  
1-ounce papaya puree  
1/2-ounce passion fruit puree  
1-ounce Exotic Syrup, recipe follows  
1/2 cup diced mango  
1/2 cup diced papaya  
1/2 cup diced pineapple

#### *Method*

In a medium bowl, combine the fruit purees with the Exotic Syrup, stirring until well blended. Add as much of the diced fruit as desired, and stir all together. Refrigerate until ready to serve.

#### *Exotic Syrup:*

1/2 lemon, zested  
1/2 orange, zested  
1/2 vanilla bean, cut in 1/2 lengthwise  
1/2 cinnamon stick  
4 ounces sugar  
1 cup water

#### *Method*

Combine all ingredients with 1 cup water in a small non-reactive saucepan, and bring to a **boil** over medium-high heat. Strain syrup through cheesecloth into a bowl.

Assembly:

Divide the Fruit Soup evenly among the martini glasses by pouring it into the center of each glass. Add a scoop of tropical ice cream or sorbet, if desired, and garnish with a pineapple chip.

## **Passion Fruit Sorbet** Emeril-Lagasse

#### *Ingredients*

1/2 to 3/4 cup sugar, to taste  
2 1/2 cups passion fruit juice  
1/3 cup lime juice

1/2 cup papaya, small dice, for garnish  
1/2 cup mango, small dice, for garnish  
Fresh mint sprigs, for garnish  
1 splash coconut rum, optional

### ***Method***

Combine the sugar, passion fruit juice, and lime juice, stirring until sugar is completely dissolved. Refrigerate until thoroughly chilled. Process in an ice cream maker according to the manufacturer's directions. Transfer to an airtight container and freeze until ready to serve. Serve the sorbet in small bowls, garnished with the papaya, mango, fresh mint and a splash of coconut rum, if desired.

## **Pineapple Sorbet**

### ***Ingredients***

1 (3 1/2 pound) pineapple  
1/4 to 1/3 cup sugar  
Lemon juice

### ***Method***

Peel, core and dice pineapple. In a food processor combine pineapple with 1/4 cup sugar and lemon juice and process until smooth. (This may need to be done in batches.) Add more sugar if necessary. Transfer mixture to ice cube trays or metal shallow baking pan, cover with plastic and freeze until almost frozen. In processor add frozen pineapple and process, in batches, until smooth. Transfer to plastic container and freeze, covered, until solid.

## **Golden Pineapple Sorbet** From Diabetic Living

Its lower acid and higher sugar content make the golden variety of pineapple perfect for freezing. Serve this extraordinary and refreshing 97-calorie sorbet with Cinnamon Crisps.

### ***Ingredients***

1 large whole fresh pineapple  
¼ cup fresh lime juice  
¼ cup granulated sugar



### ***Method***

Halve pineapple lengthwise; remove fruit. Remove and discard pineapple core. Chop pineapple. Place chopped pineapple in a blender container with lime juice and sugar; cover. Blend for 2 minutes or until mixture is completely smooth. Press through a strainer; you should have about 3 cups puree.

Transfer mixture to a 2-quart ice cream freezer; freeze according to manufacturer's directions. Allow to ripen for 4 hours. Freeze.

To serve, scoop into chilled dessert dishes or frozen pineapple shells. Makes 8 servings.

**Note:** If you do not have an ice cream freezer, prepare pineapple mixture as directed. Freeze mixture in a shallow baking dish. Break frozen mixture into large chunks. Transfer frozen chunks to a chilled large mixing bowl. Beat with an electric mixer until smooth but not melted. Return mixture to baking dish. Cover and freeze at least 3 hours or until firm.

## **Pineapple and Meyer Lemon Sorbet**

### ***Ingredients***

3 Meyer, Eureka, or Lisbon lemons

1 ripe pineapple, peeled, cored, and cut into chunks

1 cup sugar

### ***Method***

Grate 2 tablespoons lemon zest and reserve. Juice the lemons and reserve the juice separately. Place the lemon juice and the pineapple chunks in a blender and puree until smooth. Strain through a fine-mesh strainer into a large measuring cup. Add the reserved zest and stir together. You should have about 4 cups of puree. For each 4 cups of puree, measure 1 cup sugar.

Place approximately 1/4 of the puree in a saucepan. Add the sugar and stir over medium heat until the mixture is simmering and the sugar has melted. Add this to the remaining puree and stir together. Place in the refrigerator and chill until cold.

Freeze according to the instructions for your ice cream maker.

## **Pink Grapefruit Sorbet**

### ***Ingredients***

3 cups strained pink grapefruit juice

3 tablespoons vodka

3/4 cup simple syrup (1/2 cup sugar cooked with 1/3 cup water until clear)  
1/2 pint ripe strawberries, sliced

### *Method*

Mix the pink grapefruit juice with the vodka and simple syrup.

Place the grapefruit mixture into an ice cream machine or a sorbet maker, and freeze according to the manufacturers directions. Serve at once or transfer to a freezer container and freeze until ready to serve. Place the sorbet in the refrigerator for 15 minutes before serving to allow it to soften slightly.

To serve, hollow out 2 grapefruit halves and divide half the strawberry slices evenly among the halves. Scoop the sorbet over the strawberries, then cover with the remaining berries.

## **Pink Grapefruit or Pomelo Sorbet**

### *Ingredients*

1/2 cup sugar  
1/3 cup water  
1/2 cup mint leaves, washed, plus extra for garnish  
3 cups freshly squeezed pink grapefruit juice (reserve 2 grapefruit halves for serving)  
1 grapefruit or pomelo, for garnish

### *Method*

Combine sugar and water in a small saucepan and bring to a boil. Boil until the sugar dissolves and the syrup is clear. Remove from heat, add 1/2 cup of the mint leaves and steep 15 minutes. Strain syrup, let cool and refrigerate until chilled. (The syrup will keep, refrigerated, for 2 weeks.)

In a bowl, mix the pink grapefruit juice with the syrup. Pour into an ice cream machine and freeze according to the manufacturer's directions. Transfer to a container and freeze until serving time. Wrap and freeze the reserved grapefruit halves. Meanwhile, peel the grapefruit or pomelo and pull it apart into segments. Using the tip of a small sharp knife, loosen the white membrane surrounding each segment and pull it away, trying not to pierce any of the little juice pods. Break up the segments into the juice pods and set aside.

Place the sorbet in the refrigerator for 15 minutes before serving to soften slightly.

Scatter half the grapefruit or pomelo juice pods over the bottom of the frozen grapefruit halves. Scoop sorbet over the grapefruit and cover with remaining grapefruit juice pods. Garnish with mint leaves.

## Pomegranate and Mint Sorbet

Giada-De-Laurentiis

### *Ingredients*

1 cup Mint Simple Syrup, recipe follows  
2 cups 100 percent pomegranate juice (recommended: Pom Wonderful)  
1 cup orange juice  
1/2 cup mini semisweet chocolate chips  
Fresh mint sprigs, for garnish

### *Method*

In a glass pitcher, combine the Mint Simple Syrup, pomegranate juice, and orange juice. Pour the pomegranate mixture in an ice cream maker and freeze according to the manufacturer's instructions. During the last 10 minutes of freezing time, add the mini chocolate chips. Scoop the sorbet into dessert bowls and garnish with fresh mint sprigs.

### *Mint Simple Syrup*

1 cup sugar  
1/2 cup water  
1 packed cup packed fresh mint leaves

In a small saucepan, combine the sugar, water, and mint leaves over medium heat. Bring to a boil, reduce heat, and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved. Remove the pan from the heat and allow the syrup to cool for 20 minutes. Strain before using. Yield: 1 cup

## Raspberry Sorbet

### *Ingredients*

2 cups sugar  
2 cups water  
2 quarts raspberries, hulled and sliced  
1/4 cup fresh lime juice  
1/2 cup white corn syrup

### *Method*

Bring the sugar and 2 cups water to a boil in a medium saucepan over medium-high heat. Reduce the heat and allow the mixture to simmer, without stirring, until the sugar dissolves, about 3 minutes. Set aside to cool completely.

Place the raspberries and lime juice in a food processor and puree. Press the raspberry puree through a strainer to remove the seeds. When the sugar syrup has cooled completely, combine with the raspberry puree. Add the corn syrup and stir well. Pour the mixture into an ice cream maker and freeze according to manufacturer's instructions. Sorbet is particularly soft after churning but firms up after freezing.

## Pineapple-Raspberry Sorbet

### *Ingredients*

6 ounces fresh raspberries  
1 (15 1/4-ounce) can crushed pineapples  
1 1/2 cups simple syrup, recipe follows  
1 cup pineapple juice  
3 tablespoons lemon juice

### *Method*

Place the raspberries, crushed pineapples, simple syrup and pineapple juice in a 2-quart saucepan set over medium-high heat. Once the pan comes to a boil, remove from the heat and puree the raspberry and pineapple mixture using an immersion blender, or in batches with a bar blender. Use a fine mesh sieve to strain the puree, and then add the lemon juice to it. Chill the base completely, and pour it into an ice cream maker. Churn the sorbet in the ice cream maker according to the manufacture's suggested procedure. Once the sorbet is frozen, transfer to 1-quart container and store tightly sealed in the freezer.

### *Simple Syrup:*

2 cups water  
2 cups sugar

Combine the water and sugar in a saucepan. Cook until the sugar has dissolved. Remove from the heat and cool.

Yield: 2 cups

## Fresh Strawberry Sorbet Paula Deen

### *Ingredients*

2 cups sugar  
2 cups water  
4 pints strawberries, hulled and sliced

1/4 cup fresh lime juice  
1/2 cup light corn syrup

### *Method*

Bring the sugar and 2 cups water to a boil in a medium saucepan over medium-high heat. Reduce the heat and allow the mixture to simmer, without stirring, until the sugar dissolves, about 3 minutes. Set aside to cool completely.

Put the strawberries and lime juice into a food processor and puree. Press the strawberry puree through a strainer to remove the seeds.

When the sugar syrup has cooled completely add it to the strawberry puree. Add the corn syrup and stir well. Pour the mixture into an ice cream maker and freeze according to the manufacturer's instructions. Sorbet is particularly soft after churning but firms up after freezing.

## Strawberry Sorbet

### *Ingredients*

1 lb. (500 g) fresh or un-sugared frozen strawberries (defrosted)  
4 oz. (100 g) granulated sugar  
1/2 pint (300 ml) water  
Juice of 1/2 a lemon  
1/2 a packet of powdered gelatin  
1 egg white. (optional)

### *Method*

Make a syrup, as for the Orange Sorbet, with the sugar and water. While the syrup is cooling mash the strawberries or puree them in a food processor and strain or sieve them to eliminate the pips. Stir the strawberry puree into the sugar syrup together with the lemon juice and the gelatine, which has been melted in a small bowl in two tablespoons of water over a pan of boiling water. If you want a larger quantity of light sorbet, follow the instructions for Citrus Sorbet before adding the egg white.

(Makes approximately 1 pint of mixture)

## Summer Sorbet

### *Ingredients*

2 pounds fresh fruit, any combination of berries or stone fruit  
8 ounces sugar  
1-ounce freshly squeezed lemon juice

1/2-ounce vodka  
Pinch kosher salt

### *Method*

Berries: Rinse, stem and halve large strawberries. Peel the stone fruits, halve, pit, and chop larger specimens into 1/2-inch pieces.

Puree the fruit in a food processor along with the sugar, lemon juice, vodka and salt. Pour into another vessel and refrigerate until the mixture reaches at least 40 degrees F, 4 to 6 hours.

Churn in an ice cream machine according to the manufacturer's instructions until the mixture resembles soft serve ice cream. Freeze for at least 4 hours in an airtight container or until ready to serve

## Tangerine Sorbet in Chocolate Shells

### *Ingredients*

#### *Chocolate Shells:*

1/2 cup all-purpose flour  
1/2 cup ground almonds  
1/4 cup light corn syrup  
1/4 cup sugar  
1/4 cup unsalted butter  
1 ounce unsweetened chocolate (1 square)  
1/2 teaspoon vanilla extract

#### *Sorbet:*

2 tablespoons grated fresh tangerine zest  
3 1/2 cups freshly squeezed tangerine juice (about 1820 tangerines)  
1/2 cup freshly squeezed lemon juice (about 34 lemons)  
1 1/4 cups sugar  
1/4 cup light corn syrup  
6 to 8 wafer cookies, for garnish (optional)

### *Method*

Preheat the oven to 350 degrees. Mix the flour and almonds together. In a small, heavy saucepan heat the corn syrup, sugar, butter and chocolate over low heat, stirring constantly until mixture just comes to a **simmer**. Remove from the heat and stir in the vanilla, then add flour mixture and stir until smooth.

Butter a **cookie** sheet and drop the **dough** by the spoonful, leaving at least 3 inches on all sides for spreading. Bake 4 at a time for 8 to 10 minutes, then remove from the oven and let rest 1 to 1 1/2 minutes. Lift cookies from pan with a thin metal **spatula** and drape over upside-down coffee cups to form cup-like containers for the sorbet. Continue until you have used all the

mixture. Let the shells cool completely on the coffee cups, then stack the shells carefully and, if desired, store in airtight container for up to 3 days.

To make the sorbet, whisk all the ingredients together in a bowl, stirring until sugar is dissolved. Process in an ice cream maker according to the manufacturer's instructions. Keep frozen until ready to serve. Scoop a ball of tangerine sorbet into each chocolate shell and garnish the plate with wafer cookies, if desired.

## Tangerine-Basil Sorbet

### *Ingredients*

2 cups tangerine juice  
2 cups simple syrup, recipe follows  
1/4 cup packed basil leaves  
3 tablespoons lemon juice

### *Method*

In a 2-quart saucepan set over medium-high heat, add the tangerine juice and simple syrup. Bring the pan to a boil and add the basil leaves to the pan. Remove from the heat, and allow the basil to steep in the sorbet base for 5 minutes. Add the lemon juice to the sorbet base, strain the base and chill completely. Churn the sorbet in an ice cream maker according to the manufacture's suggested procedure. Once the sorbet is frozen, transfer to 1-quart container and store tightly sealed in the freezer

## *Simple Syrup*

### *Ingredients*

2 cups water  
2 cups sugar

### *Method*

Combine the water and sugar in a saucepan. Cook until the sugar has dissolved. Remove from the heat and cool.

## Minted Tangerine Sorbet From Diabetic Living

This refreshing dessert can also be served as a palate cleanser between courses to give your next dinner party added panache.

### *Ingredients*

2-3/4 cups water

1/4 cup sugar

1-½ cups lightly packed fresh mint leaves

1/2 of a 12-ounce can (3/4 cup) frozen tangerine juice-blend concentrate, thawed

1 teaspoon finely shredded lemon peel

Mint leaves (optional)

### *Method*

In a small saucepan combine water and sugar. Cook and stir until sugar is dissolved. Remove from heat. Stir in the 1-1/2 cups mint leaves. Cover and let stand for 10 minutes. Strain into a large bowl; discard mint leaves. Stir concentrate and lemon peel into strained mixture.

Refrigerate for 1 to 2 hours or until chilled.

Freeze in a 2-quart ice-cream freezer according to the manufacturer's directions. Ripen for 4 hours. (Or, transfer mixture to a nonmetal freezer container. Cover and freeze for 4 to 6 hours or until almost firm. Break mixture into small chunks; transfer to a chilled bowl. Beat with an electric mixer until smooth but not melted. Return to container. Cover and freeze about 6 hours or until firm.)

To serve, scoop into individual dessert dishes. If desired, garnish with additional mint leaves.

Makes eight 1/2-cup servings.

## **Tea Sorbet**

### *Ingredients*

2 to 3 sprigs fresh mint

3 cups strong brewed mint tea

Simple Syrup, recipe follows

Fresh lemon juice

### *Method*

Let the mint steep in the brewed tea for 30 minutes. Add the sugar syrup to make it very sweet.

Add lemon juice to bring back the tea flavor and to reduce the sweetness. Freeze in an ice cream machine according to manufacturer's instructions.

### *Simple Syrup:*

2 cups sugar

1 cup water



In a saucepan, combine sugar and water. Bring to a boil and simmer until sugar is dissolved, but no color is reached. Remove from the heat and let cool.

## Tropical Sorbet

### *Ingredients*

2 large, ripe mangoes  
5 oz. (150 g) granulated sugar  
1/2 pint (300 ml) water  
Juice of a lime or 1/2 a lemon  
1 egg white

### *Method*

Make a syrup with the sugar and water (as given in the recipe for Orange Sorbet) and when it has cooled, add the pureed mango flesh and the lime or lemon juice. Turn into the ice cream maker and follow the instructions for the Citrus Sorbet for adding the egg white other tropical fruits that make good sorbets are Kiwi Fruit, Paw Paw or fresh or tinned Lychees. (Makes up to 1 pint of mixture)

## Spiked Watermelon Sorbet Emeril-Lagasse

### *Ingredients*

1 cup sugar  
1 cup water  
1 teaspoon lime zest  
8 cups watermelon chunks, seeds removed (about 1-inch pieces)  
1/2 cup vodka, plus more for drizzling, if desired

### *Method*

Combine sugar, water, and lime zest in a small saucepan over high heat. Bring mixture to a boil, stirring constantly. Boil for 2 to 3 minutes or until sugar is dissolved. Remove from heat and cool completely. Strain syrup through a wire-mesh strainer, discarding the zest.

In a blender or food processor, combine diced watermelon and simple syrup and blend until mixture is pureed. Add vodka, stirring to combine. Cover and refrigerate for 2 hours.

Pour mixture into an ice-cream maker and freeze according to the manufacturer's instructions. When sorbet is frozen, remove from ice cream freezer and place into individual paper cups and

freeze until firm, about 4 hours. Drizzle additional vodka over sorbet just before serving, if desired.

## Watermelon Sorbet The Neeley's

### *Ingredients*

1 cup sugar  
1/2 cup corn syrup  
4 tablespoons lemon juice  
3 tablespoons grenadine  
3 fresh mint leaves  
1 (3-pound) seedless watermelon

### *Method*

In a small saucepan, bring sugar, syrup, lemon juice, grenadine and mint leaves to a boil dissolving the sugar granules. Let cool slightly. Cut the rind off the watermelon and cut into chunks. Puree half of the chopped watermelon in a blender. Strain through a fine mesh strainer into a large glass bowl. Repeat with remaining watermelon. Add slightly cooled syrup mixture and mix well to incorporate. Place sorbet into a 2-quart plastic container and freeze for 3 to 4 hours.

## White Chocolate Sorbet Gale Gand

Because sorbets are less-rich than ice cream, they'll become rather firm after spending the night in the freezer. So in addition to the vanilla, I added a shot of *eau-de-vie de cacao*, a clear distillation of cocoa beans that has the fine fragrance of chocolate in a distinctly hi-test base for flavor as well as texture. I would imagine this would be nice with a *soupeçon* of Chartreuse or even light rum.

And although I did a double-take when I saw the scant amount of sugar in the recipe, any skepticism was dashed when I tasted the finished sorbet, which had just the right bit of sweetness.

### *Ingredients*

1 1/2 cups (375 ml) whole milk  
2/3 cup (160 ml) water

1 tablespoon sugar  
1 vanilla bean, halved lengthwise (or 1 teaspoon vanilla bean paste)  
8 ounces (225 gr) best-quality white chocolate, finely chopped

### *Method*

In a medium saucepan, warm the milk, water, sugar, and vanilla bean until it's almost to a boil. Remove from heat and add the pieces of white chocolate, whisking until they're melted. Strain through a fine-mesh sieve into a large bowl set within a larger bowl of ice. (Rinse and air-dry the vanilla bean, and reserve it for another use.)

Stir the mixture until cool.

Freeze in your ice cream maker according to the manufacturer's instructions.

(Note: If you chill the mixture in the refrigerator for several hours, there's likely to be a white chocolate disk hardened onto the surface of the mixture when you go to churn it, so it's recommended to freeze it just after it's been chilled over the ice bath.) About 1 quart (1 liter)

## White Wine Sorbet

### *Ingredients*

8 oz. granulated sugar  
6 oz. (175 ml) water  
Zest and juice of a lemon  
1/2 pint (300 ml) sweet white wine  
2 small or 1 large egg white  
1 packet gelatin (optional)

### *Method*

Follow the recipe for the Orange Sorbet to make a syrup with the sugar, water and lemon zest. (If you like a very smooth sorbet, strain out the lemon zest when the syrup has cooled). Add the lemon juice, the wine and the melted gelatin, if you are using it (see instructions for Strawberry Sorbet above) to the cold syrup and pour it all into the ice cream maker. As it starts to freeze add the egg white so that they are incorporated and whisked into the syrup for the last 10 minutes of freezing time. (Makes 3/4 -1 pint of mixture)

## Yogurt Sorbet

### *Ingredients*

3 extra-large egg whites\*

2/3 cup sugar

3 cups plain non-fat yogurt

### *Method*

With a hand-held mixer, beat the egg whites in a medium bowl, until frothy. While still beating, slowly add the sugar and beat on high speed until the egg whites are stiff and shiny, about 4 minutes. (This can also be done in the bowl of an electric mixer fitted with the whisk attachment).

In another bowl, whisk the yogurt until smooth. Fold in the egg whites. Transfer the mixture to an ice cream freezer and freeze according to the manufacturer's instructions. Freeze in a quart container until ready to serve.

# Sherbet

## Definition From Wikipedia:

Sherbet, an American term for a frozen dessert like sorbet, but containing a small amount of dairy.

Milk sherbets are made of rich milk flavored to taste with acid fruit juice as lemon, orange or strawberry.

Use not more than 1/3 cup sugar to 1 cup of liquid.

Add the fruit juice slowly to the milk stirring constantly.

Mixture may curdle if fruit is put in too rapidly.

If mixture should curdle, beat with egg beater when mixture is partially frozen in order to make it smooth.

Part cream and part milk make a richer dessert.

Slightly sour milk and cream may be used.

The addition of gelatin as suggested in Gelatin as a Desirable Addition - or corn syrup as in Corn Syrups in Water Ices and Ice Cream - makes a smoother sherbet.

## Basic Milk Sherbet

### *Ingredients*

1 quart milk

2 cups sugar

½ cup lemon juice

### *Method*

To the milk add the sugar and stir until dissolved.

Have ready the freezer packed with salt and ice.

Just before turning into the freezer, add the lemon juice; stir.

If the milk curdles, it will come smooth in the freezing.

Do not let this mixture stand long in the freezer after freezing.

Unless certified milk is used, the milk should be scalded and then used cooled.

## Avocado Pineapple Sherbet

### *Ingredients*

2 cups pureed avocado pulp  
1 cup granulated sugar  
1 cup crushed pineapple  
1/3 cup plus 1 tablespoon lemon juice  
3/4 cup milk  
1/4 teaspoon salt  
2 egg whites  
1/4 cup granulated sugar

### *Method*

In a bowl combine sugar, pineapple and lemon juice; stir until sugar is dissolved. Combine avocado pulp and milk. Mix well. Add sugar mixture and avocado; mix well. Add salt to egg whites; beat until soft peaks form. Begin adding 1/4 cup sugar, 1 tablespoon at a time, continuing to beat. Beat until all sugar is added and whites are stiff. Fold egg whites into avocado mixture; spoon into freezer tray or a pan. Freeze until almost hard. Place in blender or mixer and gently blend until sherbet consistency. Serve at once.

## Citrus Sherbet From Diabetic Living

### *Ingredients*

1 cup sugar or sugar substitute\* equivalent to 1 cup sugar  
1 envelope unflavored gelatin  
4 cups orange juice  
1 cup buttermilk  
1 teaspoon finely shredded lime peel or lemon peel  
1/4 cup lime juice or lemon juice  
Green, orange, or yellow food coloring (optional)

### *Method*

In a medium saucepan, combine sugar and unflavored gelatin. Stir in 2 cups of the orange juice. Cook and stir until sugar and gelatin dissolve. Remove from heat. Stir in remaining 2 cups orange juice, the buttermilk, lime peel, and lime juice. (Mixture may appear curdled.) If desired, add food coloring to tint desired color.

Transfer mixture to a 3-quart rectangular baking dish or freezer container. Cover; freeze for 4 to 5 hours or until almost firm. Break mixture into small chunks; transfer to a large chilled bowl. Beat with an electric mixer on medium speed about 2 minutes or until smooth but not melted. Return to dish or container. Cover and freeze about 4 hours more or until firm. (Or, transfer

mixture to a 4- to 5-quart ice cream freezer; freeze according to manufacturer's directions. If desired, ripen. Makes 2 quarts.

***Citrus Sherbet Float:*** Scoop 1/2 cup Citrus Sherbet into a tall glass. Fill with 1/3 cup diet lemon-lime carbonated beverage. Makes 1 (about 6-ounce) serving.

***\*Sugar Substitutes:*** We recommend Splenda® granular or Equal Spoonful®. Be sure to use package directions to determine product amount equivalent to the specified amount of sugar. To serve, allow sherbet to stand at room temperature for 15 minutes; scrape sherbet from the top using a metal spoon. Spoon into dishes. Sherbet will not be as creamy when made with a sugar substitute. Makes about 7 cups.

***Make-Ahead Directions:*** Prepare sherbet as directed through Step 5. Freeze for up to 1 week.

## Cheesecake Sherbet

### ***Ingredients***

1 cup granulated sugar  
2 cups buttermilk  
1 teaspoon grated lemon peel  
1/4 cup lemon juice

### ***Method***

Mix all ingredients until sugar is dissolved. Pour into 1-quart ice-cream freezer. Freeze according to manufacturer's directions.  
Yield: 8 servings

## Chocolate Sherbet

### ***Ingredients***

2 cups (500ml) milk (whole, low, or non-fat)  
1/2 cup (100g) sugar  
pinch of salt  
1/2 cup (50g) unsweetened cocoa powder  
4 ounces (115g) bittersweet or semisweet chocolate, chopped  
1/4 teaspoon vanilla extract  
optional: 2 tablespoons coffee-flavored liqueur, such as Kahlúa

### ***Method***

In a medium-sized saucepan, warm half of the milk with the sugar, salt, and cocoa powder. Bring to a full boil while whisking, then reduce the heat and simmer gently for 30 seconds. Remove from heat and add the chocolate, the vanilla, and the coffee-flavored liqueur, if using. Stir in the other half of the milk. Taste, and if the chocolate is a bit grainy, puree it in a blender to smooth it out. Chill thoroughly, then freeze in your ice cream maker according to the manufacturer's instructions.

Note: As mentioned, above, this would likely work with non-dairy milk, but be sure to use one that can be boiled. About 3/4 quart (3/4l)

### **Diabetic Chocolate Sherbet** - From Diabetic Living

The mixture needs to chill overnight in order to freeze properly. What makes a sherbet different from a sorbet is the use of a milk produce -- in this case cream.

### ***Ingredients***

6 to 7 ounces 60-percent-cacao chocolate or bittersweet chocolate, chopped  
2 cups water  
2/3 cup sugar  
½ cup whipping cream  
1 teaspoon vanilla  
Pomegranate seeds (optional)

### ***Method***

In a medium saucepan stir together chopped chocolate, sugar, water, and whipping cream. Bring to boiling, whisking constantly. Boil gently for 1 minute. Remove from heat and stir in vanilla. Cover and chill overnight. Freeze mixture in a 1-quart ice cream freezer according to manufacturer's directions. Ripen in freezer before serving. To serve, scoop into small glasses or dishes. Makes 12 servings

### **Cantaloupe Sherbet with Variations**

### ***Ingredients***

1 envelope unflavored gelatin



1/2 cup milk  
3 cups cubed cantaloupe  
1 cup Karo® Light Corn Syrup

### **Method**

In small saucepan, sprinkle gelatin over milk. Stir over low heat until dissolved. Place in blender container with cantaloupe and corn syrup; cover. Blend on high speed 30 seconds. Pour into 9-inch square baking pan. Cover; freeze overnight.

Softens slightly at room temperature, about 10 to 15 minutes. Spoon into large bowl. With mixer at low speed, beat until smooth, but not melted. Pour into 4-cup mold or freezer container. Cover; freeze about 4 hours or until firm. Unmold or soften at room temperature for easier scooping. Makes about 4 cups.

### **Blueberry Sherbet**

Follow basic recipe. Omit cantaloupe. Use 3 cups whole blueberries. Makes about 3 1/2 cups.

### **Honeydew Sherbet**

Follow basic recipe. Omit cantaloupe. Use 3 cups cubed honeydew melon. Makes about 4 cups.

### **Nectarine or Peach Sherbet**

Follow basic recipe. Omit cantaloupe. Use 3 cups cubed nectarines or peaches and 1 tablespoon lemon juice. Makes about 4 cups.

### **Papaya Sherbet**

Follow basic recipe. Omit cantaloupe. Use 3 cups cubed papaya and 1 tablespoon lemon juice. Makes about 4 cups.

### **Pineapple Sherbet**

Follow basic recipe. Omit cantaloupe. Use 3 cups cubed pineapple.

### **Strawberry Sherbet**

Follow basic recipe. Omit cantaloupe. Use 3 cups whole strawberries.

### **Watermelon Sherbet**

Follow basic recipe. Omit cantaloupe. Use 3 cups cubed watermelon.

## **Kiwi Sherbet**

### **Ingredients**

1 pound 6 ounces kiwis, peeled and pureed  
1 pint of sugar syrup (use an extra 3 tablespoons if kiwis are tart), recipe follows

1 to 2 teaspoons lemon juice  
1 egg white (optional)

### *Method*

Place the pureed kiwis, sugar syrup, and lemon juice in the ice cream machine freezer. Begin freezing according to manufacturers instructions.

If you're using the egg white, whip the egg white until very frothy, but not yet at soft peak. Stop the machine briefly and fold in the egg white. Continue freezing until entirely frozen.

Remove to a sealable container. Keep in the freezer.

### *Sugar Syrup:*

1 pint water  
2 cups granulated sugar

### *Method*

Place both in a saucepan. Bring to the boil. As the liquid clears, cover and let cool. Store in the refrigerator; will keep for weeks.

\*Chef Notes: Since this ice cream is made without stabilizers, preservatives, or frothing agents, you should not store for more than 1 to 2 weeks.

The recipes for this program, which were provided by contributors and guests who may not be professional chefs, have not been tested in the Food Network's kitchens. Therefore, the Food Network cannot attest to the accuracy of any of the recipes.

## **Lemon Sherbet**

### *Ingredients*

1 cup sugar  
water  
1/2 cup white corn syrup  
3/4 to 1 cup lemon juice  
2 egg whites

### *Method*

Mix sugar in 1 cup hot water, then boil. Introduce corn syrup, then refrigerate.

Mix sugar syrup, 1 cup of water and lemon juice and freeze for 40 minutes.

Introduce unbeaten egg whites.

Beat the mixture until it all becomes fluffy.

Freeze 25 minutes.

## Margarita Sherbet

### *Ingredients*

1 1/2 cups granulated sugar  
3 cups water  
1/2 teaspoon grated lime peel  
1/2 cup lime juice  
1/3 cup tequila  
1 egg white  
1/4 teaspoon salt

### *Method*

Combine sugar and water in saucepan and boil 5 minutes to make a syrup. Add lime peel during last minute of cooking time. Remove from heat and stir in lime juice. Cool and place in freezer.

When frozen to a thick mush, remove and place in the blender. Add remaining ingredients and blend thoroughly. Refreeze. Serve in salt rimmed glasses.

**NOTE:** If mixture becomes too hard, whirl in a blender before serving.

## Marzipan Ice Cream

### *Ingredients*

1 quart milk  
2 cups heavy cream  
2 vanilla beans, split in half  
1/2 cup granulated sugar  
6 large egg yolks, lightly beaten  
14 ounces almond paste (marzipan), cut into 1/4-inch cubes

### *Method*

In a large heavy saucepan: combine milk, heavy cream, vanilla beans and sugar. Simmer over low heat until the mixture begins to steam (half an hour).

Place beaten egg yolks in a medium bowl. Whisk in a bit of the hot milk mixture. Stir egg/milk mixture back into large saucepan. Continue cooking over low heat, stirring constantly until mixture forms a thin custard (5 to 15 minutes). Remove pan from heat. Scrape the black vanilla seeds inside vanilla beans and mix into custard. Throw away empty vanilla pods. Let the custard cool for 15 minutes.

Fit a food processor with a metal blade. Put diced marzipan into food processor. Add one sixth of the warm custard mixture and pulse until the marzipan softens (4 or 5 times). Add another

one sixth and blend until smooth (one minute). Pour marzipan custard mixture into plain custard mixture. Mix well.

Pour the mixture into a large pan, or two 9 x 5 x 3-inch pans and freeze the mixture until it is mushy. This will take at least 4 hours, because of the richness of the ice cream.

Empty the ice cream mixture into a large electric mixer bowl, and beat 2 minutes at the highest speed, until fluffy. Pack into a 1/2 gallon plastic freezer container and freeze until semi-firm.

**NOTE:** If you can't find vanilla beans, use a high quality vanilla extract.

## Orange Sherbet

### *Ingredients*

3 oz. package of orange gelatin

1 cup boiling water

1 1/4 cups sugar

1 16 oz. can of orange juice concentrate, thawed

1 dash of salt

1 quart of milk

1 pint of half and half cream

### *Method 1*

Take out your ice cream maker.

Mix together the Orange Crush, milk and crushed pineapple, and pour them into the ice cream maker.

Put the maker on mix and step back and wait for the ice cream to be made.

Grab a bowl and a scoop, scoop yourself a big helping, and enjoy.

### *Method 1*

Take out a large bowl and add the gelatin and water to it. Watch the gelatin dissolve.

Mix in the sugar, orange juice and salt. The mixture should be mixed well enough that the sugar is dissolved.

Combine the rest of the ingredients and blend the entire mixture well.

Put the mixture into an ice cream freezer and let it freeze according to the freezer manufacturer's guidelines.

## Blood Orange Sherbet

### *Ingredients*

1/3 cup granulated sugar  
1 cup water  
2 cups strained blood orange juice  
2 teaspoons fresh lemon juice  
2 teaspoons finely-grated blood orange zest  
2 tablespoons orange-flavored liqueur or vodka (optional)  
3 large egg whites, beaten until stiff

### *Method*

Combine sugar and water in a small saucepan and heat until sugar is melted and mixture is clear.

Remove and chill.

In a glass bowl, combine chilled sugar syrup, orange juice, lemon juice, zest and liqueur. Mix thoroughly, then fold in the egg whites using an over-and-under motion. Continue folding until no egg white streaks remain in the mixture. Pour mixture into an ice cream maker and freeze until firm, according to manufacturer's instructions.

Makes about 1 1/2 pints.

## Orange Crush Sherbet

### *Ingredients*

2 can Sweetened condensed milk  
20 oz Crushed pineapple  
6 can Orange soda, 12 oz each

### *Method*

Combine sweetened condensed milk, orange soda and pineapple in bowl; mix well. Chill overnight. Pour into ice cream freezer container. Freeze according to manufacturer's instructions.

Yield: 16 servings.

## Pineapple Sherbet

### *Ingredients*

2 Cup buttermilk  
1 Cup sugar  
1 9 oz. can of pineapple  
1 Teaspoon vanilla  
1/2 Tablespoon (1/2 envelope) gelatin  
2 Tablespoons cold water  
1 stiffly beaten egg white

### *Method*

Combine the first four ingredients.  
Add the gelatin softened in cold water and dissolved over hot water.  
Freeze firm. Break into chunks. Turn into chilled bowl. Beat smooth. Fold in egg white.  
Return to cold tray.

## Razzle Dazzle Raspberry Sherbet Ice Cream

### *Ingredients*

3 Egg whites  
1 cup Half & half  
3/4 cup Sugar  
3 cup Raspberries in syrup; pureed  
1 cup Milk  
2 tablespoons Lemon juice

### *Method*

Beat egg whites until stiff, but not dry. Gradually beat in sugar, then milk, half and half, raspberries, lemon juice. Cover, refrigerate 30 minutes. Freeze as directed. Makes 2 quarts.

## Tangerine Sherbet

### *Ingredients*

3 cups tangerine juice (from about 18 tangerines)  
10 tangerines, zested and grated minced  
3/4 cup fresh lemon juice (from 5 to 6 lemons)  
4 lemons, zested  
1 1/2 cups Simple Syrup, recipe follows  
1/4 cup Mandarine Napoleon liqueur

### *Method*

In a bowl, mix together all the ingredients.  
Strain through a fine mesh sieve into a bowl. Chill.  
Freeze in an ice cream freezer according to the manufacturer's directions.

### *Simple Syrup:*

2 cups sugar  
1 cup water

### *Method*

Combine the sugar and water in a saucepan. Bring to a boil and boil for 1 to 2 minutes, or until the liquid is clear. Remove from the heat.  
Let cool and store in a container, covered, in the refrigerator, until ready to use.  
Yield: 1 cup

## Tri-Colored Sherbet From Diabetic Living

This easy recipe lets you serve a sophisticated trio of white chocolate, blackberry, and raspberry-rhubarb sherbets all at once. For the best flavor, be sure to use a premium white chocolate for the white chocolate sherbet.

### *Ingredients*

1 cup sugar\*  
1 envelope unflavored gelatin  
112-ounce can evaporated fat-free milk  
¾ cup fresh or frozen sliced unsweetened rhubarb\*\*  
¾ cup fresh raspberries  
1-1/2 cups fresh blackberries  
116-ounce carton light dairy sour cream  
6 ounces white chocolate (with cocoa butter), chopped  
18-ounce package reduced-fat cream cheese (Neufchatel), cubed  
1 cup fat-free milk

### **Method**

In a medium saucepan, combine sugar and unflavored gelatin. Stir in evaporated milk. Cook and stir until sugar and gelatin dissolve. Remove from heat.

Place rhubarb and raspberries in a large bowl. Place blackberries in another large bowl. Divide hot sugar mixture between the two bowls of fruit. Let stand for 5 minutes. Using potato masher, mash fruit in each bowl. Spoon half of the sour cream into fruit in each bowl; stir until well mixed. Pour fruit mixtures into two separate 2-quart square baking dishes or 2-quart shallow freezer containers. Cover and freeze about 5 hours or until mixtures are firm but not totally frozen, stirring occasionally so mixtures freeze evenly.

Meanwhile, in the same medium saucepan, heat white chocolate over low heat until melted and smooth, stirring frequently. Gradually add cream cheese, stirring until well mixed.

Gradually stir in milk until smooth. Pour mixture into another 2-quart square baking dish or 2-quart shallow freezer container. Cover and freeze for 3 to 4 hours or until firm but not totally frozen, stirring occasionally so mixture freezes evenly.

For each frozen mixture, break up mixture and transfer to a large food processor or large chilled bowl. Cover and process until smooth but not melted. Or if using the large bowl, beat with an electric mixer on medium speed until smooth and fluffy but not melted. Spread mixtures back into the 2-quart baking dishes or freezer containers, keeping mixtures separate. Cover and freeze for 2 to 3 hours or until mixtures are frozen. Let stand at room temperature for 20 minutes before serving. Using a tiny scoop, place a scoop of each frozen mixture into dessert dishes.

**\*Sugar Substitutes:** We do not recommend sugar substitutes for this recipe.

### **Diabetic Fruit Tropical Sherbet** From Diabetic Living

Whether you make it mango, kiwifruit, or papaya, unflavored gelatin and buttermilk give this sherbet its smooth texture while keeping the fat and calories per serving low.

### **Ingredients**

- 1 cup sugar or sugar substitute\* equivalent to 1 cup sugar
- 1 envelope unflavored gelatin
- 2 cups unsweetened pineapple juice or orange juice
- 2 cups chopped peeled mango, kiwifruit, or strawberry papaya
- 1 cup buttermilk
- 1 teaspoon finely shredded lime peel or lemon peel
- ¼ cup lime juice or lemon juice
- 3 drops yellow, green, or red or orange\*\* food coloring (optional)
- Mango, kiwifruit, or strawberry papaya (optional)



### ***Method***

In a medium saucepan, combine sugar and unflavored gelatin. Stir in pineapple juice. Cook and stir until sugar and gelatin dissolve. Remove from heat.

Place chopped mango, kiwifruit, or papaya in a blender or food processor; cover and blend or process until pureed.

In a large bowl, stir together pureed fruit, gelatin mixture, buttermilk, lime peel, and lime juice. If desired, add food coloring to tint desired color (green for kiwifruit, yellow for mango, or pink or orange for papaya). Cover and chill mixture about 4 hours or until chilled completely.

Transfer mixture to a 4- to 5-quart ice cream freezer; freeze according to manufacturer's directions. If desired, ripen for 4 hours.\*\*\* If desired, garnish with additional mango, kiwifruit, or strawberry papaya. Makes 16 (about 1/2 cup) servings

***Freezer directions:*** Prepare as directed through step 3. Transfer mixture to a 2-quart rectangular baking dish or freezer container. Cover; freeze for 4 1/2 to 5 hours or until almost firm. Break mixture into small chunks; transfer to a large chilled bowl. Beat with an electric mixer on medium speed about 2 minutes or until smooth but not melted. Return to dish or container. Cover and freeze about 4 hours more or until firm. Makes 16 (about 1/2 cup) servings.

***\*Sugar Substitutes:*** Choose from Splenda® Granular, Equal Spoonful® or packets, or Sweet 'N Low® bulk or packets. Follow package directions to use product amount equivalent to 1 cup sugar.

To ripen in a traditional-style ice cream freezer, after churning, remove the lid and dasher and cover the top of the freezer can with waxed paper or foil. Plug the hole in the lid with a small piece of cloth; replace the lid. Pack the outer freezer bucket with enough ice and rock salt to cover the top of the freezer can (use 1 cup salt for each 4 cups ice). Ripen about 4 hours.

When using an ice cream freezer with an insulated freezer bowl, transfer the ice cream to a covered freezer container and ripen by freezing in your regular freezer about 4 hours (or follow the manufacturer's recommendations).

# Granita

## Definition From Wikipedia:

**Granita** (in Italian also **granita siciliana**) (pronounced grah-NEE-tah), is a semi-frozen dessert made from sugar, water and various flavorings. Originally from Sicily, although available all over Italy (but granita in Sicily is somewhat different from the rest of Italy), it is related to sorbet and Italian ice. However, in most of Sicily, it has a coarser, more crystalline texture. Food writer Jeffrey Steingarten says that "the desired texture seems to vary from city to city" on the island; on the west coast and in Palermo, it is at its chunkiest, and in the east it is nearly as smooth as sorbet. This is largely the result of different freezing techniques: the smoother types are produced in a gelato machine, while the coarser varieties are frozen with only occasional agitation, then scraped or shaved to produce separated crystals.

## Basic Granita Recipe

Most granita recipes begin by simmering sugar and water in a saucepan to make a syrup. Once the syrup has cooled slightly, follow the directions in each recipe for adding fruit juices, pureed fruit, and other liquids. Then just transfer the mixture to a container and place in the freezer. When you see ice crystals beginning to form around the edges of the container, stir the mixture with a fork. Most granitas call for regular stirring at 30-minute intervals. Once you've made a basic granita, experiment with new flavors using the same basic recipe.

## Almond Granita

### Ingredients

- 1 quart almond milk, recipe follows
- 2 ounces almond paste
- 2 ounces sugar
- 2 teaspoons fresh lemon juice

### Method

In a blender, combine all ingredients and process to a puree. Strain into a stainless steel pan and freeze. To serve: scrape ice with fork and spoon and place about 4 ounces in a serving glass. Serve immediately.

### Almond Milk:

- 2 quarts milk
- 1 pound almond meal
- 1 pound blanched whole almonds

2 ounces almond essence  
1/2 cup sugar

### ***Method***

In a stockpot, bring milk to a slow boil. Stir in almond meal and whole almonds. Simmer for 30 minutes. Turn off heat, cover pan, and allow to infuse for 20 minutes. Uncover, and using an immersion blender, process to puree whole almonds. Strain through a fine strainer lined with a dampened cheesecloth. Stir in flavoring and sugar. Chill over bowl of ice.  
Yield: 2 quarts

## **Burgundy Ice**

### ***Ingredients***

2 3/4 cup cold water  
1 (1-inch) stick cinnamon  
1 1/2 cups granulated sugar  
Pinch of salt  
1/4 cup applejack  
2 cups red burgundy  
4 tablespoons strained lemon juice  
1 tablespoon grated orange rind

### ***Method***

Combine in saucepan cold water, cinnamon, sugar, salt and applejack. Stir until sugar is dissolved. Bring to the boiling point, and boil for 5 minutes without stirring. Strain the liquid into a saucepan or a large bowl and cool a little. Stir in red burgundy, lemon juice and orange rind. Cool thoroughly and chill for at least 2 hours in the refrigerator, stirring every half hour, before freezing.

## **Champagne Granita**    Bobby Flay

### ***Ingredients***

1 cup sugar  
1 cup water  
2 lemons  
1 (750-ml) bottle Champagne or other sparkling white wine, cold

### *Method*

Combine the sugar and 1 cup water in a saucepan. Bring to a boil and stir until sugar is dissolved. Remove from heat and place in the refrigerator until cold, about 1 hour. Using the finest grater you have, lightly scrape the skin of 1 lemon, removing only the top surface of the peel. Squeeze out the juice and remove the seeds from both lemons. Open the Champagne or sparkling wine, and pour it into a 9 by 12 by 2-inch pan. Mix in the simple syrup, lemon juice, and grated zest. Place mixture into the freezer. Check after 30 minutes. Using a wooden spoon, break up any ice formed on the sides and stir into the rest of the liquid. Continue to freeze and repeat this procedure every hour for at least 3 hours. Before serving, fluff the granita by "chopping" up any clumps with the spoon or gently whisking the frozen mixture. Spoon into small glasses or cups and serve.

## **Coffee Granita 1** Rachael-Ray

### *Ingredients*

2 cups leftover strong coffee  
1/3 cup sugar  
Whipped cream in a can

### *Method*

In a bowl combine the coffee and sugar. Mix until the sugar dissolves. Transfer mixture to a baking dish 8 by 8 square. Put in freezer and freeze until ice granules start to form around the edges. Scrape the swap with a fork. Do this every 20 minutes or so until the mixture becomes and icy slush. Serve in 4-ounce glasses topped with whipped cream

## **Coffee Granita 1** Alton Brown

### *Ingredients*

2 cups lukewarm espresso or strong black coffee  
1/2 cup sugar  
2 tablespoons coffee flavored liqueur

1 teaspoon orange or lemon zest

### ***Method***

Combine all ingredients and stir until sugar melts. Pour mixture into 9 by 13-inch metal pan and place on level shelf in freezer for half an hour. (Mixture should only come about 1/4-inch up the side of the pan.) Remove and use a dinner fork to scrape any ice crystals that have formed on the side or bottom of the pan. Return to freezer and repeat scraping every 20 to 30 minutes for 3 to 4 hours. Once mixture is thoroughly frozen, fluff with a fork and allow flakes to "dry" in freezer another half hour before serving. When served, the granita should look like a fluffy pile of dry brown crystals. Scoop into goblets and top with barely sweetened whipped cream, add additional citrus zest if desired.

## **Chocolate Almond Coffee Granita** From Better Homes and Garden

### ***Ingredients***

2 cups water  
1/2 cup sugar  
1 tablespoon unsweetened cocoa powder  
2 teaspoons instant coffee crystals  
Several drops almond extract

### ***Method***

In a small bowl combine the water, sugar, cocoa powder, coffee crystals, and almond extract. Stir until sugar and cocoa are dissolved. Pour the mixture into an 8x4x2-inch or a 9x5x3-inch loaf pan. Cover and freeze, about 6 hours or until solid.

With a large spoon or fork, break the frozen mixture into coarse ice crystals. Return to freezer for 1 to 2 hours more. Stir again, working quickly to break granita into finer ice crystals. This step may be repeated at 30-minute intervals until desired consistency is reached or freeze overnight.

3. Spoon into individual dessert glasses. Serve immediately. Makes about 2 cups or 4 servings.

## **Cranberry Granita** Giada-De-Laurentiis

### ***Ingredients***

2 cups cranberry juice

1/3 cup sugar  
1/4 cup fresh lime juice  
1/4 cup vodka  
6 fresh cranberries, for garnish

### *Method*

Whisk the cranberry juice and sugar in a heavy medium saucepan over medium heat just until the sugar dissolves. Pour the cranberry mixture into a 13 by 9 by 2-inch glass baking dish. Cool completely. Whisk in the lime juice and vodka. Freeze until the granita becomes slushy, about 2 hours. Using fork, stir to blend. Continue freezing the granita until frozen, stirring every hour to form crystals, at least 5 hours or overnight.

Divide the granita among 6 dessert glasses. [Garnish](#) with fresh cranberries, if desired, and serve.

## Fresh Concord Grape “Uva Fragola” Granita

### *Ingredients*

700g Concord grapes (uva di fragola)  
Juice of 1/2 lime  
1 cup (100g) mascobado sugar  
1 1/2 cups (350ml) water

### *Method*

Remove the grapes from the stems and place in a saucepan. Add half the water and half the sugar, and the lime juice and set on low to medium heat for a few minutes. Once the grapes are soft and easily squishable (technical term) against the side of the pan, take it off the heat and continue to smash the grapes to release them from their skins and seeds. You could use a potato masher to help the process along or the side of a wooden spoon.

At this point, taste the mixture for sugar levels and add the rest of the sugar if necessary (I did). Once the mixture cools enough to handle (watch those splashes!), pass the mixture through a mesh strainer or food mill, stirring and continuing to smash as much juice as possible from the mixture. Discard the skins and seeds.

Taste the mixture again, and if it's too concentrated, add the rest of the water and more if necessary.

Pour the mixture into a low tray or tupperware container. After the first hour, you can scrape the sides of the granita toward the center and continue to freeze it.

To serve, thaw for a few minutes outside of the freezer and then use a fork to break up the granita into chunks, or scrape it with a spoon into serving dishes.

## Honeydew Granita

A flavorful granita recipe, made with honeydew melon and Midori liqueur.

### *Ingredients:*

1/2 cup sugar  
3 tablespoons Midori melon liqueur  
1 1/4 cups water  
2 1/2 cups chopped honeydew  
1 tablespoon lemon juice

### *Method*

Combine sugar, Midori, and water in a saucepan; bring mixture to a boil. Boil until sugar is dissolved, and boil an additional 3 minutes. Remove from heat to cool.

Combine honeydew, cooled syrup, and lemon juice in a blender container; blend until smooth. Pour mixture into an airtight container; chill for 2 to 4 hours or overnight.

About 2 to 3 hours before serving, stir honeydew mixture well, and pour into a 13- x 9- x 2-inch pan. Freeze mixture for 2 to 3 hours or until frozen but not solidified, stirring every 30 minutes. Scrape granita with a fork to separate the crystals. Serve honeydew granita in chilled containers.

Makes about 3 1/4 cups.

## Lemon Ricotta Granita Giada-De-Laurentiis

### *Ingredients*

1 cup water  
3/4 cup plus 1 tablespoon sugar  
2/3 cup strained fresh lemon juice  
3/4 cup whole milk ricotta cheese  
Pinch salt  
1 lemon, for zesting

### *Method*

Stir the water and 3/4 cup of sugar in a medium saucepan over high heat just until the sugar dissolves. Whisk in the lemon juice. Pour the lemon mixture into an 8-inch square glass dish. Cover and freeze, stirring occasionally, until the liquid just becomes slushy, about 2 hours. Using a fork, scrape the granita every 30 minutes until it is completely made up of ice crystals. (The granita can be prepared up to 2 days ahead. Cover and keep frozen, and scrape every so often so that the crystals stay loose.)

Whisk the ricotta, remaining sugar, and pinch of salt in a medium bowl to blend. Spoon the granita into dessert bowls. Top with a dollop of the ricotta. Zest the lemon peel over the desserts and serve.

## Raspberry Granita

### *Ingredients*

12 ounces water

9 ounces sugar

4 ounces raspberry puree

### *Method*

Using a large sauce pot, combine the water and sugar. Cook until a syrup forms and all of the sugar has dissolved.

Add the raspberry puree to the mixture and cool.

Pour the mixture into a shallow pan and place it in the freezer. As the mixture freezes, occasionally scrape and stir the mixture to form crystals. After a few hours the granita is ready to serve.

Serve in small glass cups with freshly whipped cream.

## Strawberry Granita

### *Ingredients*

1/2 cup sugar

1/2 cup warm water

3 cups sliced strawberries

2 tablespoons fresh lemon juice

### *Method*

Combine the sugar and water in a blender; process until sugar dissolves. Add strawberries and juice; process until smooth. Pour mixture into an 8-inch square baking dish. Cover and freeze 3 hours; stir well. Cover and freeze 5 hours or overnight.

Remove mixture from freezer; let stand at room temperature 10 minutes. Scrape entire mixture with a fork until fluffy.



## Wild Strawberries and Cream Emeril

### *Ingredients*

3 pints wild strawberries, cleaned and halved  
1 1/2 cups sugar  
1 orange, juiced  
2 cups water  
2 tablespoons Grand Marnier  
2 cups half and half  
1 vanilla bean, split in half and pulp removed  
4 egg yolks

### *Method*

For the wild strawberry sorbet: In a saucepan, over medium heat, combine 2 pints of the strawberries, 1 cup sugar, orange juice and water. Bring the mixture to a boil. Cook for 4 minutes. Remove from the heat and cool. In a blender, puree the mixture until smooth. Strain through a fine mesh sieve. Stir in the Grand Marnier. Chill the mixture completely. Pour the strawberry mixture into an ice cream machine and follow the manufacturer's directions for the churning time.

For the cream Anglaise: In another saucepan, over medium heat, combine the half-half, remaining 1/2 cup sugar and vanilla bean and pulp. Bring the mixture to a simmer, and cook for 2 minutes. Add 1/4 cup of the hot cream mixture to the egg yolks. Whisk well. Add the yolk mixture to the hot cream mixture. Whisk well. Continue to cook for 4 minutes. Remove from the heat and cool completely. To serve, spoon the cream Anglaise in the center of each serving bowl. Place a couple scoops of the Sorbet in the center of the sauce. Garnish with the remaining pint of strawberries.

# Popsicles

## Definition From Wikipedia:

In 1905 in San Francisco, 11-year-old Frank Epperson was mixing powdered flavoring for [soda](#) and water out on the porch. He left it there, with a stirring stick still in it. That night, temperatures reached a record low, and the next morning, the boy discovered the drink had frozen to the stick, inspiring the idea of a fruit-flavored 'Popsicle'. Eighteen years later in 1923, Epperson introduced frozen pop on a stick to the public at Neptune Beach, an amusement park in Alameda, California. Seeing that it was a success, in 1924 Epperson applied for a patent for his "frozen confectionery" which he called "the **Epsicle** ice pop". He renamed it to **Popsicle**, allegedly at the insistence of his children.

It was originally available in seven flavors and marketed as a "frozen drink on a stick." The form is unique, with two parts joined together on two sticks, so the two sections could be divided and shared. The flat wooden stick, similar in shape and size to an emery board, with round ends used as a handle became as well-known as the treat, commonly used for [craft](#) projects by children and adults.

In 1925, Epperson sold the rights to the Popsicle to the Joe Lowe Company of New York. In 1989, Good Humor, a subsidiary of Unilever, bought the rights. In June 2006, Popsicles with "natural flavors and colors" were introduced, replacing the original versions in some cases. In addition, Popsicle provides several sugar-free flavors.

## Toasted Almond Popsicles

### *Ingredients*

1/4 pound full fat cream cheese, softened  
1/2 pound cottage cheese, strained  
2 tablespoons ground almonds  
2 tablespoons orange or lemon juice  
1 cup confectioners' sugar  
1/3 cup toasted almonds, finely chopped  
1 egg white  
Toasted slivered almonds  
Coffee sugar crystals

### *Method*

Put the cream cheese and cottage cheese into a bowl and beat until smooth. Beat in the ground almonds and orange or lemon juice and sugar. Stir in the toasted almonds. Whip the egg white

until stiff and fold into the mixture. Spoon the mixture into individual dishes. Pour into popsicle molds and freeze until firm. Remove from molds, set out for a few minutes – just long enough for almonds and sugar to stick, then coat in slivered almonds and sugar crystals and return to freezer. Serves 4.

## **Adventurous Popsicles**    From Sandy Gluck

**Cucumber-Mint Popsicles:** Combine 3 cups of peeled and seeded cucumber, 1/2 cup sugar, 3 to 4 tablespoons of lime juice and 2/3 cup fresh mint leaves and puree. Push through a strainer and freeze.

**Margarita Popsicles:** Combine lime juice, tequila, agave nectar to taste and a little orange juice.

**Hibiscus Popsicles:** Steep several red zinger tea bags in boiling water until flavorful. Add sugar to taste, stirring until dissolved.

**Lemon-Lavender Buttermilk Popsicles:** Make a sugar syrup of 1/3 cup sugar, 3 tablespoons water and 1/4 teaspoon lavender; heat just until sugar has melted. Let steep until cold. Strain and stir in 3 tablespoons lemon juice and 1 cup buttermilk.

**Toasted Coconut Popsicles:** Gently warm coconut milk, add lemon, orange, and lime zest, cover and steep until cool. Meanwhile in a 350°F oven toast angel flake coconut until golden brown. Strain and remove zest from coconut milk, then stir in toasted coconut and sugar to taste.

**Rice Pudding Popsicles:** Puree some cooked white rice with sweetened rice milk. Add a little cinnamon and nutmeg, pour into popsicle molds and freeze.

**Thanksgiving Popsicles:** Place a can of pumpkin puree in a blender along with light brown sugar to taste, cinnamon, nutmeg, allspice, ginger, a touch of cloves and enough milk to make a pourable mixture,

**Vanilla-Caramel Popsicles:** Combine 2/3 cup sugar and 1 tablespoon lemon juice in a skillet and cook over low heat until sugar has caramelized. Off heat add 2 cups milk (be careful, it will sputter). Return to heat and stir until sugar has melted. Stir in 2 teaspoons vanilla extract and freeze.

**Butter-Pecan Popsicles:** Saute 3/4 cup of chopped pecans in 3 tablespoons butter until golden brown and fragrant. Add a couple of cups of milk and light brown sugar to taste and heat just until warm. Cover and let sit 30 minutes. Push through a strainer, stir in a teaspoon of vanilla extract and freeze.

**Gingerale Popsicles:** Thinly slice enough fresh ginger to get 2 cups (no need to peel). Cook in 4 cups of water until nice and spicy. Add sugar to taste, and bring to a boil. Strain and freeze.

## Chocolate Chunksicles

### *Ingredients*

2 cups whole milk  
5 large egg yolks, at room temperature  
3/4 cup granulated sugar  
2 (1.5 ounce) bars Godiva Dark Chocolate, finely chopped  
2 teaspoons vanilla extract  
2 cups heavy cream  
3 (1.5 ounce) bars Godiva Dark Chocolate, coarsely chopped  
1 (16 1/2 ounce) can Bing cherries in heavy syrup, drained and halved  
1 cup almonds, toasted and chopped\*

### *Method*

Heat milk in saucepan over medium heat until it comes to a boil.  
Meanwhile, whisk egg yolks and sugar in mixing bowl until thick and pale-colored. Add one-third of hot milk to yolk mixture, whisking constantly. Pour egg mixture back into saucepan. Continue cooking over medium heat, stirring constantly, until mixture coats the back of a spoon. Do not boil. Remove from heat. Add chopped chocolate and stir until smooth. Pour into metal bowl and cool. Stir in vanilla and heavy cream. Freeze for 4 hours.  
Cut off top of each juice drink box and place on a baking sheet in freezer. Place the chopped chocolate, cherries and almonds on baking sheet in freezer.  
When the chocolate custard mixture is semi-frozen, turn into food processor bowl. Cover and process until slushy. Stir in frozen chocolate, cherries and almonds. Divide mixture into 8 juice drink boxes, filling to the top. Place in freezer for 15 minutes. Insert popsicle stick in each and freeze for 3 hours more.

\*To toast almonds, spread on baking sheet. Bake at 350°F for 8 to 10 minutes or until toasted.

## Coffee and Chocolate Popsicles From Sandy Gluck

### *Ingredients & Method*

**Mocha:** Prepare hot cocoa using 2 heaping teaspoons of unsweetened cocoa powder and 2 tablespoons semisweet chocolate to 1 cup of hot coffee; sweeten to taste with brown sugar.

Add a splash of milk and freeze.

**Chocolate Malt:** Melt a 1/2 cup of semisweet chocolate in a cup of milk. Add a tablespoon or two of malted milk powder and freeze.

## Cum Malai Kulfi Popsicle

### *Ingredients*

take 16 oz of cool whip  
1 can of condensed milk  
1 can of evaporated milk

### *Method*

All above three ingredients together blend in Blender.  
Bring plastic popsicle moulds from any grocery shop.  
Pour the blended mixture and leave in freezer for eight hours and you have real kulfi (with stick back) ready to eat and enjoy.

## Fruit-Based Popsicles From Sandy Gluck

### *Ingredients & Method*

**Piña Colada:** Puree pineapple chunks with coconut milk, sugar to taste, a little nutmeg, cinnamon and vanilla.

**Blueberry:** Puree blueberries with just enough water to make the mixture pourable, a little pepper, ground allspice and sugar to taste.

**Peanut Butter-Banana:** Puree bananas with a couple of tablespoons of peanut butter, milk and a little vanilla.

**Peaches and Cream:** Puree peeled fresh or canned peaches along with sugar to taste, some water, a little half-and-half, a pinch of salt and a touch of lemon juice.

**Watermelon-Chocolate Chip:** Puree several cups of watermelon. Fold in mini chocolate chips and spoon into popsicles molds.

**Creamy Banana:** Puree bananas with a splash of lime juice and enough milk to make it thick but

pourable. Add a little chopped banana for texture and add sugar to taste.

**Cranberry-Orange:** Puree canned cranberry sauce with enough orange juice to thin mixture to a thick pouring consistency. Add sugar and ground ginger to taste.

**Tamarind:** Combine about 2 cups of tamarind pulp (with pits) with 4 cups of water and simmer until the pulp has separated from the pits and the mixture is flavorful. Add sugar to taste and push through a sieve; discard pits.

**Strawberry-Raspberry Yogurt:** Puree strawberries with seedless raspberry jam until smooth. Add plain low-fat yogurt, vanilla, and sugar to taste and whirl until combined.

**Mango-Chile:** Puree fresh mango with a little lime juice, a touch of chipotle chile powder and a pinch of salt.

**Pineapple:** Puree chunks of pineapple (fresh or canned) with pineapple juice, a little grated fresh ginger, lime juice, and sugar to taste.

**Sour Cherry Crisp:** Puree a couple of cups of pitted fresh or canned sour cherries with light brown sugar to taste, a few tablespoons of toasted oats (toasted in a 350 degree F oven for 10 minutes), a little ground allspice, a touch of ground cloves, and a teaspoon of vanilla extract and enough orange juice to thin.

## Fudgesicles

### *Ingredients*

1 can sweetened condensed milk

2/3 cup chocolate syrup

2 cups whipping cream

### *Method*

In a large bowl, stir sweetened condensed milk and chocolate syrup.

In another bowl whip the cream until stiff. Fold whipped cream into chocolate mixture.

Line a 9 x 5-inch loaf pan with foil. Pour the mixture into the pan and cover with foil wrap.

Freeze for 6 hours or until firm.

Or if you have them pour mix into popsicle trays add stick and freeze until solid.

## Juice-Based Popsicles From Sandy Gluck

**Grapefruit-Grenadine:** Combine pink grapefruit juice with honey to taste, and grenadine to give a nice blush.

**Orange Julius:** Combine orange juice, just enough half-and-half to make it creamy, vanilla, and sugar to taste.

**Spiced Carrot Cake:** Gently heat carrot juice and add sugar to taste, stirring until the sugar has dissolved. Stir in some ground ginger, cinnamon, cardamom, and a pinch of salt.

**Key Lime Pie:** Combine sweetened condensed milk, a little grated lime zest, lime juice, and a little vanilla extract.

**Lemonade:** Prepare your favorite lemonade making it extra strong; pour into popsicle molds and freeze.

**Pomegranate Sangria:** Stir together pomegranate juice, orange juice and a little lime juice. Add sugar if needed.

## Mexican Paletas Popsicles and Variations

Latin American fresh fruit popsicles are a great alternative to sugar-filled popsicles. Combining nutrient-rich fruit with water or milk is a great snack on a hot sunny day.

### *Ingredients*

1 cup milk  
3/4 cup smoothly mashed ripe banana  
1 teaspoon vanilla  
1/4 cup sugar

### *Method*

Pour paletas mixture (choices follow) equally into 6 juice bar molds (see notes). Attach covers. Insert sticks, leaving 1 1/2 to 2 inches of each exposed. Freeze paletas upright until firm, at least 3 hours or up to 2 weeks.

- Hold each mold up to the rim under warm running water just until paletas are released from sides of molds, 5 to 15 seconds. Remove covers and pull out paletas. YIELD: Makes 6 paletas

**Banana paletas.** In a 2-cup glass measure, combine 1 cup milk, 3/4 cup smoothly mashed ripe banana, 1 teaspoon vanilla, and 1/4 cup sugar; stir until sugar is dissolved (mixture is no longer grainy to taste).

**Blackberry paletas.** In a blender, whirl 2 1/2 cups rinsed, drained blackberries until smooth. Push through a strainer into a 2-cup glass measure; discard residue. Add 1 cup milk and 6 tablespoons sugar to berry purée; stir until sugar is dissolved.

**Cucumber-chili paletas.** In a blender, combine 3 cups 1-inch chunks peeled, seeded cucumber (1 1/2 lb.); 2/3 cup sugar; 1/3 cup lemon juice; and 1 rinsed, stemmed jalapeño chili (1 to 1 1/2 oz.; remove seeds and veins for less heat). Whirl until smooth. Push mixture through a fine strainer set over a 2-cup glass measure; discard residue.

**Mango paletas.** In a blender, combine 2 1/2 cups 1-inch chunks mangoes (from 1 1/2 lb. fruit), 1/4 cup sugar, and 3 tablespoons lime juice; whirl until smooth.

**Piña colada paletas.** In a blender, combine 1 cup milk, 1/2 cup 1-inch chunks fresh or canned pineapple, 1/3 cup sugar, 1 teaspoon vanilla, and 1/2 teaspoon coconut extract; whirl until smooth.

**Sour orange paletas.** In a 2-cup glass measure, combine 1 1/3 cups orange juice, 1/3 cup lime juice, and 1/4 cup sugar; stir until sugar is dissolved.

**Strawberry paletas.** In a blender, whirl 3 3/4 cups rinsed, hulled strawberries until smooth. Push through a fine strainer into a 2-cup glass measure; discard residue. Add 1/3 cup sugar and 1 tablespoon lemon juice to berry purée; stir until sugar is dissolved.

**Note:** The paletas that contain milk are slightly creamy; the others are icy. Use frozen fruit bar molds with a 1/4- to 1/3-cup capacity; they're sold in many cookware and hardware stores and through some cookware catalogs.

## Orange Cream Popsicles

### *Ingredients*

#### *Sorbet:*

1 cup water  
1/2 cup sugar  
2 cups tangerine juice  
1/4 cup fresh lemon juice



### *Ice Cream:*

1 1/2 cups milk  
2/3 cup sugar  
4 egg yolks  
1/2 cup sour cream

### *Equipment:*

An ice water bath  
An ice cream machine  
10 small clear decorative glasses, for serving

### *Directions*

Sorbet: Place a bowl or 2 sheet pans in the freezer to chill. Combine the water and sugar in a saucepan and bring to a boil. Whisk the juices together in another bowl. Let cool slightly, then whisk half the syrup into the juices and taste. Slowly add more syrup, tasting frequently. The mixture should taste definitely [tart](#) and sweet; you might not use all the syrup. Freeze in an ice cream machine, then transfer to the frozen bowl and keep frozen.

### *Ice Cream*

Combine the milk with 1/3 cup of the sugar in a saucepan and heat just to a boil. Immediately remove from the heat. Whisk the egg yolks with the remaining 1/3 cup sugar until well combined. Whisk a few tablespoons of the hot milk mixture into the egg mixture, then pour back into the saucepan with the remaining milk mixture.

Cook over medium heat, stirring constantly with a wooden spoon. At 160 degrees F, the mixture will give off a puff of steam. When the mixture reaches 180 degrees F it will be thickened and creamy, like [eggnog](#). Test it by dipping a wooden spoon into the mixture. Run your finger down the back of the spoon. If the stripe remains clear, the mixture is ready; if the edges blur, the mixture is not quite thick enough yet. When it is ready, quickly remove it from the heat. Strain the mixture into a bowl and place it in the ice bath to cool. Let cool, stirring often. When cold, whisk in the [sour cream](#) and freeze in an ice cream machine. When frozen, use a small ice cream scoop to make [walnut](#)-sized balls and freeze solid again.

To assemble, let the sorbet soften slightly. With a larger ice cream scoop, dig out flat globs of sorbet and pack it around the ice cream balls, covering completely. Freeze for 30 minutes.

## **Raspberry Creamsicles**

### *Ingredients*

1 pint raspberries  
1/2 cup granulated sugar  
1 1/4 cups water

1/2 cup cream (heavy or light)  
1 tablespoon lemon juice  
1 cup vanilla yogurt  
8 (5 ounce) waxy paper cups  
8 Popsicle sticks

### *Method*

In a blender, puree 1 pint of the raspberries with the sugar and water. Then use a jelly bag or sieve to strain out the seeds (this should yield about 2 cups of pulp).

Transfer 2/3 cup of the raspberry puree into a separate container, add the cream, and whisk well to mix. Meanwhile, have your child stir the lemon juice into the rest of the raspberry puree. Now you should have two containers of raspberry sauce — one that's deep red and another that's creamy pink.

Chill both sauces.

In a bowl, stir together the vanilla yogurt and the remaining raspberries (another good job for kids).

Pour the mixture into the paper cups until they are about half full. Set the cups in an 8– inch square pan (for ease in transferring them in and out of the freezer). Cover each cup with aluminum foil and

poke a Popsicle stick straight through the center of the foil and into the mixture. Freeze until set (about 2 hours).

Remove the foil and pour a layer of the deep red puree on top of the frozen yogurt. Freeze again until solid (about 2 hours). Finally, pour a layer of the raspberry cream mixture into each cup and freeze until solid.

To serve, peel the cups away from the creamsicles. Makes 8 creamsicles.

## Raspberry Popsicles

### *Ingredients*

1 (10 ounce) package frozen raspberries  
1/2 cup dairy sour cream  
1 cup heavy cream  
1/2 cup miniature marshmallows

### *Method*

Thaw raspberries; blend raspberries with dairy sour cream. Fold in heavy cream (whipped) and marshmallows. Spoon mixture into popsicle containers or small drinking cups. Insert wooden sticks. Freeze until firm.

Raspberry

## Sangria Ice Popsicles Bobby flay

### *Ingredients*

1 (750-ml) bottle fruity red wine  
1 cup unsweetened pomegranate juice  
1/4 cup simple syrup  
2 tablespoons corn syrup  
2 tablespoons orange juice  
2 tablespoons red grape juice  
2 apples, cored and chopped  
2 oranges, chopped  
2 ripe pears, chopped

### *Method*

In a medium saucepan, reduce the wine to about 2 1/2 cups. While still hot, add the remaining ingredients and steep overnight, refrigerated.  
Strain the mixture and fill ice pop molds; freeze until solid.

## Strawberry Cheesecake Popsicles

### *Ingredients*

3 ounces cream cheese, softened  
1/2 cup Miracle Whip light  
8 ounces Cool Whip, thawed  
2 cups miniature marshmallows  
10 ounces frozen sliced strawberries  
3/4 cup chopped pecans, toasted

### *Method*

Mix cream cheese and dressing until well blended. Gently stir in whipped topping, marshmallows, strawberries and pecans. Spoon into 5-ounce paper drinking cups; insert wooden stick in center of each cup. Freeze until firm. Remove paper cups from pops before serving.

## Strawberry, Almond and Toasted Coconut Popsicles

### *Ingredients*

4 containers frozen strawberries (juice and all equals 1 quart)  
2 eggs  
1 cup granulated sugar  
3 cups milk  
3 cups half-and-half  
1/2 teaspoon almond extract  
1/2 teaspoon salt  
1/3 cup toasted almonds, finely chopped  
Toasted coconut

### *Method*

Thaw frozen strawberries. Place cylinder from ice cream freezer in the refrigerator to chill. Beat eggs and sugar until thick. Add milk, half-and-half, almond extract and salt. Blend in strawberries, juice and all. Put cylinder back in refrigerator and chill. Place in popsicle molds until firm. Set out long enough to roll in toasted almonds and coconut then refreeze.

## Tangerine Popsicles

### *Ingredients*

8 whole raspberries  
16 ounces tangerine juice

### *Method*

Stand 1 raspberry right side up in the bottom of 8 (2-ounce) small plastic cups. Stick a toothpick in each berry so it is standing up straight. Carefully pour tangerine juice over the berry and freeze. Turn out of plastic cups and serve.

## Tropical Fruit Popsicles From Diabetic Living

### *Ingredients*

2 cups chopped mango (about 2 large)  
1, 8-ounce can crushed pineapple (juice pack)  
1 medium banana, sliced  
¼ cup frozen orange juice concentrate, thawed

¼ teaspoon ground ginger

### ***Method***

In a blender or food processor, mix mango, un-drained pineapple, banana, orange juice concentrate, and ginger. Cover and blend until smooth.

Pour the fruit mixture into 12 compartments of freezer pop molds. (Or pour into 3-ounce paper or plastic cups. Cover with foil. Make a slit in the foil of each. Add sticks.) Freeze for 3 to 4 hours or until firm. Makes 12 pops.

## **Triple-Berry Popsicles**

### ***Ingredients***

2/3 cup sugar (see Notes)

1 cup blueberries

1 cup strawberries, hulled and sliced

1 cup raspberries

1/4 cup fresh lemon juice

### ***Method***

Put sugar and 1/3 cup water in a small saucepan and bring to boil over high heat, stirring until sugar is dissolved. Set aside.

Combine blueberries, strawberries, raspberries, and lemon juice in a blender and purée until smooth, about 30 seconds. Add 1/3 cup simple syrup and blend just until combined. (Save remaining syrup for another use, such as sweetening iced tea.)

Transfer purée to popsicle molds (see Notes) and freeze 4 hours. Insert popsicle sticks and freeze an additional 4 to 6 hours, or until frozen solid.

## **White Chocolate-Berry Popsicles** From Diabetic Living

These homemade frozen treats combine the best of quick prep and great taste. You'll find fruit flavors as well as chocolate in this selection. For added variety, seek out unusual frozen pop molds for the fruity pops or use readily available paper or plastic drink cups.

### ***Ingredients***

1, 4-serving-size package instant sugar-free white chocolate pudding mix

2 cups fat-free milk  
5 to 8 drops blue or red food coloring (optional)  
1 cup fresh or frozen blueberries, chopped strawberries, or whole raspberries  
8, 3-ounce paper or plastic drink cups or pop molds  
8 wooden popsicle sticks

### *Method*

Prepare pudding mix according to package directions using the 2 cups milk. For blue pops, add 5 to 8 drops blue food coloring. For pink pops, add 5 to 8 drops red food coloring. Whisk until combined.

Transfer mixture to a medium bowl. Let stand for 5 minutes; stir in berries.

Pour or spoon mixture into the paper or plastic drink cups or frozen pop molds. Cover cups with foil; cut a slit in the foil and insert wooden sticks (or cover pop molds according to manufacturer's directions. Freeze 4 hours or overnight. To serve, remove foil and tear paper cups away or remove pops from plastic cups or molds. Makes 8 pops.

## **The World's Best Popsicles**

### *Ingredients*

1 package of Jell-o  
1 package of kool-aid  
2 cups boiling water  
2 cups of cold water

### *Method*

Mix one cup of sugar with one package of Jell-o and one package of kool-aid; add two cups boiling water, and mix very well, until completely dissolved; add two cups of cold water. - That's it!

If you chill the mix until it jells (it won't be as thick as regular jell-o), you can actually layer different colors (and flavors), to make your own bomb pops.

# Sauces, Toppings, Cones and Bowls

## Spiced Apple Syrup

### *Ingredients:*

1 cup applesauce  
1 cup apple jelly  
1/2 teaspoon cinnamon  
dash salt  
dash cloves, optional

### *Method*

In a small saucepan, combine all ingredients. Cook and stir until jelly melts and syrup is hot. Makes 2 cups of syrup for pancakes, waffles or ice cream.

## Apricots in Rum-Raisin Sauce

### *Ingredients*

2 15- to 16-ounce cans whole apricots in heavy syrup, drained well, halved, pitted, syrup reserved  
3 tablespoons golden raisins  
2 tablespoons dark rum  
1/2 teaspoon ground cinnamon  
3 tablespoons honey  
Vanilla ice cream

### *Method*

Boil apricot syrup in heavy small saucepan until reduced to 2/3 cup, about 15 minutes. Mix in 3 tablespoons raisins, 2 tablespoons rum and 1/2 teaspoon ground cinnamon. Reduce heat to medium-low and simmer 1 minute. Transfer to medium bowl and mix in 3 tablespoons honey. Refrigerate sauce until cold, at least 1 hour. Mix in apricots. (Rum-raisin sauce can be prepared 1 day ahead. Cover and keep refrigerated.) Scoop ice cream into bowls; top with apricots and sauce.

## Balsamic sauce

### *Ingredients*

2 cups balsamic vinegar  
1/4 Cup sugar  
creme fraiche or sour cream  
pinch of salt

### *Method*

Add all your ingredients into a sauce pan, simmer on low until reduced by half.  
Turn off heat. cool slightly and then whisk in the creme fraiche or sour cream.  
This kind of sauce goes best with any kind of fruit based ice cream, it adds a touch of sourness to it which brings out the flavors of the fruit.

## Blackberry Syrup Recipe

### *Ingredients:*

3 Cups fresh blackberries  
1-1/4 Cups sugar  
1/4 Cup light corn syrup  
1 teaspoon cornstarch

### *Method*

Process blackberries in a blender until smooth, stopping to scrape down sides. Pour through a fine wire-mesh strainer into a medium saucepan, discarding solids. Stir in remaining ingredients; bring to a boil over medium heat, stirring occasionally, 1 minute. Remove from heat; cool. Serve with cobbler, pound cake, fruit, pancakes, or ice cream. Yield: 1-2/3 cups

## Fresh Blueberry Sauce

### *Ingredients:*

2 cups fresh blueberries  
1/3 cup sugar  
1 tablespoon fresh lemon juice



1/4 teaspoon salt  
1/2 teaspoon vanilla extract

### ***Method***

Wash and crush blueberries; add sugar, lemon juice and salt. Mix well. In a small saucepan, bring blueberry mixture to a boil; boil 1 minute. Add vanilla. Chill.  
Serve over puddings, cake, or ice cream.

## **Butter Pecan Sauce**

### ***Ingredients:***

1/2 cup coarsely chopped pecans  
2 tablespoons butter or margarine, melted  
1 can sweetened condensed milk  
1/2 cup water  
1 teaspoon rum extract (optional)

### ***Method***

Sauté pecans in butter in a saucepan until lightly browned. Add condensed milk and water, stirring until blended. Cook over medium heat 10 minutes or until thickened, stirring occasionally.  
Remove from heat; stir in rum extract. Let cool.  
Makes 1 3/4 cups.

## **Butter Rum Sauce**

### ***Ingredients:***

1 cup light brown sugar, packed  
3 tablespoons flour  
1/4 teaspoon salt  
1/2 cup water

2 tablespoons butter  
2 teaspoons rum flavoring  
1/2 cup toasted pecans\*

### ***Method***

In a heavy saucepan, combine brown sugar, flour, and salt; add water. Cook over low heat, stirring constantly, until smooth and thick. Add butter and flavoring. Cool. Stir in toasted pecans.

\*To toast nuts, spread out in a single layer on a baking sheet. Toast in a 350° oven, stirring occasionally, for 10 to 15 minutes. Or, toast in an ungreased skillet over medium heat, stirring, until golden brown and aromatic.

## **Old Fashioned Butterscotch Sauce**

### ***Ingredients***

1 cup light brown sugar, firmly packed  
2/3 cup light corn syrup  
1/4 cup butter  
2/3 cup evaporated milk  
1/8 teaspoon baking soda  
1 teaspoon vanilla

### ***Method***

In a medium saucepan combine sugar, syrup, and butter. Cook, stirring constantly, over medium heat until sugar has dissolved and mixture comes to a full rolling boil. Allow to boil, without stirring, for exactly 1 minute. Remove from heat and let stand for 5 minutes. In another bowl or large measuring cup, combine evaporated milk, baking soda, and vanilla. Stir into the slightly cooled sauce. Pour into jars, cover, and refrigerate. Place jar in a pan of warm water to reheat. Makes 2 cups of butterscotch sauce.

## **Caramelized White Chocolate**

About one cup (250ml)

The original recipe said it should take 20 to 30 minutes at a slightly-higher oven temperature. Mine took about twice that long, but I baked it a lower temperature since I was concerned

about overcooking the white chocolate. Note that this is a recipe more about technique than one to be followed strictly to the letter. So if you think your batch is done before the time indicated, then it's likely done.

Basically what you're doing is checking the chocolate every ten minutes and giving it a good stir to promote the caramelization. The only danger is overcooking: you want to cook it until it's the color of natural peanut butter. If you do overcook it and it gets grainy, you can press it through a fine mesh sieve and it'll be just fine.

**Update:** Because of variations in white chocolate, if you'd like to ensure that the white chocolate will melt more smoothly, add 1 or 2 tablespoons of unflavored vegetable oil or cocoa butter (not regular butter), to the white chocolate at the beginning of the process.

### *Ingredients*

12 ounces (340gr) white chocolate, a block or in *fèves* (as shown)  
pinch of flaky sea salt

### *Method*

Preheat the oven to 250F (120 C)

If the white chocolate is in a block, chop it into coarse pieces.

Distribute the white chocolate on a rimmed baking sheet and heat for ten minutes.

Remove it from the oven and spread it with a clean, dry spatula.

Continue to cook for an additional 30-60 minutes, stirring at 10 minute intervals. At some points it may look lumpy and chalky (and even unpleasant), but keep stirring and it will smooth out and caramelize.

Cook until the white chocolate is deep-golden brown, and caramelized. Stir in a good pinch of sea salt.

If it's lumpy, scrape it into a bowl and smooth it out with an immersion blender, or in a food processor.

Store in a jar, at room temperature, until ready to use. It should keep for several months, if stored in a cool, dry place.

## **Caramel Sauce** - [www.makinglifedelicious.com](http://www.makinglifedelicious.com)

### *Ingredients:*

1 1/2 cups sugar

1/2 cup water

1 cup heavy cream

pinch of salt

1/2 teaspoon vanilla

### *Method*

Place the sugar in a heavy saucepan. Then add the water around the edges of the pan and then swirl a little bit until all the sugar is wet, but avoid splashing water and sugar on the sides of the pan.

Now I am going to tell you the **1st secret to making your own caramel sauce**...turn up the heat as hot as your stovetop will go. Then comes the **2<sup>nd</sup> secret to making your own caramel sauce**. Don't touch the pan. I mean it.

Don't stir it, don't swirl it, just look at it and wait. After a very short while, it will bubble up and the sugar will dissolve. Still don't touch it!! The liquid starts clear, but that's about to change. Wait until you begin to see a slight color change at the edge of the pan. At that point, and not before, you can pick up the pan and swirl it a little to make the color more uniform.

Now things happen fast. Keep watching the caramel and swirling it periodically.

You are looking for the right time to add the cream. How will you know that the time is right?

There are three signs: color, smell and smoke. You want a deep golden color, the smell of caramel/burnt sugar and a very light smoke coming off the surface of the liquid. The darker the sugar, the richer the final caramel. Much like toast, this caramel is best right before it is burned and ruined. When you start to smell that caramel smell and see little wisps of smoke, remove the pan from the heat.

Stir in the cream with a wooden spoon. The addition of the cream will cause the caramel will bubble up dramatically. Continue to stir and the bubbles will settle down. Add the vanilla and the salt and give it one final stir.

Storage: Bring the caramel to room temperature and store in a sealed container to keep in the fridge for up to 2 weeks or the freezer for 3+ months.

## **Caramel Sauce 2**

### *Ingredients*

1 cup of sugar

6 Tablespoons butter

1/2 cup heavy whipping cream

### *Method*

First, before you begin, make sure you have everything ready to go - the cream and the butter next to the pan, ready to put in. Making caramel is a fast process that cannot wait for hunting around for ingredients. If you don't work fast, the sugar will burn. Safety first - make sure there

are no children under foot and you may want to wear oven mitts; the caramelized sugar will be much hotter than boiling water.

Heat sugar on moderately high heat in a heavy-bottomed 2-quart or 3-quart saucepan. As the sugar begins to melt, stir vigorously with a whisk or wooden spoon. As soon as the sugar comes to a boil, stop stirring. You can swirl the pan a bit if you want, from this point on. Note that this recipe works best if you are using a thick-bottomed pan. If you find that you end up burning some of the sugar before the rest of it is melted, the next time you attempt it, add a half cup of water to the sugar at the beginning of the process, this will help the sugar to cook more evenly, though it will take longer as the water will need to evaporate before the sugar will caramelize. As soon as all of the sugar crystals have melted (the liquid sugar should be dark amber in color), immediately add the butter to the pan. Whisk until the butter has melted.

Once the butter has melted, take the pan off the heat. Count to three, then slowly add the cream to the pan and continue to whisk to incorporate. Note that when you add the butter and the cream, the mixture will foam up considerably. This is why you must use a pan that is at least 2-quarts (preferably 3-quarts) big.

Whisk until caramel sauce is smooth. Let cool in the pan for a couple minutes, then pour into a glass mason jar and let sit to cool to room temperature. (Remember to use pot holders when handling the jar filled with hot caramel sauce.) Store in the refrigerator for up to 2 weeks.

Warm before serving. Yield: Makes a little over one cup of sauce.

## Dairy Queen-Style Chocolate Sauce

### *Ingredients*

8 oz. (2/3 Cup) semi-sweet chocolate chips

4 tabelspoon. butter

1/4 Cup vegetable oil

### *Method*

Melt chocolate and butter together over a double boiler, stirring until smooth. Remove from heat and stir in oil. Sauce will harden when poured over ice cream.

Makes about 1 cup.

Note: Chocolate may be melted in a microwave, but be careful of burning. Place chocolate pieces in a glass measuring cup and microwave on high 30 seconds. Stir and microwave again if necessary.

## Hard Chocolate Sauce For Pops

### *Ingredients:*

4 oz. bittersweet chocolate, broken in pieces  
1 oz. cocoa butter

### *Method*

Melt chocolate and cocoa butter together over a double boiler, stirring until smooth. Sauce may be used immediately or after cooling slightly. Pour over ice cream to create a hard chocolate shell.

Dip ice cream bars or frozen bananas in sauce.

Dip strawberries or other fruit (oranges are especially good) in sauce and place on a plate lined with wax paper. Refrigerate until chocolate hardens.

Makes about 3/4 cup. Note: Cocoa butter can be found in most health stores.

## Chocolate Fudge Nut Sauce

### *Ingredients:*

2 cups granulated sugar  
1 cup light brown sugar, firmly packed  
3 ounces unsweetened chocolate (3 ounces)  
3/4 cup heavy cream  
2 tablespoons butter  
1 teaspoon vanilla  
1 cup chopped nuts

### *Method*

In a saucepan mix together sugars, chocolate, cream, and butter. Cook over medium heat until mixture begins to crinkle around edge of the saucepan. Remove from heat; add vanilla and chopped nuts. Pour into jars or containers, cool slightly, and refrigerate. Place jar in a pan of warm water to reheat. Makes about 2 1/2 cups.

## Coconut Sauce

### *Ingredients:*

1 Cup coconut cream, such as Coco Lopez  
1 Cup milk

4 egg yolks  
1 teaspoon vanilla  
2 tablespoons white rum

### *Method*

In saucepan bring coconut cream and milk to boil. Beat yolks in bowl and beat in 1/3 of milk mixture. Return remaining milk mixture to boil and beat in yolk mixture. Continue beating over medium heat until slightly thickened. Do not allow to boil. Strain sauce into bowl and let it cool. Stir in vanilla and rum.

### **Hot Fudge Sauce** - Adapted from Silver Palate Cookbook

This is a deep, dark fudgy bittersweet sauce that firms up on ice cream.

### *Ingredients:*

4 ounces unsweetened chocolate  
3 tablespoons butter, unsalted  
2/3 cup water  
1/3 cup sugar  
6 tablespoons corn syrup  
Pinch of salt  
1 tablespoon rum (or other flavoring, such as a flavored liqueur or vanilla extract)

### *Method*

Melt the chocolate and butter very slowly in a double boiler or in the microwave, stirring frequently until combined. Meanwhile, heat the water to boiling in the small, heavy saucepan. When the butter and chocolate have melted, stir the mixture into the boiling water. Add the sugar, corn syrup and salt and mix until smooth. Turn the heat up and stir until mixture starts to boil; adjust heat so that sauce is just maintained at the boiling point, stirring occasionally. Allow sauce to boil for nine minutes.

Remove from heat and cool for 15 minutes. Stir in the rum and serve warm over ice cream.

Do ahead: Sauce can be easily and quickly reheated in the microwave for 15 to 30 seconds. Stir and it will be shiny and even again. Yields 2 1/2 cups

## The Best Chocolate Sauce

### *Ingredients:*

About 2 1/2 cups

1 cup (250 ml) water

1/2 cup (100 g) sugar

1/2 cup (160 g) light corn syrup, agave nectar, or glucose

3/4 cup (75 g) unsweetened cocoa powder (preferably Dutch-processed)

2 ounces (55 g) bittersweet or semisweet chocolate, finely chopped

### *Method*

In a medium saucepan, whisk together the water, sugar, corn syrup (or agave or glucose), and cocoa powder.

Bring to a boil over medium heat. Once it's just begun to simmer and boil, remove from heat and stir in the chopped chocolate until melted.

Serving: You should let the Chocolate Sauce stand for a few hours before serving, which will give it time to thicken a bit.

Storage: Store the chocolate sauce in a covered container in the refrigerator for up to 10 days. Rewarm before serving.

## Dark Chocolate-Honey Sauce

### *Ingredients:*

2 cups whipping cream

1/4 cup honey

20 ounces bittersweet chocolate, finely chopped

2 teaspoons vanilla extract

### *Method*

In a medium saucepan, scald cream and honey medium heat. Remove from the heat. Place the chocolate in a heatproof bowl. Add the hot cream, let sit for 2 minutes, then whisk until smooth. Whisk in the vanilla. Let stand until cool but still pourable. Serve over Guinness ice cream.



## Caramelized White Chocolate Sauce adapted from David Lebovitz

Depending on the quality of your chocolate, you may have to add or subtract some heavy cream. The sauce should end up being smooth and creamy.

Here are David's notes:

Basically what you're doing is checking the chocolate every ten minutes and giving it a good stir to promote the caramelization. The only danger is overcooking: you want to cook it until it's the color of natural peanut butter. If you do overcook it and it gets grainy, you can press it through a fine mesh sieve and it'll be just fine.

### *Ingredients:*

12 oz. good quality white chocolate, chopped coarse  
1/4 cup heavy cream  
1 tablespoon butter  
pinch of sea salt

### *Method*

Preheat oven to 250 F. Spread chocolate in an even layer on a rimmed baking sheet. Heat for 10 minutes. Remove from the oven and spread with a clean, dry spatula.

Continue to cook for an additional 40-60 minutes, stirring at 10 minute intervals. (it may cook faster. Remove when it reaches a peanut-butter like color.) At some point, it may look chalky or lumpy, but keep stirring and it will smooth out.

Cook until the chocolate is a deep-golden brown and caramelized. Stir in sea salt.

Scrape the chocolate into a heat-proof bowl and set it over a pot of simmering water. Stir to remove lumps, adding up to 1/4 cup heavy cream until the sauce is smooth and creamy. Stir in butter. Let cool.

Pour into a jar and refrigerate until ready to use. (When cooled, it will harden. To thin it out, rewarm in a microwave, or in a bowl set over a pan of barely-simmering water.)

## Kahlua Sauce

### *Ingredients:*

2 Cup heavy cream  
2 tablespoons Kahlua  
2 tablespoons instant coffee

1 teaspoon vanilla extract  
3 egg yolks  
1/2 Cup sugar

### ***Method***

Bring the first 4 ingredients to a boil in a medium saucepan over low heat. Remove from heat and cover the pan. Let it steep for 15 minutes.

Whisk the egg yolks and sugar to blend in a medium bowl. Slowly whisk in the cream mixture.

Return custard to the same saucepan. Cook over low heat until the custard thickens and leaves a path on the back of a spoon when finger is drawn across.

Strain the custard in a bowl. Cover and chill.

This sauce will not keep for more than a few days.

## **Lemon Sauce**

### ***Ingredients:***

1 egg, beaten  
1 cup sugar  
juice of 2 lemons, about 4 to 6 tablespoons  
zest of 1 lemon  
1 tablespoon butter

### ***Method***

Directions for lemon sauce.

In a saucepan, combine egg, sugar, lemon juice and lemon zest; cook over low heat until thickened, stirring constantly. Add butter; stir until butter is melted. Serve over gingerbread, pound cake, or bread pudding. Makes about 1 1/2 cups of lemon sauce.

## **Maple Praline Ice-Cream Sauce**

### ***Ingredients:***

1/2 cup Grade B maple syrup (or Grade A maple syrup flavored with 3 drops maple extract, or to taste)

1/4 cup firmly packed light brown sugar  
1/8 teaspoon salt  
1/2 cup heavy cream  
1 tablespoon unsalted butter  
1/2 cup pecans, chopped coarse and toasted lightly  
vanilla ice cream

### **Method**

In a 2-quart heavy saucepan combine maple syrup, sugar, salt, and cream and cook mixture over moderately low heat, stirring and washing down any sugar crystals clinging to side with a brush dipped in cold water, until sugar is dissolved. Boil mixture over moderate heat, undisturbed, until thickened and a candy thermometer registers 220°F. Stir in butter and pecans, stirring until butter is melted, and cool sauce until warm. *Sauce keeps, covered and chilled, 1 week.* Serve sauce warm over ice cream.

## **Marshmallow Sauce**

### **Ingredients:**

18 marshmallows  
1/2 cup heavy cream  
1/2 teaspoon vanilla

### **Method**

Heat marshmallows and cream in top of double boiler over boiling water, folding and stirring until marshmallows are almost melted. Add vanilla and continue cooking and stirring until completely melted and well blended with cream. Serve hot. Sauce will thicken as it cools. Makes just over 1 cup.

## **Mocha Dessert Sauce**

### **Ingredients:**

1/2 cup chocolate chips

1 tablespoon butter  
1/4 cup hot black coffee

### ***Method***

Combine all ingredients; blend until smooth.

## **Peanut Butter Fudge Sauce**

### ***Ingredients:***

1 cup corn syrup -- light or dark  
1 cup creamy peanut butter  
1/2 cup heavy cream  
1 cup semisweet chocolate chips

### ***Method***

In a 2-quart bowl (microwaveable), combine corn syrup, peanut butter, and cream. Microwave on HIGH for 1 1/2 minutes, until boiling. Add chocolate chips and stir until melted. Store in the refrigerator; warm up to serve over ice cream.

Makes 2 1/2 cups

## **Pear Sauce**

### ***Ingredients***

5 cups chopped peeled ripe Bartlett pear (about 6 pears)  
1/2 cup sugar  
1 lemon, peeled and sectioned  
3/4 cup coarsely chopped walnuts  
1/2 cup golden raisins  
1/4 cup dried sweet cherries  
1 navel orange, peeled and sectioned  
6 cups vanilla low-fat ice cream

### ***Method***

Combine pears and sugar in a zip-top plastic bag; shake well. Seal and refrigerate 8 hours or overnight.

Place 2 tablespoons lemon sections in a medium saucepan; reserve remaining lemon sections for another use. Add pear mixture, walnuts, raisins, cherries, and orange to pan. Bring to a simmer over medium heat; cook 30 minutes or until mixture is thick and slightly soft, stirring occasionally. Serve over ice cream.

## **Pineapple Orange Sauce**

### ***Ingredients:***

1 can (20 oz) pineapple chunks (in juice), undrained  
1/2 teaspoon orange peel, grated  
1/2 cup orange juice  
1 tablespoon cornstarch  
1 tablespoon granulated sugar  
1 teaspoon ground ginger

### ***Method***

Combine pineapple, 1/2 cup orange juice and 1 teaspoon orange peel with remaining ingredients in a saucepan. Cook, stirring constantly until sauce boils and thickens. Cool. Makes about 8 servings.

## **Rhubarb Dessert Sauce**

### ***Ingredients:***

1 pound rhubarb, sliced  
1 1/4 cup sugar - a little less if rhubarb is relatively sweet  
1 tablespoon cornstarch  
red food coloring, optional

### ***Method***

Place rhubarb in a medium saucepan; add a small amount of water, about 1/2 inch. Add sugar; bring to a boil. Lower heat and simmer for 10 to 15 minutes, or until rhubarb is tender. Spoon into blender container; blend until mixture is smooth. Add cornstarch and a few drops of red

food coloring, or until desired color is reached. Return rhubarb sauce mixture to saucepan and bring to a boil; reduce heat and simmer until thickened. Serve over bread pudding, pound cake, or ice cream. Makes about 3 cups of rhubarb sauce.

## Strawberry Sauce

### *Ingredients*

Ingredients:

- 1 package (16 ounces) frozen strawberries, thawed (the kind with juice)
- 2 teaspoons cornstarch

### *Method*

In a medium saucepan, combine juice from strawberries and cornstarch. Cook over, medium heat, stirring constantly, until mixture thickens. Cook 2 minutes longer. Add strawberries and heat to serving temperature. Do not overcook the strawberries.

Serve as a dessert sauce for pound cake, bread pudding, pancakes, angel food cake or ice cream

## Toffee Sauce

### *Ingredients*

- 2 oz. (50 g) butter
- 2 oz. (50 g) brown sugar
- 2 tablespoons golden syrup
- 1/4 pint (150 ml) single cream or milk.

### *Method*

Put the butter, sugar and golden syrup into a saucepan and heat gently, stirring, until the butter and sugar have melted. Bring to the boil and boil hard for 3-5 minutes. Let it cool slightly, stir in the cream or milk and while still hot pour it over the ice cream.

## Spiced Vanilla Sauce with Butter

### *Ingredients:*

1 cup sugar  
2 tablespoons flour  
1/4 teaspoon nutmeg  
1/8 teaspoon allspice  
1 cup cold water  
2 tablespoons butter  
1 teaspoon vanilla extract

### *Method*

In saucepan, mix together the sugar, flour, nutmeg, and allspice; blend in cold water. Bring to a simmer and simmer until clear and thickened. Blend in butter and vanilla. Serve over hot fritters or serve with bread pudding or other dessert.

## Peanut Crunch Topping - adapted from *HPBooks Ice Cream* by the Hoffmans

### *Ingredients:*

1/2 cup butter  
2 cups packed light brown sugar  
1/3 cup light cream  
3/4 cup peanut butter  
1/4 cup chopped peanuts  
1/2 teaspoon vanilla extract

### *Method*

Melt butter in a saucepan. Stir in brown sugar, light cream, and peanut butter. Stir over low heat until smooth. Stir in nuts and vanilla. Serve warm. Makes approximately 2-3/4 cups.

## Almond Cookie Shells for Ice Cream

### *Ingredients*

1 tablespoon soft butter and 1 tablespoon flour, for coating pan

2 egg whites  
1/4 cup milk  
1 teaspoon vanilla extract  
1/8 teaspoon salt  
4 tablespoons (1/2 stick) unsalted butter, melted  
1 cup confectioners' sugar, sifted  
3/4 cup all purpose flour, sifted  
3/4 cup sliced almonds

### *Method*

Preheat oven to 400 degrees F.

Combine the tablespoon each butter and flour to make a paste. Spread some over a cookie sheet and set aside.

Combine egg whites, milk, vanilla, and salt and let sit until room temperature. (You can speed the process by slightly warming mixture over a pan of hot water.)

Add melted butter to egg white mixture. Whisk in sugar until evenly blended. Add flour and whisk until smooth.

Spoon 1 1/2 tablespoons batter per cookie onto prepared cookie sheet. Allow six inches for spreading; each sheet will hold 3 cookies. With a spatula, spread each blob of batter out to form a thin 5-inch circle, leaving about an inch between cookies. Scatter some almonds over batter.

Bake about three to five minutes, until lightly golden all over. Slide a long spatula under each cookie, carefully lift off and immediately place cookie over an inverted coffee cup or custard cup. Cover with a dry cloth and press down to mold into a fluted shell. Repeat with other cookies. Shells will stiffen in 1 to 2 minutes.

Recoat baking sheet and repeat spreading, baking, and molding process until all cookies are baked. Serve immediately or store in airtight tins.

It takes some practice to get the knack of molding these thin, crisp cookies. They make a delightful "bowl" for ice cream or sorbets. These cookies can also be cooled curved over a rolling pin for tulles, or tile shaped cookies.

## **Oven Baked Ice Cream Bowls**

Use a non-stick cookie sheet and small bowls to form the ice cream bowls.

### *Ingredients*

3/4 Cup sugar  
1 large egg



2 tablespoons butter, melted and cooled  
1 teaspoon vanilla extract  
1/4 Cup milk  
1/2 Cup all-purpose flour, sifted

### *Method*

Preheat oven to 300°F. In medium mixing bowl, beat the sugar into the egg until it is thickened and pale yellow. .Beat in the butter, vanilla, and milk. Gently stir in the flour.

Grease a large non-stick cookie sheet and spread 1.5 tablespoons of the batter into a 6 inch circle using a thin, flexible spatula.

Bake for 15 minutes or until lightly browned. Remove each cookie from the sheet and place directly over a clean, inverted bowl.

The cookies will fall around the sides of the bowl and harden as they cool. harden as they cool so work as quickly as you can.

## **Oven Baked Ice Cream Cones**

Use a non-stick cookie sheet and a cone-shaped mold (available a bakery supply stores) to make these cones. If they end up with a hole in the bottom, plug the hole with a mini-marshmallow.

### *Ingredients*

3/4 Cup sugar  
1 large egg  
2 tabelsppons butter, melted and cooled  
1 tablespoon vanilla extract  
1/4 Cup milk  
1/2 Cup all-purpose flour, sifted

### *Method*

Preheat oven to 300°F. In medium mixing bowl, beat the sugar into the egg until it is thickened and pale yellow. Beat in the butter, vanilla, and milk. Gently stir in the flour.

Grease a large non-stick cookie sheet and spread 1.5 tablespoons of the batter into a 6 inch circle using a thin, flexible spatula.

Bake for 15 minutes or until lightly browned. Remove each cookie from the sheet and wrap around a cone shaped mold, sealing the point. The cookies harden as they cool so work as quickly as you can.

## Chocolate Painted Waffle Cones

### *Ingredients*

8 ounces semisweet chocolate, chopped  
1 tablespoon plus 1 teaspoon solid vegetable shortening  
1/2 cup multicolored sprinkles  
12 waffle cones

### *Method*

In 2-cup glass measure, microwave chocolate and shortening on HIGH for 1 1/2 to 2 minutes, until melted; stir until smooth. Place jimmies on plate.

Use a wide pastry brush to brush inside of one cone with chocolate mixture to coat. Paint a 1-inch wide chocolate band around the outside top of cone. Hold cone over a plate of sprinkles, and use fingers to sprinkle the sprinkles over chocolate edge to cover. Stand cone upright in freezer, to harden chocolate (place pointed end of cone into freezer rack grid or lean cone against something). Repeat with remaining cones.

Store dipped cones in food-storage bag in refrigerator up to 2 weeks.

## Five-Spice Cones

These tasty cones are perfect for the [five-herb ice milk](#), but they also liven up plain old vanilla ice cream. Instead of forming the pizzelle into cones, you can serve them flat, like cookies

### *Ingredients*

1/2 cup all-purpose flour  
1/3 cup confectionary sugar  
1 1/4 teaspoons Chinese five-spice powder

1/8 teaspoon salt  
1/2 cup whole milk  
1 large egg  
2 tablespoons unsalted butter, melted, plus additional for buttering pizzelle maker

### *Method*

Special equipment: an electric pizzelle maker; a 5 1/2-inch cone-shaped pizzelle mold  
Whisk together all ingredients except additional butter in a bowl until smooth. Chill batter, covered, 1 hour.

Heat pizzelle maker and lightly brush top and bottom of pizzelle molds with butter. Pour 1 tablespoon batter into bottom of each pizzelle mold. Close cover and cook batter until golden, about 2 minutes.

Working quickly (pizzelle are pliable only while hot), peel off 1 pizzelle and wrap around cone mold, overlapping ends, and pinching tip closed. Hold cone in place until it hardens, about 5 seconds, then slip off mold and repeat with remaining pizzelle. Make more pizzelle and cones in same manner.

## **Pizzelle Cones**

### *Ingredients*

3 1/2 Cup flour, add more as necessary  
2 teaspoons baking powder  
Scant 1/2 teaspoon salt  
1 Cup butter, softened  
1 1/2 Cup sugar  
6 eggs  
2 teaspoons vanilla

### *Method*

To make pizzelle cookies, alter the above recipe by using 4-1/2 cups flour instead of 3-1/2 cups and use 2 teaspoons anise oil or 2 tablespoons anise seed in place of vanilla.

Mix together flour, baking powder, and salt. Set aside. Beat butter and gradually add sugar, beating until light and fluffy. Add eggs one at a time, beating thoroughly. Add vanilla. Stir in flour mixture.

Preheat pizzelle baker that has been seasoned according to pizzelle baker directions. Fill each

pizzelle grid with 2 tablespoons of pizzelle batter. Close top. Bake 30 to 45 seconds. Gently lift top and lift out hot pizzelle.

Quickly roll pizzelle to form cone. Firmly press on seam to seal. Fill inside with crumpled foil cone and let cool. When cool and crisp, fill with ice cream. Yield: 36 cones or pizzelles

## Waffle Cones

### *Ingredients*

2 Large eggs

1/2 cup sugar

2/3 cup butter, melted then cooled

1 Tablespoon vanilla extract

3/4 cup flour

### *Method*

Lightly beat the eggs then add in the remaining ingredients, adding the flour last. Before pre-heating the pizzelle, I lightly spray a vegetable oil based non-stick compound (PAM, e.g.) on the cooking surfaces. Spoon about 2 tbsp batter onto pizzelle and cook for about 45 seconds. The temperature of the pizzelle (waffle cone iron) varies a lot in various appliances, so the first batch will be an experiment to determine the cooking time. The edges should be golden brown and cooked completely, not too brown on the edges, but not mushy in the middle. Form around a mandrel (I use an old wooden cone with a handle. They should become crispy and hold their shape as they cool. I set mine in an old fashioned cone holder from an old soda shop, but they could be set inside small juice glasses to cool. Makes about six large cones

## Ice Cream Cones

### *Ingredients*

2 egg whites

1/2 cup granulated sugar

1/2 cup all-purpose flour, sifted

3 tablespoons melted sweet butter

### *Method*

Line cookie sheets with wax paper or aluminum foil. Put egg whites in a bowl and whip until stiff. Fold in half the sugar and whip again until stiff. Fold in remaining sugar, then the flour and butter. Drop spoonfuls of the mixture onto the cookie sheets and bake in oven preheated to 400 degrees F for about 3 to 4 minutes or until light brown round the edges. Carefully remove from the tray with a spatula and mold around lightly greased funnel molds. Let cool, then carefully slip off the molds. Makes about 14

### *Coated Ice Cream Cones*

Brush outside of the cones with egg white and dip in colored sprinkles, toasted or colored coconut, very finely chopped nuts or chocolate sprinkles. Or brush the cones with melted semisweet chocolate

## **Ice Cream Bombe** Ina-Garten

### *Ingredients*

2 pints Mango Sorbet, softened  
1 1/2 pints good raspberry sorbet, softened  
1 pint good strawberry ice cream, softened

### *Method*

Freeze an 8-inch bowl. When it's cold, place the mango sorbet in the bowl and press it against the sides of the bowl. If you have a 6 1/2-inch bowl the same shape as the 8-inch bowl (such as from a set of nesting bowls), cover it with plastic wrap and press it into the sorbet to make the layer even. Freeze the sorbet for 30 minutes or until firm. Remove the 6 1/2-inch bowl. Spread an even layer of softened raspberry sorbet on top of the mango sorbet (a 4 1/2-inch nesting bowl wrapped in plastic wrap helps with this) and freeze for another 30 minutes or until firm. Remove the 4 1/2 inch bowl. Finally, spoon in enough softened strawberry ice cream to fill the bowl. Freeze until hard. To unmold, dip the bowl up to the rim in warm water. Run a knife around the edge to loosen the bombe and unmold upside down onto a flat plate. You may need to run a flexible metal spatula along the edge of the bombe to release it. Freeze until ready to serve. Serve in wedges.

## Fried Ice Cream

### *Ingredients*

2 cups milk  
1 cup whipping cream  
1/2 vanilla bean  
9 extra large egg yolks  
3/4 cup cane sugar  
1/2 cup water  
1/4 cup fresh peeled, chopped, ginger  
2 pinches of fresh saffron  
pinch of fresh ground nutmeg

### *Method*

Bring milk, cream, saffron and vanilla to simmer in a heavy medium sauce pan.  
Gradually whisk egg yolks and 1/4 cup of sugar in hot milk mixture in medium bowl.  
Return to sauce pan and stir over medium-low heat until custard thickness, do not boil.  
Strain custard in bowl and refrigerate until cold.  
Stir remaining 1/2 cup sugar, water, ginger, nutmeg, in sauce pan until sugar dissolves until resembles syrup.  
Strain mixture into custard and refrigerate.  
Process the custard in an ice-cream maker accordingly to manufactures instructions.  
Transfer to containers and freeze. (Can be made 3 days in advance)