



We All
Scream

for

Ice Cream!

presented by
My Secret Chef
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Some things to remember about ice cream...

Ingredients...

Remember the term “Garbage in, garbage out”? The concept applies to ice cream as well. What you put in your ice cream mixture will determine how it turns out.

- Cream – the more you have, the creamier it will be. Besides adding a great deal of flavor, the fat in cream provides for much of the texture in ice cream. Keep the following in mind:
 - Heavy Cream = 36%
 - Whipping Cream = 30%
 - Half & Half = 18%
 - Whole Milk = 4%
 - Low-Fat Milk = 2%

The less fat in the cream/milk means that there is more water in the mixture, therefore the texture will be more like ice than cream.

- Sugar – the colder the ice cream, the less you will taste the sugar. Heat tends to amplify flavors so the lack of heat can subdue flavors. A sweet-tasting ice cream mix at room temperature will be slightly less sweet when frozen.

Temperature...

Can make or break your ice cream. The temperature of your ice cream maker needs to bring the cream to slightly below freezing so the conversion process can begin. So what can you do to help?

- Old-fashioned “Add Ice” Style Makers:
 - Make sure your mixture is cooled to about 40°F.
 - For a 3-quart ice maker, have about 10-15 pounds of ice on hand.
 - Build about a 2-inch layer of ice. Top with a generous layer of salt. Continue this process until you reach the top of the container.
 - Salt lowers the freezing temperature of water. The more salt in the water solution, the lower the freezing point. The salt acts as a “magnet” and attracts the higher temperature toward the salt and away from the ice cream mixture, thus lowering the temperature inside the churn.
 - Follow the manufacturer’s instructions.
- Gel-Bowl Style Makers:
 - Make sure your mixture is cooled to about 40°F.
 - Store your bowl in the freezer. Most manufacturers recommend a minimum of 15-18 hours of freezing prior to use. However, freezing the bowl for a full 24 hours can sometimes yield better results.
 - Follow the manufacturer’s instructions.

Chocolate Ice Cream

12 ea egg yolks
6 oz sugar
1 qt milk
8 oz bittersweet chocolate -- melted

12 oz heavy cream
1 T corn syrup
pinch salt

In a large saucepan, bring the milk to a boil and then remove from the heat.

Whisk together yolks and sugar until well-combined.

Temper yolk mixture into milk. Heat over medium heat until mixture starts to thicken. (At about 180 degrees)

Pour milk and yolk custard into a container and place in ice bath to cool. Stir in cold heavy cream. Stir occasionally while cooling.

In another bowl, melt the chocolate. Stir until smooth.

Once custard mix has cooled to about 110-120 degrees, stir in the melted chocolate. Temperatures are VERY important! If the custard is too cool, it will immediately seize the chocolate and not properly dissolve.

When chocolate custard mix has reached about 40-50 degrees it is ready to be churned according to manufacturer's instructions.

Citrus Sorbet

18 oz Sugar
7 cups Water
8 oz Orange Juice
1 ea Egg White

Heat water and sugar in a large sauce pan until dissolved.

Remove from heat; Add juice. Chill mixture to at least temperature.

Whip the egg white to shiny, stiff peaks and add to cooled mixture.

Process in ice cream churn until slushy. Freeze for at least 2 hours before serving.

“Creamsicle” Ice Cream

1 pint vanilla ice cream
1 pint orange sherbet

Allow cartons to sit at room temperature for about 10 minutes or until softened just enough to stir together.

Place the contents of both cartons in a large bowl and mix together.

Spread in a square pan or freezer-safe bowl and freeze until firm.

Key Lime Pie Ice Cream

1 ½ cups milk, 2% low fat
¾ cup key lime juice
½ cup whipping cream
14 oz sweetened condensed milk
4 each graham crackers -- crushed

Combine first 4 ingredients, stirring with a whisk.

Pour into ice cream freezer and freeze according to manufacturers instructions.

When freezing cycle is complete, stir in half of graham cracker crumbs.

Spoon into a freezable container and freeze for at least one hour.

Garnish each serving with additional crumbs and/or lime wedges.

Pear Sorbet

2 ¼	lbs	Pears -- peeled and sliced
9	oz	Sugar
9	oz	Water
6	oz	Pear Nectar
1		Vanilla Beans -- split

Combine all ingredients in a large saucepan and simmer until tender.

Remove from heat and remove vanilla beans.

Place mixture in a food processor and process until pears are pureed and mixture is smooth.

Place mixture in ice cream machine and churn for about 1 hour or until mixture begins to thicken.

Transfer mixture to a freezer safe dish and freeze overnight.

Plum Granita

1	lb	plums -- pitted and chopped
1/2	cup	sugar
2 ½	cups	water
	dash	balsamic vinegar

In a saucepan combine the plums, the sugar, and water and bring the mixture to a boil. Reduce heat and simmer, covered, for 5 minutes.

In a blender puree the mixture, then strain through a sieve into a bowl, pressing hard on the solids to get as much moisture as possible. Allow to cool.

Stir in balsamic vinegar. Chill the covered mixture in the refrigerator for 1 to 2 hours or until it is cold.

Transfer the mixture to a shallow dish (like a 9x13 casserole), and freeze it, stirring it with a fork, roughly every 1/2 hour. Make sure to mash any large clumps that may form. Continue until mixture becomes firm.

Scrape the granita with a fork to lighten the texture and serve it in chilled bowls.

Rum-Roasted Pineapple Ice Cream

For Roasted Pineapple

1	ea	pineapple -- cut into ½" cubes
2	T	spiced rum
¼	cup	sugar

For Ice Cream

1	cup	sugar
4	cups	heavy cream
¼	cup	spiced rum
8	large	egg yolks
1	cup	heavy cream -- soft peaks

Preheat the oven to 200 degrees F.

Place the pineapple in a bowl and toss the pineapple in the first amount of rum.

Distribute the pineapple on a lined baking sheet. Sprinkle with the first sugar amount and bake, checking after the first hour for the sugar to dissolve and the pineapple to take on a little color. (about 2 hours) Set aside and allow to cool completely.

In a heavy-bottomed saucepan bring the second amounts of cream and rum to a gentle boil. Add pineapple, and remove from heat.

In the bowl of an electric mixer fitted with the whisk attachment, whisk yolks and second amount of sugar until pale and thickened, about 2 minutes.

Temper the cream mixture into the egg mixture by slowly streaming small amounts of the cream into the egg mixture while the whisk is on a low speed.

Once the eggs and cream are incorporated, return the mixture to the saucepan and continue to whisk over medium heat until thickened, about 3 minutes. Set aside to completely cool.

In the bowl of an electric mixer fitted with the whisk attachment, beat the remaining amount of cream until soft peaks form. Gently fold into cooled yolk mixture.

Transfer to an ice cream machine and freeze according to the manufacturer's instructions.

Vanilla Ice Cream

Notes

8	oz	Egg Yolks -- (approx 12 yolks)
12	oz	Sugar
32	oz	Milk
16	oz	Heavy cream
2	t	Vanilla extract
	pinch	Salt

Combine egg yolks and sugar in bowl of mixer. Whip until thick and light.

Scald milk in double boiler.

At low speed, gradually pour milk into egg yolk mixture.

Pour mixture back into double boiler. Heat slowly, stirring constantly, until it coats the back of a spoon. (185 degrees)

Remove from heat, add cold heavy cream then vanilla.

Chill thoroughly (in an ice bath).

Freeze in ice cream freezer per manufacturer's instructions.

*Remember to check
<http://mysecrechef.info/acf>
for more information*