

# lello

## Dessert Maker

by *Musso*



Instruction and Recipe Manual

# IMPORTANT SAFEGUARDS

When using electrical appliances, safety precautions should always be taken, including the following:

1. Read all instructions **BEFORE USING THE APPLIANCE**.
2. To protect against electrical shock, do not spill on or immerse cord, plugs, main housing, motor assembly or other non-removable electrical parts, of this appliance in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Always unplug from outlet when not in use, before assembly, removal of parts and before cleaning.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner.
7. The use of accessory attachments not recommended or sold by the appliance manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surfaces.
10. Do not place on or near hot gas, electric burner or in a heated oven.
11. Be certain unit is "off" before inserting or removing plug from wall outlet.
12. Keep hands and utensils out of container while operating to prevent the possibility of personal injury or damage to the machine. A scraper may be used, but must be used only when the appliance is not running.
13. Remove the mixing blade assembly from the appliance before washing the assembly.
14. Always operate the appliance with cover in place.
15. The appliance is designed to be used only on 120 Volt AC and 60 Hz frequency outlets.

## SAVE THESE INSTRUCTIONS

Distributed By:

**LELLO APPLIANCES CORPORATION**

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# INTRODUCTION

With the LELLO frozen dessert maker, you can have delicious fresh desserts in minutes, not only rich ice cream but silky sorbets, italian gelato, frozen yogurts and refreshing frozen drinks.

With the LELLO frozen dessert maker you can make all kinds of gourmet specialties such as a tomato and basil sorbet, excellent as a first course on a hot summer day, or frozen daiquiris, and piña coladas for your dinner party.

In this booklet, we'll show you how easy it is to create a variety of desserts. The possibilities are endless. Using the LELLO dessert maker is simple and effortless.

## LUSSINO MODEL 4080

Lussino is the name of a beautiful island off the Istria Peninsula and the Dalmatian Coast.

At the present time Lussino Island is under the Republic of Croatia, but it is part of the Italian Nation for tradition, heritage, language and historical links.

The capacity is approximately 1 $\frac{1}{2}$  qts. with a hourly production of about 3 qts. The unit will make a frozen dessert in about 30 minutes.

The housing including the bowl are made of brushed and polished stainless steel with a matching stainless steel blade.

Operation is simplified by the use of a timer which works in conjunction with a Churn and Chill switch.

The unit has a non removable stainless steel bowl for easy cleaning.

**The Lussino machine is manufactured in Italy by Musso Srl.**

# OPERATING PROCEDURE

Remove the plastic lid and insert the stainless blade into the bowl sliding it over the center shaft. Once securely in place over the shaft, turn the locking nut clockwise until tight, replace lid.

Place the appliance near an electrical outlet, plug it in, it is now ready to use.

Note: Model 4080 **LUSSINO** uses a standard 110/120 volt outlet.

Remove the lid and pour the desired ingredients into the bowl, replace the lid.

Set the timer for about 30 minutes. **Note: the freezing time varies depending on the room temperature and the temperature of the ingredients.**

Pre cooling of the ingredients will expedite the freezing time. Now turn both the *Churn* and *Chill* switches on. The machine will continue to run for the time set. The blade rotates only when the *Churn* switch is turned on and the timer has been set.

Turning the *Chill* switch off 3-4 minutes prior to the actual time set will make removal of the dessert easier.

Ideally, frozen desserts should be served barely frozen making presentation simplified. Never let your dessert become icy.

Before removing the lid from the bowl, either to add ingredients or to remove the finished product, always turn the timer to zero and turn the *Churn* switch off.

If you are removing the dessert also shut the *Chill* switch off. Remove the frozen dessert with the special spatula provided with the machine.

Always unplug the machine when not in use.

**IMPORTANT NOTE:** If the *Chill* switch has been turned off, always wait at least a couple of minutes before turning it back on.

## CLEAN-UP

Always unplug the machine before cleaning. The cover, mixing blade and locking nut are all removable for easy cleaning. Pour 1/4 cup of hot water into the empty bowl, wait a few minutes then wipe the bowl with a damp sponge, repeat process until clean. Finally dry with a clean towel.

## Information

**Consumer service 1(201) 939-2555**

**Service & Warranty 1(800) 223-1898**

# LUSSINO



Capacity	1 1/2 Qts.
Hourly Production	3 Qts.
Dimensions	(H 11" x W 12" x D 18")
Weight	38 Lbs.
Power	100 Watts - .1HP
Electrical	115 Volt - 60 Hz
Refrigerant	R134

**Model No. 4080**

# RECIPES

The following pages contain recipes for ice cream, sorbets, sherbets, italian gelato, frozen yogurts and frozen drinks.

Please note italian gelato can be made by using the standard ice cream recipes and replacing the cream with regular milk or 1% - 2% fat free milk.

All of the recipes are based on making about one quart. To utilize the full capacity of model # 4080 use the multiplier listed below.

Model # 4080 **Lussino** approx.. 1 1/2 x the ingredients.

## ICE CREAM

Ice cream mixtures can be as simple as puréed fruit, sugar and cream, Philadelphia-style, or based on more complicated cooked custards, French-style. Both are delicious, though French versions are slightly richer. The recipes which follow are for both kinds. All use rich, heavy cream. If you prefer a lighter lower-calorie dessert, substitute milk (whole or skim) or even yogurt for the cream in any of these recipes. Always sample the mixtures before freezing and adjust to your own taste.

Use these recipes as an inspiration for your own favorite ice creams. If you like a little crunch, add a cup of chopped nuts, chocolate chips or candy to the mixture, either before or after freezing, depending on whether you want the crunch to be frozen, too. You can also add chopped fruit, fresh or dried, shredded coconut, even marshmallows. It's better to add these soft ingredients at the end so they don't become icy.

### **Banana Ice Cream**

The riper the bananas, the more flavor.

4 ripe bananas  
3 tablespoons fresh lemon juice  
3/4 cup simple syrup  
1 cup heavy cream

Working quickly to keep the bananas from darkening, peel and place

them in a food processor with the lemon juice. Purée until smooth. You should

have about 2 cups of purée. Stir in the simple syrup, then the cream.

Pour the mixture into the bowl of the machine and freeze about 30 minutes.

Makes about 1 quart.

## **Strawberry Ice Cream**

2 pints strawberries, washed and hulled  
1/2 cup plus 2 tablespoons superfine sugar  
3 tablespoons fresh lemon juice  
1 1/2 cups heavy cream

Purée the strawberries in a food processor. Stir in the remaining ingredients. Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 3 1/2 cups.

## **Maple Walnut Ice Cream**

2 cups heavy cream  
3/4 cup milk  
1 1/4 cups Vermont grade A maple syrup  
3/4 cup walnut pieces

Pour the cream, milk and maple syrup into the bowl of the machine. Add the nuts and freeze about 30 minutes. Makes about 5 cups.

## **Peach Ice Cream**

When fresh peaches are out of season, this simple dessert will conjure up memories of warmer days.

Two 16-ounce cans peaches packed in heavy syrup, drained, liquid discarded  
3/4 cup simple syrup  
3 tablespoons fresh lemon juice  
1 cup heavy cream

Purée the peaches in a food processor. Add the syrup, lemon juice and cream.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 1 quart.

## **Apricot Ice Cream**

Substitute apricots for the peaches. Use only 2 tablespoons lemon juice.

## **Quick Raspberry Ice Cream**

Two 10-ounce packages frozen raspberries packed in syrup, partially thawed  
2 cups heavy cream

Lightly crush the raspberries while still in the bag. Pour into the bowl of the machine and add the cream and freeze about 25 minutes.

Makes 1 generous quart.

## **Coconut Ice Cream**

One 15-ounce can sweetened cream of coconut  
1 cup milk  
1½ cups heavy cream  
½ cup tightly-packed sweetened coconut flakes

Place the coconut cream and milk in a food processor and blend thoroughly. Stir in the cream and coconut flakes.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 1 quart.

## **Custard Ice Cream**

This base will keep for 3 to 4 days if kept in the refrigerator in a tightly-covered jar. It is important that the jar be well sealed or the base will pick up flavors from other foods. If you prefer to use turbinado sugar, substitute it for the granulated in the recipe.

3 cups heavy cream  
1 cup whole milk  
¾ cup sugar  
4 eggs yolks

Heat the cream, milk and sugar in a heavy-bottomed saucepan, stirring occasionally until the sugar is dissolved and the mixture is hot. Place the egg yolks in a bowl and whisk briefly. Still whisking, slowly pour in about 1 cup of the hot liquid. When the mixture is smooth, slowly pour into the liquid in the saucepan, whisking constantly. Cook over medium heat, stirring constantly, until the mixture thickens slightly and coats the back of a spoon, about 8 minutes. Be sure not to let the mixture boil at any time or it will curdle. Strain the mixture into a clean bowl and use as directed in the specific recipes.

Makes about 1 quart.

## **Rich Vanilla Ice Cream**

This rich vanilla ice cream is better than anything you can find commercially—even in an ice cream parlor.

3 cups heavy cream  
1 cup whole milk  
¾ cup sugar  
2 vanilla beans, split, or 2 tablespoons vanilla extract  
4 egg yolks

Follow the recipe for the Custard Ice Cream Base, adding the vanilla beans to the saucepan with the cream, milk and sugar. Just before straining, scrape the seeds from the beans into the custard base. If using vanilla extract, add to the base after straining.

Pour the cooled mixture into the bowl of the machine and freeze about 30 minutes.

Makes about 1 quart.



## **Honey Vanilla Ice Cream**

Follow the recipe for Rich Vanilla Ice Cream, substituting  $\frac{1}{2}$  cup honey for the sugar.

## **Chocolate Ice Cream**

3 ounces semisweet chocolate  
1 ounce unsweetened chocolate  
1 recipe Custard Ice Cream Base, warm

Melt the chocolates together in a saucepan over low heat, stirring occasionally until smooth. Gradually add some of the ice cream base to the chocolate, whisking it frequently to keep the chocolate smooth. Add the remaining ice cream base and cook over low heat until the mixture is well blended. Cool thoroughly.

Pour the mixture into the bowl of the machine and freeze about 30 minutes.  
Makes about 1 quart.

## **Coffee Ice Cream**

We like this garnished with candy coffee beans.

1 recipe Custard Ice Cream Base  
 $\frac{1}{4}$  cup instant coffee granules, preferably espresso

Mix about 1 cup of the Custard Ice Cream Base together with the coffee. Stir over low heat until the coffee is dissolved. Mix with the remaining base. Cool thoroughly.

Pour the mixture into the bowl of the machine and freeze about 30 minutes.  
Makes about 1 quart.

## **Pistachio Ice Cream**

1 recipe Custard Ice Cream Base, chilled  
1 cup shelled, blanched, peeled, coarsely chopped pistachio nuts  
 $\frac{1}{2}$  teaspoon almond extract

Mix all the ingredients together. Pour the mixture into the bowl of the machine and freeze about 30 minutes.

Makes about 5 cups.

## **Oreo Ice Cream**

A childhood fantasy adults love.

1 recipe Chocolate Ice Cream or Rich Vanilla Ice Cream, chilled but not frozen  
1 cup broken Oreo cookies (8 to 10)

Pour the chocolate or vanilla ice cream mixture into the bowl of the machine and freeze 15 minutes, then add the Oreos. Freeze about another 15 minutes.  
Makes about 5 cups

## **Brown Sugar Pecan Ice Cream**

This variation on the custard base uses brown sugar in place of white.

3 cups heavy cream  
1 cup milk  
1 scant packed cup brown sugar  
4 egg yolks  
1 cup pecan pieces

Heat the cream, milk and sugar in a heavy-bottomed saucepan, stirring occasionally until the sugar is dissolved and the mixture is hot. Place the egg yolks in a bowl and whisk briefly. Still whisking, slowly pour in about 1 cup of the hot liquid. When the mixture is blended, slowly pour it into the liquid in the saucepan, whisking constantly. Cook over medium heat, stirring constantly until the mixture thickens slightly and coats the back of a spoon, about 8 minutes. Be sure not to let the mixture boil at any time or it will curdle. Strain into a clean bowl and cool thoroughly. Stir in the nuts.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes 5 cups.

## **Lemon Ice Cream**

Zest of 1 lemon  
 $\frac{2}{3}$  cup sugar  
 $2\frac{1}{2}$  cups heavy cream  
1 cup milk  
5 egg yolks  
7 tablespoons freshly squeezed lemon juice, strained

Put the lemon zest and sugar in a food processor and process until the zest is finally chopped. In a saucepan, mix the lemon sugar with  $1\frac{1}{2}$  cups heavy cream and all the milk. Bring to a boil, stirring occasionally to dissolve the sugar. Place the egg yolks in a large bowl and whisk briefly. Still whisking the yolks, slowly pour in the hot cream. When the mixture is smooth, pour it back into the saucepan or into the top of a double boiler. Cook over low heat or over simmering water, stirring constantly, until the mixture becomes a thick custard, about 15 minutes. Do not let the mixture boil.

Place the custard in a metal bowl set over a larger bowl of ice. Stir until very cold and thick. Mix in the lemon juice.

Whip the remaining cup of cream until stiff. Fold in the lemon custard. Place the mixture in the bowl of the machine and freeze about 30 minutes.

Makes about 1 quart.

# SORBETS

Sorbets are smooth frozen ices made without milk or other dairy products. The beautiful, silky texture of a sorbet is at its best when freshly made and still soft. It should never be rock hard and should always be free of ice crystals. If you make it a few hours ahead, keep it frozen in the machine until about 20 minutes before serving. Then turn the chilling switch off so the sorbet will soften to the correct texture.

If you resist temptation and have leftover sorbet, store in the freezer. When ready to serve, remove it from the freezer, break into chunks and beat in a food processor until smooth and soft. Making sorbet is so quick and easy, however, you can spoil yourself and always enjoy it fresh.

As you will see, many of these mixtures are made of just fruit purée, simple syrup and lemon juice. If you have a large food processor, you can add the syrup to the purée in the work bowl. If not, pour the purée into the bowl of the machine and add the syrup and lemon juice to the purée. Stir to mix. Since the flavor of fruits varies from batch to batch, always taste your mixture before freezing and add more lemon juice or syrup as needed.

If you don't have the time to make simple syrup and let it cool, you can sweeten the fruit purée with superfine sugar. (Granulated sugar will be too gritty.)

While sorbets taste wonderful served in any shape, we like to see them given a festive presentation. Spoon some fruit purée on a dessert plate so it covers the center in a thin layer. Using two soup spoons, form the sorbet into smooth egg-shaped balls. Arrange three scoops (different flavors and colors if you have them) on the plate and garnish with a few pieces of fruit, sprigs of mint or candied violets.

## Simple Syrup

This is an exceedingly useful mixture to have on hand in the refrigerator. Appropriately named, it is simply a mixture of sugar and water cooked enough to dissolve the sugar and make a very light syrup. This guarantees that you'll never have the graininess found in imperfectly dissolved sugar mixtures.

Since your goal is a frozen dessert, it will freeze faster if all the ingredients are cold or at least room temperature to begin with. So, while making the simple syrup takes only a few minutes, waiting for it to cool takes longer, and making it ahead is a true timesaver.

Simple syrup has a practically endless life since there is nothing to spoil. You can make a batch of any quantity, forget about it for months (although fresh sorbets are so good you won't want to) and still be sure it's good.

4 cups sugar  
4 cups water

Place the water and sugar in a saucepan and simmer until the sugar is dissolved. Cool to room temperature, then refrigerate in a covered jar.

Makes 1 generous quart.

## **Fresh Strawberry Sorbet**

You might make extra purée and use it as a sauce under the sorbet. A fresh mint sprig makes a pretty garnish.

2 pints strawberries, washed and hulled  
1 cup plus 2 tablespoons simple syrup  
1/4 cup fresh lemon juice

Purée the strawberries in a food processor. You should have about 3 cups. Stir in 1 cup of simple syrup and the lemon juice. Taste and add remaining syrup if necessary.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 3<sup>1</sup>/<sub>2</sub> cups.

## **Watermelon Sorbet**

1/2 watermelon, approximately  
1 cup simple syrup  
2 tablespoons fresh lemon juice

Remove the seeds and rind from enough watermelon to make 3<sup>1</sup>/<sub>2</sub> cups of purée in a food processor. Stir in the simple syrup and lemon juice.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 1 quart.

## **Mango Sorbet**

It is worth the added trouble of pushing the mixture through a sieve to give you this vibrant, silky hint of the tropics.

4 ripe mangoes  
1 cup simple syrup  
1/4 cup fresh lemon juice

Peel and pit the mangoes. Purée the flesh in a food processor. You should have about 3<sup>1</sup>/<sub>2</sub> cups of purée. Stir in the simple syrup and lemon juice. Force the mixture through a fine sieve.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 1 quart.

## **Fresh Pineapple Sorbet**

1 small ripe Hawaiian pineapple  
1 cup simple syrup  
2 tablespoons fresh lemon juice

Peel, core and cube the pineapple. Place the cubes in a food processor and process until very smooth and frothy. You should have 2<sup>1</sup>/<sub>2</sub> cups. Stir in the simple syrup and lemon juice. Taste and add more syrup or juice if needed. Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes 1 quart.

## **Pear Sorbet**

Three 16-ounce cans pears packed in heavy syrup, liquid drained and discarded  
1 cup plus 2 tablespoons simple syrup  
6 tablespoons fresh lemon juice

Purée the pears in a food processor. Stir in the simple syrup and lemon juice. Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 1 quart.

## **Apricot Sorbet**

Substitute canned apricots for the pears. Use only 3 tablespoons lemon juice.

## **Peach Sorbet**

Substitute canned peaches for the pears. Use only <sup>1</sup>/<sub>4</sub> cup lemon juice.

## **Cherry Sorbet**

Two 16-ounce cans pitted bing cherries in heavy syrup  
2 cups simple syrup  
<sup>1</sup>/<sub>4</sub> cup fresh lemon juice  
<sup>1</sup>/<sub>4</sub> cup water

Drain the cherries, reserving 2 tablespoons of the syrup. Put the cherries through a food mill. Stir in the cherry syrup, lemon juice and water. Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 4<sup>1</sup>/<sub>2</sub> cups.

## **Pineapple Sorbet**

One 20-ounce can pineapple packed in its own juice  
1<sup>3</sup>/<sub>4</sub> to 2 cups simple syrup

Drain the pineapple and reserve the juice for another use. Purée the pineapple in a food processor until very frothy. You should have about 2 cups purée. Stir in the simple syrup.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 3<sup>1</sup>/<sub>2</sub> cups.

## **Mandarin Orange Sorbet**

Five 11-ounce cans mandarin oranges packed in light syrup  
1 cup superfine sugar  
3 tablespoons fresh lemon juice

Drain the oranges and reserve 2 cups of the syrup. Purée the oranges in a food processor. Stir in the reserved syrup, sugar and lemon juice.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 5<sup>1</sup>/<sub>2</sub> cups.

## **Strawberry Sorbet**

Two 10-ounce packages frozen strawberries packed in syrup  
1 cup simple syrup  
3 tablespoons fresh lemon juice

Purée the strawberries with their syrup in a food processor. Stir in the simple syrup and lemon juice.

Pour the mixture into the bowl of the machine and freeze about 25 to 30 minutes.

Makes about 1 quart

## **Raspberry Sorbet**

Substitute frozen raspberries for the strawberries. Taste the mixture. You may need up to <sup>1</sup>/<sub>4</sub> cup more simple syrup.

## **Sugarless Apple Sorbet**

3 cups unsweetened apple juice  
One 6-ounce can unsweetened concentrated apple juice  
3 tablespoons fresh lemon juice

Place the apple juice, concentrate and lemon juice in the bowl of the machine and freeze about 30 minutes.

Makes 1 quart.

## **Extra Smooth Fluffy Strawberry Sorbet**

Rather than using a simple syrup, this recipe calls for an Italian meringue. Although it is complicated to make, the resulting sorbet is truly special. The same procedure will work with other fruit purées.

6 tablespoons water  
3/4 cup sugar  
3 egg whites  
3 cups strawberries, washed, hulled and puréed  
1 1/2 tablespoons fresh lemon juice

Combine the water and sugar in a small saucepan. Dissolve the sugar over medium heat, then continue cooking until the mixture boils and becomes clear. Use a wet brush to wash down the sides of the pot to dissolve any sugar crystals. Continue to boil the mixture until it reaches the soft ball stage, 238°F. If you don't have a thermometer, test by putting a drop of syrup in cold water. When the drop forms a solid but soft ball, the syrup is ready.

While you are making the syrup, place the egg whites in a very clean metal bowl. Beat until they just begin to foam. then slowly pour in the hot sugar syrup. Take a full minute to add the syrup. Continue beating for about 10 minutes, or until the bottom of the bowl feels cool to the touch.

Gently fold in the strawberry purée and lemon juice. It is not necessary to blend thoroughly.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 1 quart.

## **Cranberry Juice Sorbet**

The tart cranberry flavor makes this particularly refreshing.

3 cups plus 6 tablespoons canned or bottled cranberry juice.  
1/2 cup plus 1 tablespoon simple syrup

Mix the cranberry juice and simple syrup together.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 1 quart.

## **Orange Sorbet**

Very quick and refreshing. If you like tart foods and want an even easier treat, just use the orange juice.

1 quart orange juice  
1/4 cup superfine sugar  
1 tablespoon fresh lemon juice

Put the orange juice, sugar and lemon juice in the bowl of the machine and freeze about 30 minutes.

Makes about 1 quart.

## **Grapefruit Juice Sorbet**

Try serving this instead of chilled juice at your next brunch.

2<sup>2</sup>/<sub>3</sub> cups unsweetened grapefruit juice  
1<sup>1</sup>/<sub>3</sub> cups simple syrup

Mix the grapefruit juice and simple syrup together.

Pour the mixture into the bowl of the machine and freeze about 30 minutes.

Makes about 1 quart.

## **Grape Juice Sorbet**

Substitute unsweetened grape juice for the grapefruit juice.

## **Lemon Sorbet**

The perfect ending to a heavy meal.

1<sup>1</sup>/<sub>2</sub> cups fresh lemon juice  
1 tablespoon grated lemon zest  
3 cups simple syrup

Place the lemon juice, zest and simple syrup in the bowl of the machine and freeze about 30 minutes.

Makes about 1 quart.



## **Honey Lemon Sorbet**

1/2 cup hot water  
2/3 cup honey  
1 teaspoon grated lemon zest  
1 cup fresh lemon juice  
2 cups cold water

Place the hot water, honey and zest in a bowl. Stir until the honey dissolves. Stir in the lemon juice and cold water.

Pour the mixture into the bowl of the machine and freeze about 30 minutes.  
Makes about 1 quart.

## **Chocolate Sorbet**

Wonderfully and dens—smooth and dense.

4 ounces unsweetened chocolate, broken into chunks  
1 quart water  
1 1/2 cups sugar

Use a knife or a food processor to chop the chocolate into very small pieces.

Heat the water and sugar together in a saucepan. Add the chocolate and simmer for 20 minutes until the mixture is very smooth and not grainy. Do not boil. Cool thoroughly.

Pour the mixture into the bowl of the machine and freeze about 30 minutes.  
Makes about 1 quart.

## **Maple Syrup Sorbet**

1 1/3 cups Vermont grade A maple syrup  
2 cups water

Combine the maple syrup and the water. Pour the mixture into the bowl of the machine and freeze about 30 minutes.

Makes about 1 quart.

## **Tomato and Basil Sorbet**

Nothing seems to speak more of summer than fresh basil and gorgeous ripe tomatoes. That's the time to try this as a first course—or even a refreshing snack.

5 fresh ripe tomatoes  
1/2 cup fresh lemon juice  
1 teaspoon salt  
1/2 cup simple syrup  
1 tablespoon tomato paste  
6 fresh basil leaves, coarsely chopped

Peel, core and seed the tomatoes. Purée them in a food processor. You should have about 3 cups of purée. Stir in the remaining ingredients.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes about 1 quart.

## **Champagne Sorbet**

Alcohol sorbets defrost quickly, so leave this in the machine until moments before serving. Serve as part of a long dinner or for dessert with fresh strawberries.

1 bottle (about 3 cups) chilled Champagne  
1 1/2 cups simple syrup

Pour the Champagne and simple syrup into the bowl of the machine and freeze about 30 minutes.

Makes 5 cups.

## **Calvados Sorbet**

Traditional formal French dinners include a non-sweet sorbet in the middle of the meal as a palate cleanser. We find they can be a fun course even for simple dinners, especially in the summer. Very small portions are all that are needed. One cup will serve 6 to 8 dinners.

1 3/4 cups plus 2 tablespoons Calvados  
3 tablespoons simple syrup

Heat 1 1/2 cups Calvados in a saucepan over medium heat until warm. Turn off the heat, stand back and touch a lit match to the Calvados. Let it flame until the flames die down, about 8 minutes. Stir in the remaining 6 tablespoons unflamed Calvados and the simple syrup.

Pour the mixture into the bowl of the machine and freeze about 30 minutes. Makes 1 cup.

# SHERBETS

Sherbets are ices, usually fruit-flavored, similar to sorbets (sometimes the words are used interchangeably) but sherbets usually have more ingredients, such as milk, egg whites or gelatin. We've made our milk sherbets with the dieter in mind, using skim and non-fat dry milk instead of whole milk. The fruit recipes can be varied in infinite ways by changing the fruits used. Consider peaches, pears or apricots.

Our fruit sorbets can be turned into sherbets if you add a beaten egg white to the mixture after it is partially frozen.

## Vanilla Ice Milk

This is a basic recipe. You may add other flavorings, fruit purées or nuts according to taste

3 cups skim milk  
1/2 cup sugar  
6 tablespoons non-fat dry milk  
1 1/2 teaspoons vanilla extract

Heat the milk, sugar and non-fat dry milk in a saucepan, stirring until the sugar and dry milk are dissolved. Cool thoroughly. Stir in the vanilla.

Pour the mixture into the bowl of the machine and freeze about 25 to 30 minutes.

Makes about 1 quart.

## Chocolate Ice Milk

This delicious treat is much lower in calories than a traditional chocolate ice cream.

1 quart milk  
1 1/3 cups sugar  
4 ounces unsweetened chocolate

Heat the milk and sugar together in a saucepan. In another saucepan, melt the chocolate slowly over low heat. When smooth, gradually add the milk-sugar mixture to the chocolate, stirring constantly to keep the chocolate smooth. Cook over medium heat until the mixture is smooth. Cool thoroughly.

Pour the mixture into the bowl of the machine and freeze about 25 to 30 minutes.

Makes about 1 quart.

## **Strawberry Milk Sherbet**

2 cups skim milk  
1/3 cup sugar  
6 tablespoons non-fat dry milk  
1 1/2 teaspoons vanilla extract  
1 pint strawberries, washed, hulled and coarsely chopped  
1 tablespoon fresh lemon juice

Heat the milk, sugar and non-fat dry milk in a saucepan, stirring until the sugar and dry milk are dissolved. Cool thoroughly. Stir in the strawberries, lemon juice and vanilla.

Pour the mixture into the bowl of the machine and freeze about 25 to 30 minutes.

Makes about 1 quart.

## **FROZEN YOGURTS**

Yogurt can replace the cream in ice cream, giving a smooth and creamy—although not as rich—result. Once you've made your own frozen yogurt, even using commercially-flavored yogurt, you'll never go back to the store-bought variety.

As with the ice creams, you can add myriad chunked flavorings to frozen yogurts, including chopped fruits or nuts or a healthy sprinkling of wheat germ.

### **Fresh Frozen Strawberry Yogurt**

2 pints strawberries, washed and hulled  
2 cups unflavored yogurt  
1/3 cup honey

Purée the strawberries in a food processor. Put the yogurt, honey and Strawberry purée into the bowl of the machine and freeze about 25 to 30 minutes.

Makes about 5 cups.

### **Honey Frozen Yogurt**

4 cups unflavored yogurt  
1 cup honey

Pour the yogurt and honey into the bowl of the machine and freeze about 25 to 30 minutes.

Makes 1 generous quart.

## Carob-Honey Frozen Yogurt

3 cups unflavored yogurt

1/2 cup honey

3/4 cup powdered carob

Mix the yogurt, honey and powdered carob in a bowl until smooth.

Pour the mixture into the bowl of the machine and freeze about 25 to 30 minutes.

Makes about 1 quart.

## Frozen Strawberry Yogurt

4 cups commercial strawberry yogurt

Place the yogurt in the bowl of the machine and freeze about 25 to 30 minutes.

Makes 1 quart.

## SAUCES

Although ice creams are undeniably creamy and rich, sometimes we seek total self-indulgence. For these occasions, a thick, sweet topping or a fresh fruit sauce make the superb divine.

We include a recipe for one simple fruit sauce. You can easily make others by reserving some of the mixture from most of the fruit sorbet recipes to use as a sauce.

### Raspberry Sauce

Two 10-ounce packages frozen raspberries packed in syrup, defrosted  
Juice of 1/2 lemon

Place the raspberries in the work bowl of a food processor fitted with the steel blade. Add the lemon juice and process until smooth. Press through a strainer to remove the seeds.

Makes about 2 cups.

**Note:** This sauce can be made with other fresh or frozen fruits. If using fresh fruit, add sugar to taste.

## Butterscotch Sauce

Beautifully rich and creamy.

1<sup>1</sup>/<sub>3</sub> cups firmly packed dark brown sugar  
1/2 cup light corn syrup  
4 tablespoons unsalted butter  
1/4 teaspoon salt  
2 tablespoons water  
2 teaspoons vanilla extract  
1/3 cup heavy cream

Mix the brown sugar, syrup, butter, salt and water in a saucepan and bring to a full boil. Immediately remove from the heat, stir in the vanilla, then slowly pour in the cream.

Serve warm or cooled.

Makes 1<sup>1</sup>/<sub>2</sub> cups.

## Caramel Sauce

A wonderfully gooey sauce.

1<sup>1</sup>/<sub>4</sub> cups sugar  
1/2 cup corn syrup  
Pinch of salt  
1/3 cup plus 1 tablespoon heavy cream

Place the sugar in a heavy saucepan over medium heat and stir continuously until the sugar becomes liquid. Crush any lumps against the side of the pan. Cook only until the sugar is golden brown. If there are persistent lumps, remove the pan from the heat and continue to stir vigorously until the lumps dissolve.

Return to the heat and slowly pour in the heavy cream.

Serve warm.

Makes 1<sup>1</sup>/<sub>2</sub> cups.

## Hot Fudge Sauce

Guaranteed to make a lush hot fudge sundae.

1/2 cup heavy cream  
3 tablespoons unsalted butter  
1/3 cup sugar  
1/3 cup firmly packed dark brown sugar  
1/8 teaspoon salt  
1/2 cup unsweetened cocoa, sifted

Combine the cream and butter in a saucepan. Stir over medium heat until the butter melts and the cream just begins to boil. Add the sugars. Gently heat and stir until the sugars are completely dissolved.

Add the salt and cocoa, whisking continuously over low heat until smooth. If there are any remaining bits of cocoa, press them against the side of the pan with a spoon or spatula until they dissolve, then stir them into the sauce.

Serve immediately.

Makes 1 cup.

**Note:** This sauce keeps well in the refrigerator, but it may thicken when chilled. Reheat very slowly in a double boiler, adding hot water a few drops at a time, if necessary.

## FROZEN DRINKS

If you're having a party, you can make wonderful smooth slushy drinks without using ice. You can even make drinks before your guests arrive and greet them at the door with thick, frosty creations in hand.

Although all our recipes are for alcoholic drinks, you can make non-alcoholic ones like slushy lemonade as well. Allow less freezing time to make non-alcoholic drinks slushy and drinkable rather than firm like sorbets.

### Piña Colada

This is good, it could be a dessert.

One 20-ounce can crushed pineapple, drained  
1 cup coconut cream  
4 dashes bitters  
1/4 teaspoon salt  
1 cup water  
1 cup rum

Purée the pineapple in a food processor. You should have about 1 1/2 cups of purée. Place the purée in the bowl of the machine with the remaining ingredients and freeze 25 to 30 minutes, depending on how firm you like your drinks.

Serves 6.

## **Banana Daiquiri**

3 ripe bananas  
1/3 cup fresh lemon juice  
3/4 cup rum  
1/2 cup superfine sugar  
3/4 cup water

Working quickly to keep the bananas from darkening, peel and place them in a food processor with the lemon juice. Purée until smooth, then stir in the remaining ingredients.

Pour the mixture into the bowl of the machine and freeze about 25 to 30 minutes, depending on how firm you like your drinks.

Serves 6.

## **Strawberry Daiquiri**

This is a potent brew, but you can replace some of the rum with water if you prefer. We like these garnished with additional fresh berries.

2 pints strawberries, washed and hulled  
1/2 cup superfine sugar  
1/2 cup fresh lemon or lime juice  
1 1/3 cups rum

Purée the strawberries in a food processor. Place the purée in the bowl of the machine with the remaining ingredients and freeze about 25 to 30 minutes, depending on how firm you like your drinks.

Serves 6.

## **Frozen Margarita**

3/4 cup tequila  
1/2 cup triple sec  
1 cup fresh lemon or lime juice  
1/4 cup water

Pour all the ingredients into the bowl of the machine and freeze about 25 to 30 minutes, depending on how firm you like your drinks.

While the mixture is freezing, rub the rims of 6 glasses with lemon wedge. Dip the rims in salt.

Serve in the salted glasses.

Serves 6.



# NOTES:



Lussino