

### USAGE TIPS:

1. Mixing blade will automatically stop rotating (even if motor keeps running) when mixture is frozen too hard. At this point, turn off the churn switch and your frozen dessert is ready for serving.
2. Mixing blade will also stop rotating (and motor too) when the timer has elapsed. If additional mixing is required simply reset timer until proper consistency is obtained.
3. **Once you turn the chill switch off, always wait at least FIVE MINUTES before turning it on again.**

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4. The machine parts should be washed with warm water after every use.
5. All removable parts can be washed in your dishwasher. (Put them on the upper rack).

### IMPORTANT SAFEGUARDS

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

1. Read all instructions BEFORE USING THE MACHINE.
2. To protect against electrical hazards, 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. Unplug from outlet when not in use, before putting on or taking off parts and before cleaning.
5. Avoid contacting 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 be hazardous.
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 Il Gelataio. A scraper may be used, but must be used only when the Il Gelataio is not running.
13. Remove the mixing blade assembly from the Il Gelataio before washing the assembly.
14. Always operate the Il Gelataio with cover in place.
15. The Il Gelataio machine is designed to be used only on 120 Volt AC and 60 Hz frequency outlets.

### SAVE THESE INSTRUCTIONS

Il Gelataio a product of Simac Appliances Corporation 14 East 60<sup>th</sup> Street - New York, New York 10022 (212) 935-9343 - Made in Italy.

# Introduction

With Il Gelataio "The IceCream Man," you can have beautiful fresh desserts in minutes—not just rich ice creams but silky sorbets, fresh frozen yogurts, even cooling frozen soups. The possibilities are endless. Your family and friends will love the results, and never again need you feel guilty that you bought dessert because you didn't have time to make one.

Using Il Gelataio "The IceCream Man" is simple and effortless because—unlike other ice cream makers—it has its own freezing mechanism. You don't need ice and salt, so there's no mess. It also has a timer so you can set it and walk away, confident that the motor won't burn out and the mixture won't be overbeaten.

Your children can make easy, healthy snacks that are fun. Just pour a quart of orange juice in the bowl and freeze. Or dump in some fruit-flavored yogurt.

Fruit ice cream and sorbets are only truly luscious when they still have the just-picked flavor that time so rapidly destroys. That is why no commercial fruit ice or ice cream can ever be as good as freshly homemade. For fruit ices or ice creams to have a long freezer life, the fruits must be cooked, thereby destroying their freshness. Since your creations will soon be eaten up, you can use uncooked fruit purées for a much better flavor.

Made fresh and served creatively, ice creams and ices are a scrumptious dessert elegant enough to end the most formal dinner parties. If the dinner is particularly long, a refreshing ice—Arnagnac or tea, perhaps—is a perfect palate cleanser served in the middle of the meal.

Il Gelataio "The IceCream Man" is so easy to work with you can make several flavors to serve together in less time than it takes to make most cakes. Fruit sauces need be no more complicated than fruit purées flavored with lemon juice or a liqueur. Picture a deep red strawberry sauce topped with rosy raspberry, green kiwi and bright orange sorbets (made from mangoes or papaya). Add a sprig of mint or a few fresh berries and you have a sumptuous, memorable dessert.

With *Il Gelataio* "The IceCream Man," you can play with freezing all kinds of mixtures, not just sweet ones. Consider chicken soup or tomato and basil sorbets, marvelous for a cooling first course on a hot summer day. As an added plus, *Il Gelataio* "The IceCream Man" will make smooth, refreshing frozen drinks like daquiris or piña coladas, sure to be the hit of a party.

In this book, we'll show you how easy it is to use *Il Gelataio* "The IceCream Man" and then introduce you to a variety of mixtures — ice creams, frozen yogurts, sherbets, sorbets — which will open up a world of possibilities for you to explore.

Once you've mastered the basics, let your imagination run wild as you try new flavors and fun combinations. Don't worry about exact measurements; concentrate on taste. Practically any mixture will freeze in *Il Gelataio* "The IceCream Man," even those that have more alcohol or sugar than other machines can handle.

You can make beautifully molded bombs with ice creams or ices, layered one on top of another. Always remember to contrast colors and to let each layer chill thoroughly before adding the next. Your children are sure to be impressed with your Neopolitan made by layering chocolate, strawberry and vanilla ice creams in a loaf pan, unmolding the loaf and serving tricolored slices. You can make sundaes, parfais, ice cream sodas exactly to suit your wishes, indulging your fantasies at whim.



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<b>Ice Creams</b>	<b>9</b>
Smooth frozen desserts containing cream, sugar and a flavoring, among many other possible ingredients. The cream may be light or heavy, used alone or mixed with milk. The two basic ice cream variations are Philadelphia and French. The French start with a custard base of eggs, cream and sugar cooked together. Philadelphia varieties omit the eggs and don't require cooking.	
<b>Sorbets</b>	<b>20</b>
Water ices, generally made of fruit purées or juices, sugar and water, though some of ours have non-fruit bases, such as Champagne or tea, and others are frozen soups.	
<b>Sherbets</b>	<b>37</b>
These ices are often fruit flavored but have more ingredients than sorbets, usually milk, egg white or gelatin. Ice milks, a type of sherbet, are made like Philadelphia ice creams with milk replacing the cream.	
<b>Frozen Yogurts</b>	<b>40</b>
Relative newcomers to the frozen dessert group made by freezing any yogurt-based mixture. The cream in most non-custard ice creams may safely be replaced by yogurt for a tangy, special effect.	
<b>Sauces</b>	<b>43</b>
These unfrozen sauces may go over or under your frozen desserts.	
<b>Frozen Drinks</b>	<b>47</b>
Wonderful alcoholic concoctions that always taste of warm, tropical evenings.	
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## Parts of the Machine

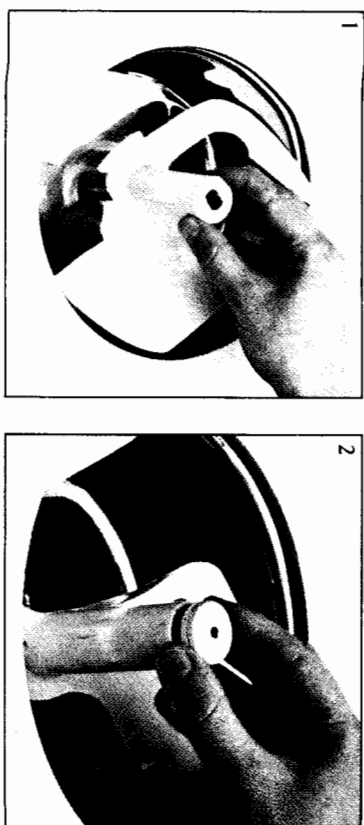
Il Gelataio "The IceCream Man" has only four parts: the white plastic base which houses the freezing unit and motor, has a stainless steel bowl set into it and has two switches and a minute timer on the side; the metal blade which fits into the bowl; the metal nut which locks the blade into place; and the clear plastic lid which fits over the bowl.

## Assembly

Assembling the machine is simple.

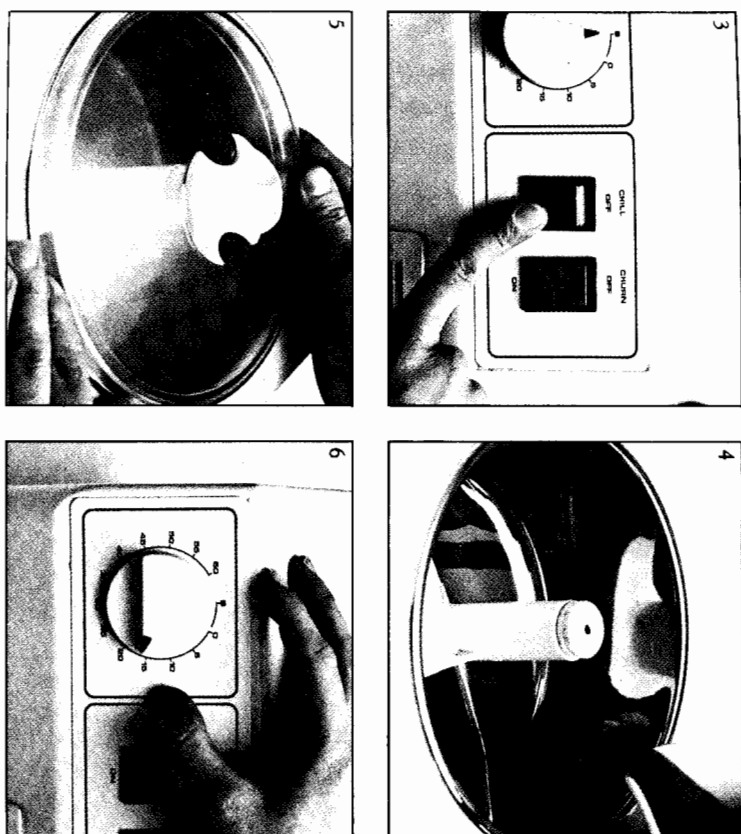
Place the base on a clean, dry counter near an electrical outlet. Insert the blade in the bowl, making sure it fits securely over the shaft in the bowl (fig. 1). Turn the nut above the blade to lock it in place (fig. 2). Plug in the machine.

Il Gelataio "The IceCream Man" is ready to go to work.



## Operating Procedure

Operating Il Gelataio "The IceCream Man" is quick and easy. Turn on the "chill" switch (fig. 3) and let the machine chill for about 5 minutes. You may let the machine chill longer, but it isn't necessary. It is essential that the machine chill for at least 2 minutes before adding the mixture and turning on the "churn" switch.



Once the bowl is chilled, pour in the mixture (fig. 4). Place the cover over the bowl (fig. 5).

Turn on the "churn" switch. Set the timer for the time recommended in the recipe (usually 20 minutes) (fig. 6) and walk away. Note that our freezing times are always for mixtures at room temperature or colder. If your mixture is still warm, it will take longer to freeze.

The machine will run for the time set; then the blade will stop turning, but the machine will keep the mixture frozen until you turn it off. Do not leave any mixture too long, however, or it will get very hard. Ideally, iced mixtures should be served just barely frozen so they are soft enough to shape. Never let them get icy.



Before removing the cover from the bowl, either to add something or to remove the finished product, turn the timer to zero and turn off the "churn" switch. You can add ingredients while the machine is running by turning the white plastic central knob to the side to reveal the opening in the cover (fig. 7). Drop nuts or other small things through the opening and then close it again.



Remove the finished contents with a rubber spatula or ice cream scoop. Turn off the "chill" switch and unplug the machine.

**Note:** Once you turn the chill switch off, always wait at least 5 minutes before turning it on again.

## Clean-up

The cover, blade and nut are all removable and dishwasher safe.

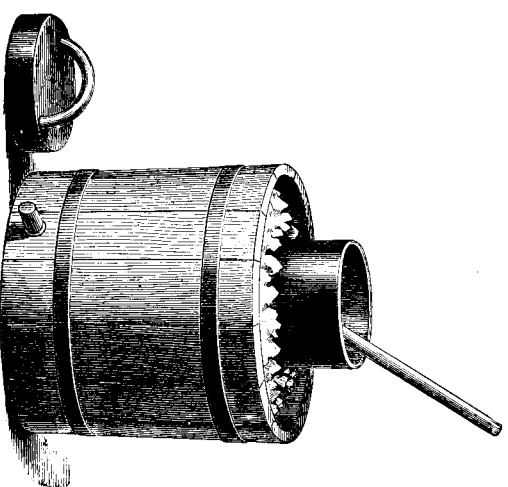
Before cleaning the bowl, make sure the "chill" switch is off. Pour  $\frac{1}{4}$  cup hot water into the bowl. Let it sit for a minute to warm the metal, then wipe the bowl out with a damp, soapy sponge. Rinse by wiping with a damp towel, then dry thoroughly.

## Special Features

Il Gelataio "The IceCream Man" has two switches—one which operates the cooling element—labeled "chill"—and one which operates the mixing blade—labeled "churn." The blade will operate only when the "churn" switch is on and the timer is set. Therefore, you can chill the bowl before adding the mixture. Once the bowl is chilled, add your cooled mixture and turn on the "churn" switch. Having both bowl and mixture cold speeds the freezing process.

When the contents have been mixed for the necessary time, the timer will go off and the blades will stop turning, but the machine will keep the mixture cold until you're ready to serve it. No need to keep running into the kitchen to make sure the mixture isn't overbeaten. No need to remove the frozen dessert hurriedly to a clean bowl and find a place for it in the freezer so it doesn't melt before you're ready for it.

The cover has a central, sliding knob, allowing you to open it to add ingredients while the machine is running.



*Years ago, the only way to make smooth ices was to beat them over ice in a machine like this one.*

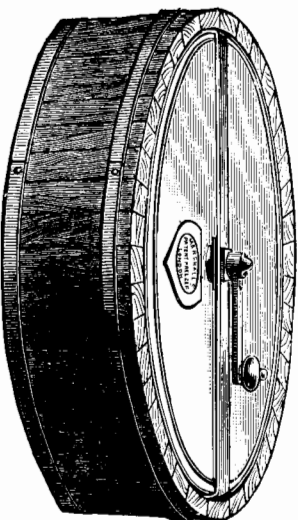
SPECIMENS FROM  
THE BOOK OF MOULDS,  
Containing 68 pages of Illustrations, published by  
MARSHALL'S SCHOOL OF COOKERY  
And sent Post Free on application.

BY ROYAL LETTERS PATENT.

## MARSHALL'S PATENT FREEZER.

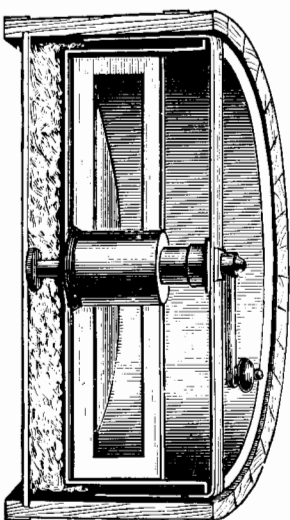
IS PRAISED BY ALL WHO KNOW IT FOR  
CHEAPNESS in first cost. CLEANLINESS in working.  
ECONOMY in use. SIMPLICITY in construction.  
RAPIDITY in Freezing.  
No Packing necessary. No Spatula necessary.

*Smooth and delicious Ice produced in three minutes.*



COMPLETE VIEW.

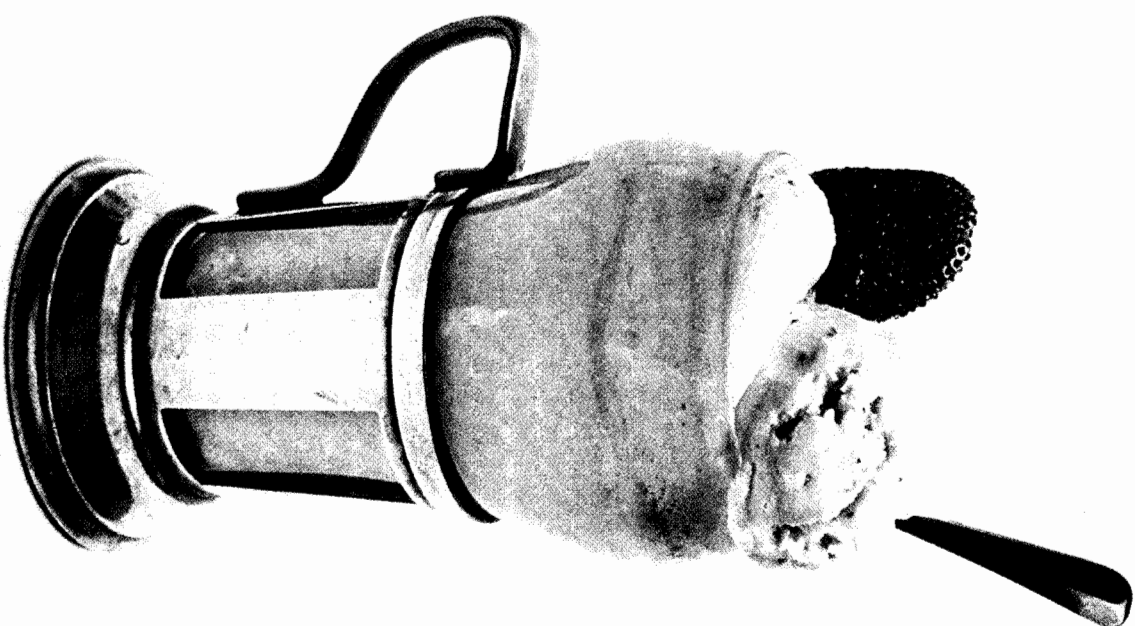
SIZES—No. 1, to freeze any quantity up to 1 quart, £1. 5s.; No. 2, for 2 quarts, £1. 15s.;  
No. 3, for 4 quarts, £3; No. 4, for 6 quarts, £4.



VERTICAL SECTION.

Showing the fan inside, which remains still while the pan revolves and scrapes up the film of ice as it forms on the bottom of the pan.  
The ice and salt is also shown *under* the pan; there is no need to pack any round the sides.

# Ice Creams



Ice cream mixtures can be as simple as pureed 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.

The timings given in the recipes are for fully frozen, but still soft, ice creams. If you prefer harder ice cream which will keep a perfect shape, let the ice cream rest in the machine (with the "chill" switch left on) for another 20 to 30 minutes after it is done mixing.

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 a quart of 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 things at the end so they don't get icy.

## Banana Ice Cream

The ripier the bananas, the more flavor.

- 4 ripe bananas
- 3 tablespoons fresh lemon juice
- $\frac{3}{4}$  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. Puree until smooth. You should have about 2 cups of puree. Stir in the simple syrup, then the cream.

Pour the mixture into the bowl of the machine and freeze 20 to 25 minutes. Makes about 1 quart.

*June 15, 1951 was declared National Ice Cream Day by Congress in recognition of the fact that the ice cream industry was then 100 years old.*

## Strawberry Ice Cream

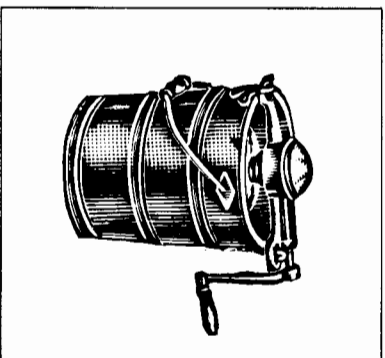
- 2 pints strawberries, washed and hulled
- $\frac{1}{2}$  cup plus 2 tablespoons superfine sugar
- 3 tablespoons fresh lemon juice
- $1\frac{1}{2}$  cups heavy cream

Puree the strawberries in a food processor. Stir in the remaining ingredients. Pour the mixture into the bowl of the machine and freeze 20 minutes. Makes about  $3\frac{1}{2}$  cups.

## Maple Walnut Ice Cream

- 2 cups heavy cream
- $\frac{3}{4}$  cup milk
- $1\frac{1}{4}$  cups Vermont grade A maple syrup
- $\frac{3}{4}$  cup walnut pieces

Pour the cream, milk and maple syrup into the bowl of the machine. Add the nuts and freeze 25 minutes. Makes about 5 cups.



*George Washington was inordinately fond of ice cream. According to the books of an early ice cream seller, the father of our country spent \$200 on ice cream just during the summer of 1790.*

## Peach Ice Cream

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

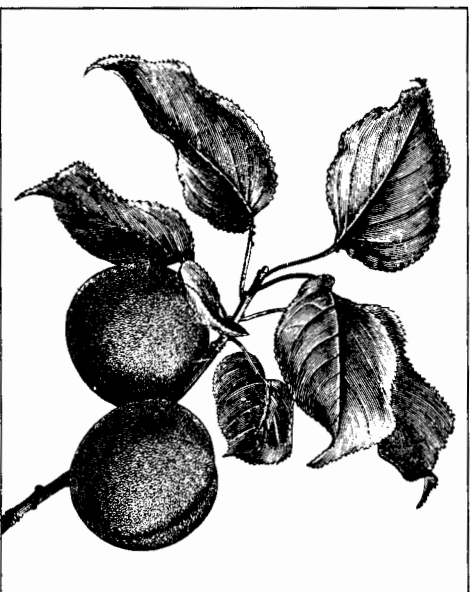
Two 16-ounce cans peaches packed in heavy syrup, drained,  
liquid discarded  
 $\frac{3}{4}$  cup simple syrup  
3 tablespoons fresh lemon juice  
1 cup heavy cream

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 20 to 25 minutes.  
Makes about 1 quart.

## Apricot Ice Cream

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



According to Godey's Lady's Book in 1850, "A party without ice cream would be like a breakfast without bread or a dinner without a roast."

## 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. Freeze about 15 minutes.  
Makes 1 generous quart.

## Coconut Ice Cream

One 15-ounce can sweetened cream of coconut  
1 cup milk  
 $1\frac{1}{2}$  cups heavy cream  
 $\frac{1}{2}$  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 20 minutes.  
Makes about 1 quart.

## Avocado Ice Cream

While an avocado-flavored dessert may seem strange to North Americans, South Americans have long considered the avocado an ideal ingredient for sweet desserts. Try this recipe and you'll understand why.

Four 8-ounce avocados  
 $\frac{3}{4}$  teaspoon kosher salt  
1 cup superfine sugar  
6 tablespoons fresh lemon juice  
1 cup heavy cream

Peel and pit the avocados. Cut them into chunks and purée in a food processor. You should have about 3 cups of purée. With the machine running, add the remaining ingredients.

Pour the mixture into the bowl of the machine and freeze 20 minutes.  
Makes about 1 quart.



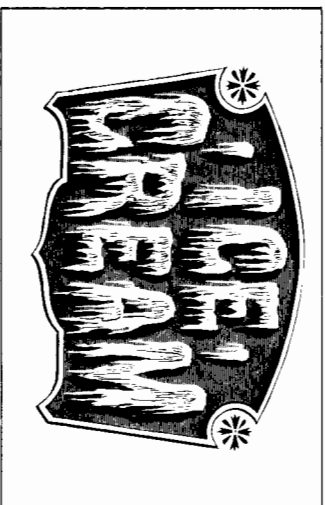
## Custard Ice Cream Base

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
- $\frac{3}{4}$  cup sugar
- 4 egg 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 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 the mixture into a clean bowl and use as directed in the specific recipes.

Makes about 1 quart.



*There isn't enough pure vanilla in the world to satisfy America's craving for vanilla ice cream, which explains why most vanilla ice cream is artificially flavored.*

*Vanilla is far and away the most popular ice cream flavor in the country.*

*Chocolate is the second most popular ice cream flavor but vanilla sales outnumber chocolate by over three to one.*

## 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
- $\frac{3}{4}$  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 20 to 25 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 20 to 25 minutes. Makes about 1 quart.

## Coffee Ice cream

We like this garnished with candy coffee beans.

- 1 recipe Custard Ice Cream Base
- 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 20 to 25 minutes. Makes about 1 quart.

## Pistachio Ice Cream

- 1 recipe Custard Ice Cream Base, chilled
- 1 cup shelled, blanched, peeled, coarsely chopped pistachio nuts
- 1/2 teaspoon almond extract

Mix all the ingredients together. Pour the mixture into the bowl of the machine and freeze 20 to 25 minutes.

Makes about 5 cups.

## Cinnamon Ice Cream

Try this with hot apple pie.

- 1 recipe Custard Ice Cream Base
- 3/4 teaspoon ground cinnamon or 2 cinnamon sticks

Put about 2 cups of the Custard Ice Cream Base with the cinnamon in a saucepan. Cook over low heat, stirring constantly, 5 to 10 minutes, or until the mixture is warm and suffused with cinnamon flavor. Cool thoroughly. Remove cinnamon sticks, if used.

Pour the mixture into the bowl of the machine and freeze 20 to 25 minutes. Makes about 1 quart.

## Peach Pit Ice Cream

This same technique will work with other pitted fruits. Fresh cherries are particularly good. Purée the fruit in a food mill so the pits and skins are easily separated from the pulp.

- 1 1/4 pounds (about 8 medium) peaches
- 1/4 cup fresh lemon juice
- 1 1/2 cups heavy cream
- 1 1/2 cups milk
- 3/4 cup sugar
- 3 egg yolks

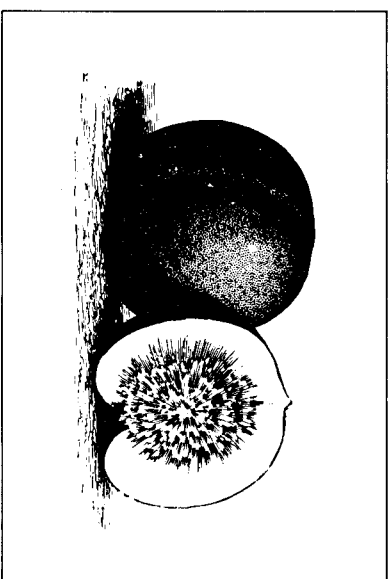
Peel and pit the peaches, reserving the peel and pits. Purée the pulp with the lemon juice. You should have 2 cups of purée. Refrigerate.

Place the reserved peels and pits in a saucepan with the cream and milk. Simmer covered over low heat for 20 minutes. Do not boil. The mixture may look slightly separated due to the acid in the fruit. Add the sugar and stir to dissolve.

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 the 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 cool thoroughly.

Combine the custard mixture with the peach purée. Pour into the bowl of the machine and freeze 20 minutes.

Makes 1 quart.



## 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 10 minutes, then add the Oreos. Freeze another 10 to 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 25 minutes. Makes 5 cups.

*I scream  
You scream  
We all scream  
For ice cream*

## 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 20 minutes.

Makes about 1 quart.

*In 1800 an Italian named Bosio opened the first ice cream parlor in Philadelphia.*

*In 1851 Jacob Fussell of Baltimore became the first wholesale ice cream manufacturer in the United States. A milk dealer, he was looking for a use for his excess cream and turned it into ice cream for 25¢ a quart.*

*History has it that in 1904 the ice cream cone was invented at the St. Louis fair by Ernest Hamwi when he rolled his waffles into cones to hold the ice cream of the neighboring vendor, who had run out of dishes.*

*By 1924 Americans were eating 245 million ice cream cones annually.*

# Sorbets



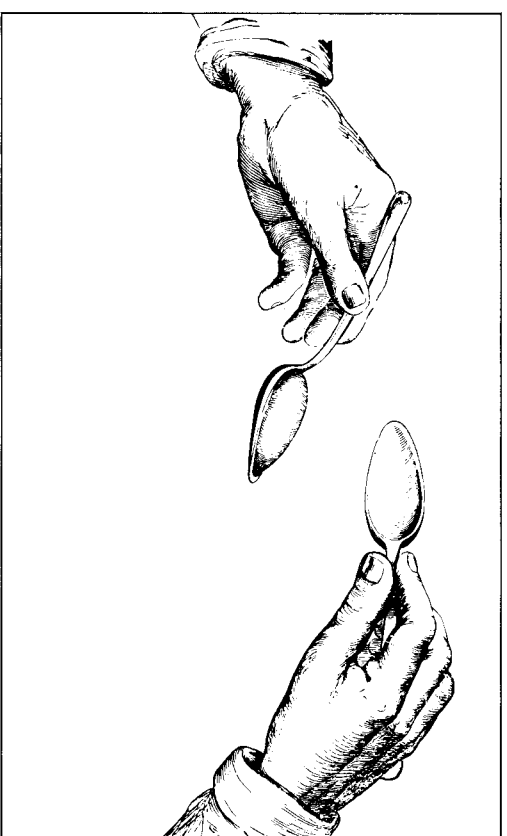
Sorbets are smooth frozen ices made without milk or other dairy products. The beautiful, silky texture of a sorbet is at its best when freshly made and still soft. It should never be rock hard and should always be free of ice crystals. If you make it a few hours ahead, keep it frozen in the machine until 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 it 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 in Il Gelataio "The Ice-Cream Man" 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
- ¼ 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 15 to 20 minutes. Makes about 3½ cups.

*About 1660, it is said, a Sicilian named Francisco Procopio introduced ice creams and water ices to France.*

## Cantaloupe Sorbet

Any ripe melon may be substituted for the cantaloupe. Always taste the mixture before freezing and adjust the simple syrup and lemon juice as needed.

- 1 large cantaloupe
- 1¼ cups simple syrup
- 1 tablespoon fresh lemon juice

Peel and seed the cantaloupe. Cube the flesh and purée in a food processor. You should have about 3½ cups of purée. Stir in the simple syrup and lemon juice.

Pour the mixture into the bowl of the machine and freeze 15 to 20 minutes. Makes about 1 quart.

## Melon and Prosciutto Sorbet

Follow the recipe for Cantaloupe Sorbet, stirring in 3 tablespoons finely chopped prosciutto after the mixture has frozen for 10 minutes.

## Kiwi Sorbet

The beautiful green color complements the rosy hue of a strawberry sorbet, pleasing both the eye and the palate.

- 8 kiwi fruits
- 1½ cups simple syrup
- 4 teaspoons fresh lemon juice

Peel the kiwis. Purée in a food processor. You should have about 2 cups of purée. Stir in the simple syrup and lemon juice.

Pour the mixture into the bowl of the machine and freeze 15 to 20 minutes. Makes about 1 quart.

*By 1676 there were 250 official limonadiers, sellers of ice creams and water ices, in Paris.*



## 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 1/2 cups of puree in a food processor. Stir in the simple syrup and lemon juice.

Pour the mixture into the bowl of the machine and freeze 20 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. Puree the flesh in a food processor. You should have about 3 1/2 cups of puree. 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 15 to 20 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 1/2 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 15 to 20 minutes. Makes about 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

Puree 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 15 to 20 minutes. Makes about 1 quart.

## Apricot Sorbet

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

## Peach Sorbet

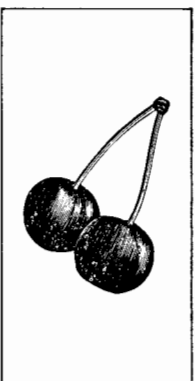
Substitute canned peaches for the pears. Use only 1/4 cup lemon juice.

## Cherry Sorbet

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

Drain the cherries, reserving 2 tablespoons of the syrup. Put the cherries through a food mill. Stir in the cherry syrup, simple syrup, lemon juice and water.

Pour the mixture into the bowl of the machine and freeze 15 to 20 minutes. Makes about 4 1/2 cups.



## Pineapple Sorbet

One 20-ounce can pineapple packed in its own juice  
1 3/4 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 20 minutes.  
Makes about 3 1/2 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 20 minutes.  
Makes about 5 1/2 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 15 to 20 minutes.  
Makes about 1 quart.

*The Chinese and Arabs were the first to make flavored ices.*

## Raspberry Sorbet

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

## 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 20 to 25 minutes.  
Makes about 1 quart.

*Iced foods have a long history going back to Alexander the Great, who kept trenches full of snow during the siege of Petra for cool refreshment.*

## 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 20 minutes.

Makes 1 quart.

## Cranberry Juice Sorbet

The tart cranberry flavor makes this particularly refreshing.

3 cups plus 6 tablespoons canned or bottled cranberry juice  
 $\frac{1}{2}$  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 20 to 25 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  
 $\frac{1}{4}$  cup superfine sugar  
1 tablespoon fresh lemon juice

Put the orange juice, sugar and lemon juice in the bowl of the machine and freeze 20 minutes.

Makes about 1 quart.

## Grapefruit Juice Sorbet

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

$2\frac{2}{3}$  cups unsweetened grapefruit juice  
 $1\frac{1}{3}$  cups simple syrup

Mix the grapefruit juice and simple syrup together.

Pour the mixture into the bowl of the machine and freeze 20 to 25 minutes.

Makes about 1 quart.

## Grape Juice Sorbet

Substitute unsweetened grape juice for the grapefruit juice.



*In January 1974 Craig Claiborne of The New York Times described what he would have for his mythical "last meal." It began with fresh caviar and ended with grapefruit sherbet.*

## Lemon Sorbet

The perfect ending to a heavy meal.

- 1½ 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 20 to 25 minutes.

Makes about 1 quart.

## Honey Lemon Sorbet

- ½ cup hot water
- ⅔ 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 20 minutes.

Makes about 1 quart.

*During the first century, Emperor Nero sent runners to the mountains for snow which was then flavored with honey, juices and fruit pulps.*

*When Marco Polo returned from the Far East in the late 1200s, he had a recipe for a frozen dessert which included milk in the ingredients, seeming to resemble a modern sherbet.*

## Chocolate Sorbet

Wonderfully chocolaty—smooth and dense.

- 4 ounces unsweetened chocolate, broken into chunks
- 1 quart water
- 1½ 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 to 30 minutes until the mixture is very smooth and not grainy. Do not boil. Cool thoroughly.

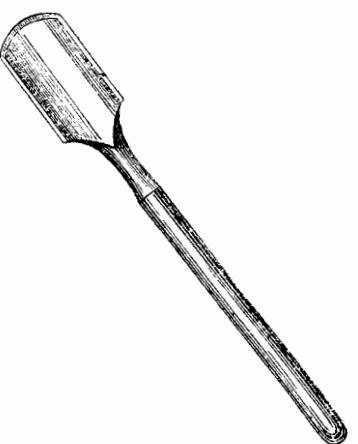
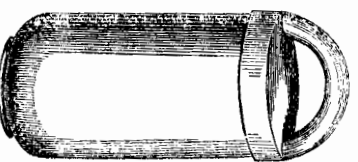
Pour the mixture into the bowl of the machine and freeze 30 minutes. Makes about 1 quart.

## Maple Syrup Sorbet

- 1½ 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 15 to 20 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 kosher 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 15 to 20 minutes.

Makes about 1 quart.

## Chicken Soup and Dill Sorbet

This is just the thing to start a dinner on a hot summer's eve.

- 1 quart rich homemade chicken stock
- 2 tablespoons tightly packed, finely snipped fresh dill
- 2 to 4 tablespoons fresh lemon juice
- Salt and freshly ground pepper to taste

Place all the ingredients into the bowl of the machine and freeze 20 minutes.

Makes 1 generous quart.

## Gazpacho Sorbet

- 2 1/2 cups chilled Gazpacho (see recipe)
- 2 tablespoons fresh lemon juice
- 2 teaspoons kosher salt
- 1 cup water
- 1 cup tomato juice
- 1/4 teaspoon Tabasco
- 4 grindings fresh black pepper

Mix all the ingredients together, adjusting the seasonings to taste. Strain the mixture and reserve the vegetable chunks. Pour the liquid into the bowl of the machine and after freezing 10 minutes, stir in the reserved vegetables and freeze until firm, another 5 to 10 minutes.

Makes about 1 quart.

## Gazpacho

- 1/2 medium Bermuda or other sweet white onion, peeled and quartered
- 1 1/2 firm, medium cucumbers, peeled and cut into chunks
- 2 small green peppers, seeded and cut into eighths
- 6 medium to large ripe tomatoes, peeled and cut into eighths
- 5 large garlic cloves
- 1 cup tomato juice, approximately
- 1/2 cup light olive oil
- 3/4 teaspoon chili powder or 1 small piece fresh chili pepper
- 1 tablespoon kosher salt

Add the onion to the work bowl of a food processor fitted with the metal blade. Process, turning on and off, rapidly, until finely chopped, about 4 or 5 seconds. Transfer the onion to a large bowl.

Repeat with the cucumbers, then with the green peppers, adding each to the onions in the bowl. Process 5 of the tomatoes until evenly chopped into small pieces. Transfer to the bowl with the other chopped ingredients.

Process the remaining tomato with the garlic, tomato juice, olive oil and chili powder until a smooth liquid is formed. Combine with the chopped vegetables and salt and chill in a covered container.

Makes about 6 cups.



## Borscht Sorbet

- 1 pound beets
- 5 cups water
- 2½ teaspoons white vinegar
- 2 tablespoons fresh lemon juice
- ¾ teaspoon citric acid (sour salt) crystals
- ½ to ¾ cup sugar
- 2¼ teaspoons kosher salt
- Sour cream
- Chopped dill

Wash and scrub the beets well. Trim off all but 1 inch of the stems. Put the beets in a pot with the water. Place over high heat and bring to a boil. Cover the pan, reduce the heat to a low boil and cook 20 to 40 minutes, or until the beets can be pierced with a skewer. (Cooking time depends on the size and age of the beets.) Set aside to cool slightly.

Strain the beets through a fine mesh strainer into a pan. Reserve the beets for another use. Measure the liquid and add enough water to make 4 cups. While the liquid is still hot, add the vinegar, lemon juice, citric acid, sugar and salt. Stir to dissolve. Taste and correct seasoning if necessary. The effect should be sweet and sour.

Cool the borscht thoroughly. Pour into the bowl of the machine and freeze 20 minutes.

Garnish with a dollop of sour cream and a sprinkling of fresh dill.

Makes 1 quart.

## Red Bean Paste Sorbet

This unusual sorbet could be the perfect way to end a Chinese dinner.

- One 18-ounce can sweetened red bean paste
- 1 cup water
- 1½ cups simple syrup

Place the bean paste and water in a food processor and purée until smooth. Stir in the simple syrup.

Pour the mixture into the bowl of the machine and freeze 20 minutes. Makes 3 cups.

## Chutney Sorbet

Chutney make a wonderful foil to spicy foods. Frozen, it really cools the mouth and leaves you ready for the next bite of curry.

- One 17-ounce jar Major Grey's chutney
- 1 cup hot water
- 1 tablespoon fresh lemon juice

Place the chutney in a food processor and process until smooth. With the machine running, pour in the hot water, then the lemon juice.

Pour the mixture into the bowl of the machine and freeze 15 to 20 minutes. Makes about 2 cups.

## Constant Comment Sorbet

- 1 cup Constant Comment tea leaves
- 2 cups cold water
- Four 1 x 3-inch strips orange zest
- 2 cups simple syrup
- 2 cups orange juice

Place the tea leaves, water and orange zest in a bowl. Mix until the tea leaves are soaked enough to stay under water. Set in the refrigerator overnight. Pour the mixture through a strainer, pressing on the tea leaves to get all the liquid. You will have about ½ cup strong tea. Discard the tea leaves and orange zest.

Combine the tea with the simple syrup and orange juice. Place in the bowl of the machine and freeze 12 to 15 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  
1½ cups simple syrup

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

Makes 5 cups.



## Calvados Sorbet

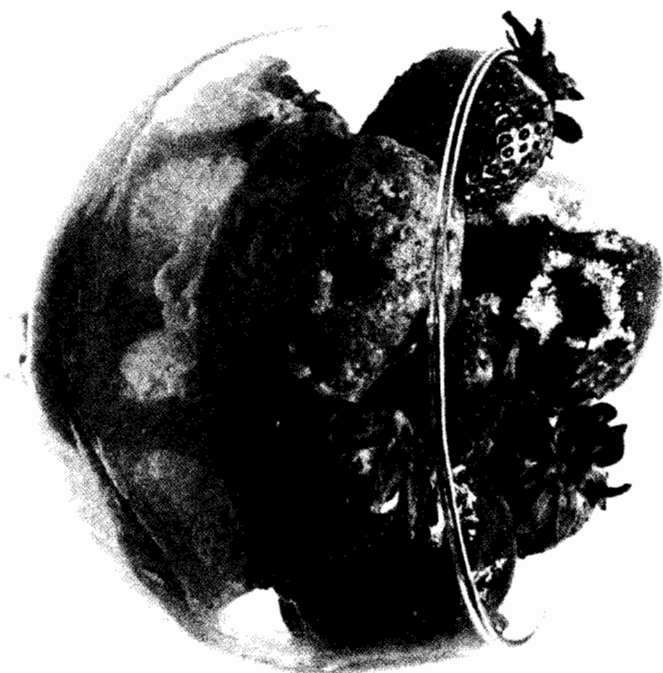
Traditional formal French dinners include a non-sweet sorbet in the middle of the meal as a palate cleanser. We find they can be a fun course even for simple dinners, especially in the summer. Very small portions are all that are needed. One cup will serve 6 to 8 diners.

1¾ cups plus 2 tablespoons Calvados  
3 tablespoons simple syrup

Heat 1½ 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 20 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.

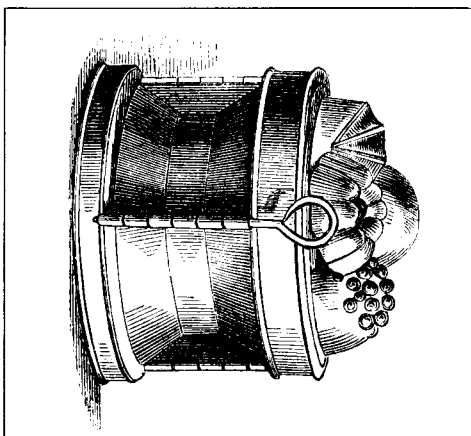
### Vanilla Ice Milk

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 15 to 20 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 20 to 25 minutes. Makes about 1 quart.

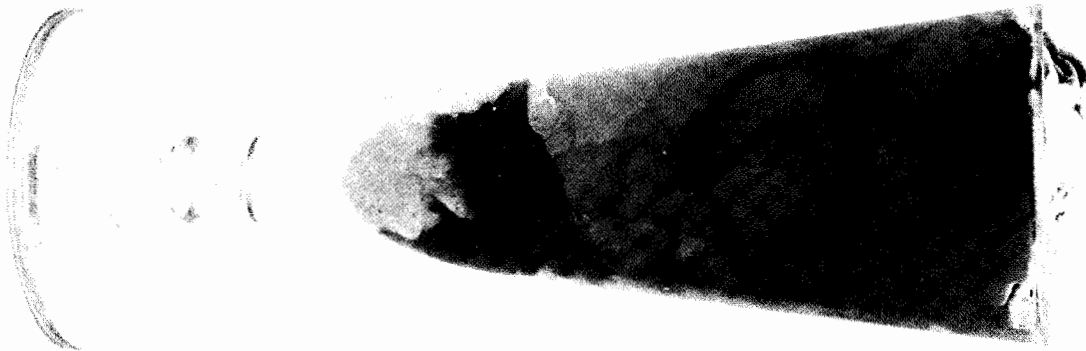
### Strawberry Milk Sherbet

- 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 15 to 20 minutes. Makes 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
- $\frac{1}{3}$  cup honey

Purée the strawberries in a food processor. Put the yogurt, honey and strawberry purée into the bowl of the machine and freeze 15 to 20 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 15 to 20 minutes.

Makes 1 generous quart.

## Carob-Honey Frozen Yogurt

- 3 cups unflavored yogurt
- $\frac{1}{2}$  cup honey
- $\frac{3}{4}$  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 20 to 25 minutes. Makes about 1 quart.

## Frozen Strawberry Yogurt

4 cups commercial strawberry yogurt

Place the yogurt in the bowl of the machine and freeze 15 minutes.  
Makes 1 quart.

## Honey Yogurt Ice Cream

4 large eggs

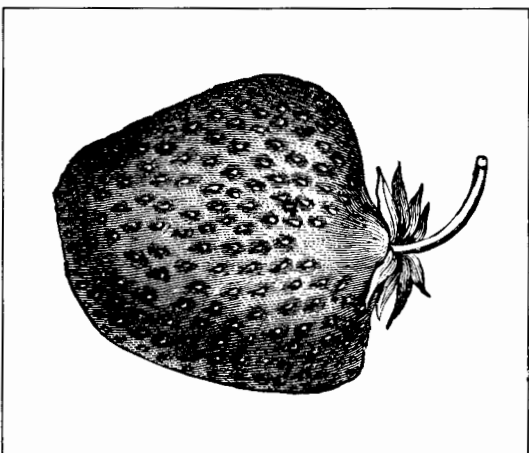
1 cup honey

1 quart unflavored yogurt

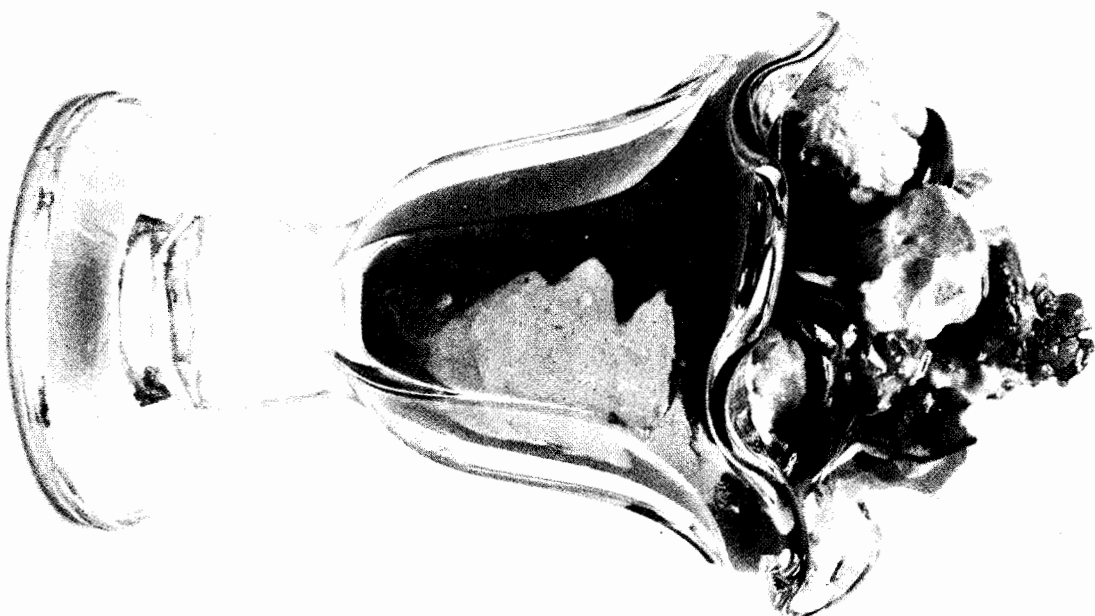
Beat the eggs until fluffy. Slowly beat in the honey and continue to beat until light and pale. Fold in the yogurt.

Pour into the bowl of the machine and freeze 15 to 20 minutes.

Makes about 1 quart.



# Snuggles





Although ice creams made in Il Gelataio "The IceCream Man" 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.

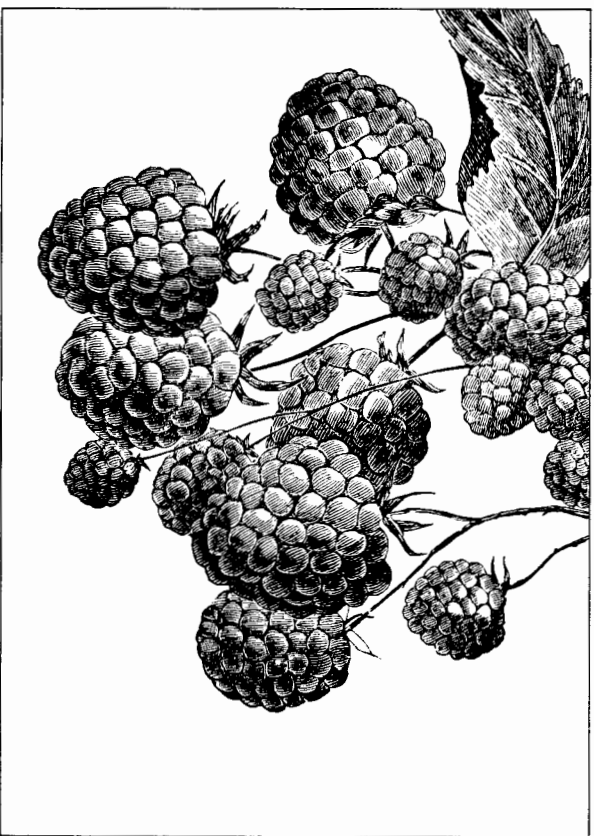
### Raspberry Sauce

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 1/3 cups firmly packed dark brown sugar  
1/2 cup light corn syrup  
4 tablespoons unsalted butter  
1/4 teaspoon kosher 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 1/2 cups.

### Caramel Sauce

A wonderfully gooey sauce.

1 1/4 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 corn syrup, stirring rapidly. Add the salt and slowly pour in the heavy cream.

Serve warm.

Makes 1 1/2 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 kosher 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.

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*Myths abound about the origin of the ice cream sundae. In all stories the spelling is a variant on Sunday. Essentially an ice cream soda without the soda, it was said to appeal to Sabbath observers who wouldn't drink soda on Sunday.*

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# Frozen Drinks



If you're having a party, Il Gelataio "The IceCream Man" can help you make wonderful slushy drinks for everyone at once—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 so 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 15 to 20 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 15 to 20 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 15 to 20 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 15 to 20 minutes, depending on how firm you like your drinks.

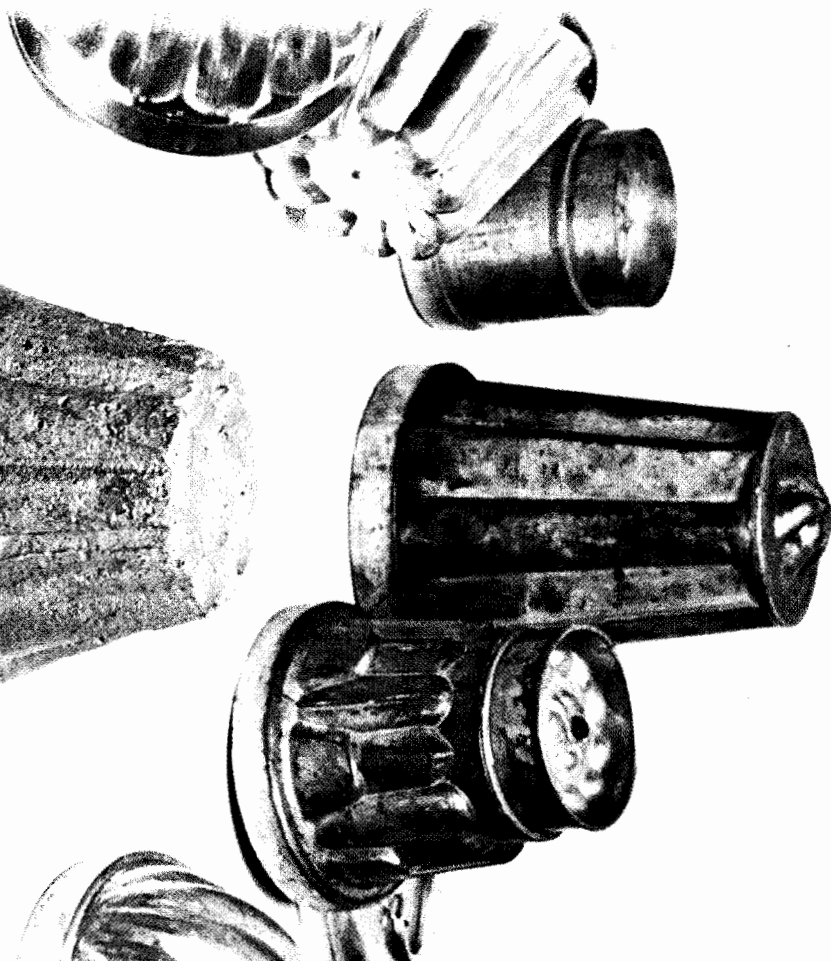
While the mixture is freezing, rub the rims of 6 glasses with a lemon wedge. Dip the rims in salt.

Serve the drinks in the salted glasses.

Serves 6.

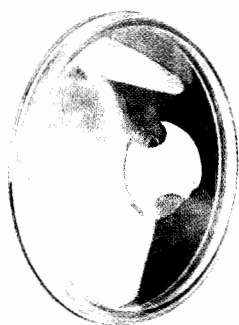
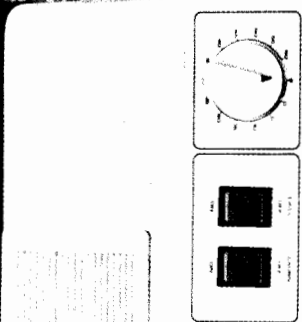
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Grape Juice Sorbet 29	Tomato and Basil Sorbet 32
Grapefruit Juice Sorbet 29	Vanilla Ice Cream, Honey 15
Honey Frozen Yogurt 41	Vanilla Ice Cream, Rich 15
Honey Frozen Yogurt with Carob 41	Vanilla Ice Milk 38
Honey Lemon Sorbet 30	Watermelon Sorbet 24
Honey Vanilla Ice Cream 15	
Honey Yogurt Ice Cream 42	
Hot Fudge Sauce 46	



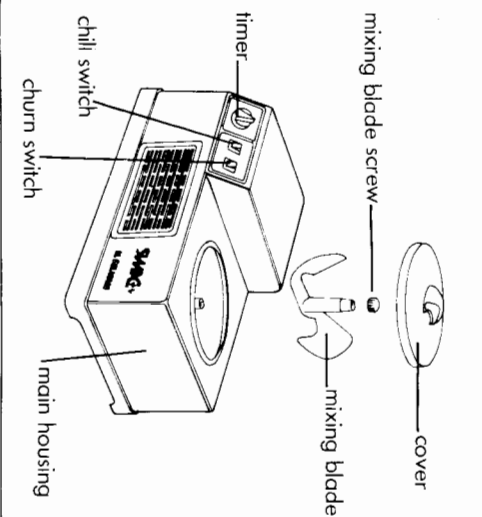
# Stylin'!

The Ice Cream Man



**SMIKE**  
A. GELATINO  
The Ice Cream Man





### USAGE TIPS:

1. Mixing blade will automatically stop rotating (even if motor keeps running) when mixture is frozen too hard. At this point, turn off the churn switch and your frozen dessert is ready for serving.
2. Mixing blade will also stop rotating (and motor too) when the timer has elapsed. If additional mixing is required simply reset timer until proper consistency is obtained.
3. **Once you turn the chill switch off, always wait at least FIVE MINUTES before turning it on again.**

### IMPORTANT SAFEGUARDS

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

1. Read all instructions BEFORE USING THE MACHINE.
2. To protect against electrical hazards, 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. Unplug from outlet when not in use, before putting on or taking off parts and before cleaning.
5. Avoid contacting 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 be hazardous.
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 Il Gelataio. A scraper may be used, but must be used only when the Il Gelataio is not running.
13. Remove the mixing blade assembly from the Il Gelataio before washing the assembly.
14. Always operate the Il Gelataio with cover in place.
15. The Il Gelataio machine is designed to be used only on 120 Volt AC and 60 Hz frequency outlets.

### SAVE THESE INSTRUCTIONS

Il Gelataio a product of Simac Appliances Corporation 14 East 60<sup>th</sup> Street - New York, New York 10022 (212) 935-9343 - Made in Italy.

# Introduction

With Il Gelataio "The IceCream Man," you can have beautiful fresh desserts in minutes—not just rich ice creams but silky sorbets, fresh frozen yogurts, even cooling frozen soups. The possibilities are endless. Your family and friends will love the results, and never again need you feel guilty that you bought dessert because you didn't have time to make one.

Using Il Gelataio "The IceCream Man" is simple and effortless because—unlike other ice cream makers—it has its own freezing mechanism. You don't need ice and salt, so there's no mess. It also has a timer so you can set it and walk away, confident that the motor won't burn out and the mixture won't be overbeaten.

Your children can make easy, healthy snacks that are fun. Just pour a quart of orange juice in the bowl and freeze. Or dump in some fruit-flavored yogurt.

Fruit ice cream and sorbets are only truly luscious when they still have the just-picked flavor that time so rapidly destroys. That is why no commercial fruit ice or ice cream can ever be as good as freshly homemade. For fruit ices or ice creams to have a long freezer life, the fruits must be cooked, thereby destroying their freshness. Since your creations will soon be eaten up, you can use uncooked fruit purées for a much better flavor.

Made fresh and served creatively, ice creams and ices are a scrumptious dessert elegant enough to end the most formal dinner parties. If the dinner is particularly long, a refreshing ice—Armagnac or tea, perhaps—is a perfect palate cleanser served in the middle of the meal.

Il Gelataio "The IceCream Man" is so easy to work with you can make several flavors to serve together in less time than it takes to make most cakes. Fruit sauces need be no more complicated than fruit purées flavored with lemon juice or a liqueur. Picture a deep red strawberry sauce topped with rosy raspberry, green kiwi and bright orange sorbets (made from mangoes or papaya). Add a sprig of mint or a few fresh berries and you have a sumptuous, memorable dessert.