

Mango and Pineapple Sorbet

In a blender or food processor, puree the 2 mangoes. You should have about 3 cups. Add the sugar and lime juice and process to combine. Transfer to a large bowl and stir in the pineapple.

Pour the mixture into an ice cream maker and freeze according to the manufacturer's instructions until firm, about 30 minutes. Transfer the sorbet to an airtight container and freeze until ready to serve.

To serve, scoop the sorbet into chilled bowls and garnish with the mango slices. Serves 8.

Adapted from Williams-Sonoma Lifestyles Series, *Asian Flavors*, by Joyce Jue (Time-Life Books, 1999).

Making Ice Pops

Who doesn't recall cooling down on a hot summer day with an ice pop, trying to lick the frozen treat quickly before it melted and dripped down your chin? A favorite among kids, ice pops are a decidedly adult refreshment as well when created with sophisticated flavors, such as coffee or tea. These treats-on-a-stick make a festive ending to a backyard barbecue.

Ice pops are simple and fun to prepare. You can freeze just about any liquid, including fruit juices and even mixed drinks like margaritas, with or without the alcohol. Keep in mind that sugar and alcohol both lower the freezing point of water, so the more sugar or alcohol you add, the less solid the ice pop will be.

To make multicolored (and flavored) ice pops, just follow these simple directions: Choose 3 ice-pop liquids, such as orange juice, cranberry juice and grape juice, and put 6 oz. of each in separate bowls. Divide the first juice among the pop molds, cover with the lid, insert the wooden sticks and freeze for 2 hours. Remove from the freezer, remove the lids and divide the second liquid among the molds. Cover and freeze for 2 hours more. Remove from the freezer, remove the lids and divide the third liquid among the molds. Cover and freeze for 3 hours more. Makes eight 2-oz. ice pops.

Suggested Liquids for Ice Pops

FRUIT DRINKS			COFFEE AND TEA
• Apple juice	• Limeade	• Spiced apple juice	• Black tea
• Blood orange juice	• Orange juice	• Tangerine juice	• Chai
• Cranberry juice	• Passion fruit juice	• Watermelon agua fresca	• Coffee
• Grapefruit juice	• Peach nectar		• Ginger tea
• Lemonade	• Pear nectar		• Lemon tea
			• Mint tea

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Ingredients for Mango and Pineapple Sorbet

2 mangoes, peeled and pitted, plus thin slices for garnish

$\frac{2}{3}$ cup sugar

3 Tbs. fresh lime juice

1 cup finely chopped fresh pineapple

Ice Cream Styles

French-style, or custard-style, ice cream is often called classic ice cream. Egg yolks, cream and flavoring are cooked to make a custard, which is then churned and frozen in an ice cream maker. Philadelphia-style ice cream is made without egg yolks, so it's less rich than French-style ice cream. The lighter base works especially well for fruit ice creams because the fresh flavors of the fruit can shine through. Ice cream that has an emulsifier as an ingredient, such as peanut butter, is also often made without egg yolks.

Ice Cream 101

- Prechill the ice cream maker insert according to the manufacturer's instructions.
- Combine the ingredients for the ice cream base, allowing the sugar to fully dissolve before the next step.
- Chill the base to refrigerator temperature (36° to 38° F).
- Prepare and chill (if necessary) flavorings and/or add-ins.
- Combine the base with flavorings. (Save add-ins for later, when the ice cream is almost done.)
- Add the base to the ice cream maker and process as directed.
- Add cookie pieces or fruit when the mixture is almost frozen so they will be suspended in the ice cream and not fall to the bottom.
- For soft-serve ice cream, serve immediately. For hard ice cream, store in an airtight container in the freezer for at least 2 hours.

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Technique Class: From Scratch—Ice Cream

For most of us, our fondest memories of enjoying ice cream are from childhood: balmy summer nights, the jingle of an ice cream truck, the sand and the sun, neighborhood walks, and family and friends. If the ice cream was made at home, it was an all-day event involving a big wooden bucket, bags of rock salt and lots of elbow grease to churn out a delicious frozen treat. Today, with new electric machines, making ice cream doesn't have to take all day—and it's not just a dessert for kids.

The Scoop on the Scoops

The presence or absence of a dairy product, or even the type of dairy used, can mean the difference between sorbet and sherbet or ice and gelato. This guide will help you decipher the terms.

Ice Cream: Traditional ice cream is made from a mixture of a dairy product (cream or a combination of cream and milk), a sweetener (usually granulated or brown sugar) and flavorings (like chocolate, fruit or nuts). Many ice creams also contain egg yolks (see Ice Cream Styles at left).

Gelato: Soft and creamy, this Italian-style treat is traditionally made with milk, not cream, and egg yolks, although some versions include cream but no eggs. The signature silky texture of gelato is due less to the ingredients used and more to the way it is churned; gelato is prepared in a machine that incorporates less air and freezes at a higher temperature than an ice cream maker.

Frozen Yogurt and Sherbet: Frozen yogurt is a softer, tangier alternative to ice cream. It can be made using non-fat, low-fat or full-fat yogurt. For creamier results, you can use Greek-style yogurt, which is higher in fat than regular yogurt. Sherbet is made with a base of fruit puree and sugar to which a dairy product, such as buttermilk or cream, is added for creaminess.

Sorbet: Sorbet is usually made with a mixture of a fruit puree, water and sugar, which can then be frozen in a standard ice cream maker. Because sorbet includes few additional ingredients, the flavor is often quite intense.

Granita and Ice: An Italian-style dessert, granita is made with a sugar syrup and flavorings and is frozen in a shallow pan. During the freezing process, the mixture is periodically scraped with a fork to create a granular texture. A flavored ice is similar to a granita but is often finer in texture. Both granitas and ices can be frozen into ice pops or ice cubes.

Great Ice Cream Tools

These tools make homemade ice cream easy to prepare—and fun to share:

- Electric ice cream maker
- Ice cream scoops in a variety of sizes for creating fun presentations
- Delicious toppings
- Fruit tools, such as strawberry hullers and mango pitters
- Whisk
- Tempered-glass mixing bowls
- Fine-mesh strainer
- Fun ice cream serving bowls and spoons

Ingredients for The Best Vanilla Ice Cream

1½ cups milk

2½ cups heavy cream

¾ cup sugar

2 vanilla beans, split lengthwise

8 egg yolks

¼ tsp. kosher salt

Ice Cream Tips

- A standard ice cream base (milk, cream, sugar, flavor) will tend to be less thick than a custard base (milk, cream, egg, sugar, flavor). Keep this in mind when choosing final flavors. If you are trying to create a lighter flavor, stick with a standard base. For a heavier base, opt for the custard style.
- As foods cool down, their flavor components become more subtle and are more difficult for our taste buds to detect. Therefore, an ice cream base at room temperature or, better yet, warm, will be more flavorful than when it is processed into very cold ice cream. Because of this, make sure your base is a little sweeter and more flavorful than how you want the finished ice cream to taste.
- Dairy is the best remedy for putting out “fires” in the mouth caused by eating very hot peppers. Sugar has also been known to tame hot pepper heat in the mouth. Why not combine an ice cream base with something fiery like jalapeño or habanero?

The Best Vanilla Ice Cream

An electric ice cream maker removes the time-consuming task of hand turning the cream to freeze it, so homemade ice creams and sorbets are easier to make. Note that this recipe requires an extra day for the custard to chill.

In a heavy-bottomed saucepan, combine the milk, cream and ¼ cup of the sugar. With the tip of a knife, scrape the seeds from the vanilla beans into the pan, then toss the pods into the pan. Place over medium heat and bring just to a simmer, stirring to dissolve the sugar. Remove from the heat and let steep for 20 minutes.

Meanwhile, in a large bowl, vigorously whisk together the egg yolks, salt and the remaining ½ cup sugar until the mixture falls in a thick, wide ribbon when the whisk is lifted. Remove the vanilla pods from the milk mixture and reheat to a bare simmer. Slowly add the milk mixture to the yolk mixture while whisking constantly. Pour the custard back into the pan and cook gently over medium-low heat, stirring often with a wooden spoon, until thickened enough to coat the spoon, about 3 minutes. Draw a finger across the spoon. The custard is ready if it does not immediately bleed back together. Strain through a fine-mesh sieve into a clean storage container, let cool to room temperature, then cover and refrigerate overnight.

Pour the chilled custard into an ice cream maker and freeze according to the manufacturer’s instructions. Transfer the ice cream to a tightly covered container and freeze for at least 6 hours before serving. Makes 1½ quarts.

Adapted from Williams-Sonoma *Family Meals*, by Maria Helm Sinskey (Oxmoor House, 2008).

Strawberry Summer Ice Cream

If your ice cream maker has a canister that needs to be frozen, put it in the freezer to chill for at least 8 hours before you plan to make the ice cream.

In a blender, combine the strawberries, sour cream, heavy cream, sugar, vanilla and salt. Cover the blender with the lid and hold the lid down while you blend on high speed until the mixture is smooth. Stop the blender occasionally and scrape down the sides with a rubber spatula as needed.

Pour the berry mixture into the chilled canister of the ice cream maker and freeze according to the manufacturer’s instructions. Transfer the ice cream to a freezer-safe container, cover and freeze until firm, about 4 hours. The ice cream is ready when it is firm and scoopable but not overly soft. Makes 1 quart.

Adapted from Williams-Sonoma *Sweet Treats*, by Carolyn Beth Weil (Simon & Schuster, 2006).

Sweet Corn Ice Cream with Blackberry Sauce

The natural sweetness of freshly harvested corn combines with cream to create an unusual—but delicious—ice cream. With a drizzle of fresh blackberry sauce, this cooling dessert captures summer in a bowl.

Using a chef’s knife, cut the kernels off the corn cobs. Add the kernels and cobs to a large pot along with the half-and-half and the 1 cup cream. Add the ⅔ cup sugar and the salt and bring to a boil over medium-high heat. Reduce the heat to medium-low, cover and simmer, stirring occasionally, for about 5 minutes. Remove from the heat and let steep for at least 3 hours or up to overnight. (If steeping for longer than 3 hours, refrigerate the mixture.)

Strain the corn mixture through a fine-mesh sieve. Using your hands, wring out the cobs and press on the kernels with a spoon to extract as much liquid as possible; discard the cobs and kernels. Measure the liquid; you should have about 3 cups. If not, add more cream as needed. Cover and refrigerate the corn-infused mixture for at least 3 hours or up to 8 hours.

In a nonreactive saucepan, combine the ½ cup sugar and the water and bring to a boil over medium-high heat. Add 2 pints of the blackberries and stir to combine. Reduce the heat to medium and cook, stirring occasionally, until the berries break down, about 8 minutes. Transfer the mixture to a blender and add the lemon juice. Puree the berry mixture, then strain it through a fine-mesh sieve. Cover and refrigerate until ready to serve.

Transfer the chilled corn-infused mixture to an ice cream maker and freeze according to the manufacturer’s instructions. If desired, pack the ice cream into an airtight container and freeze until very firm.

To serve, scoop the ice cream into bowls, drizzle with the blackberry sauce, top with a few of the remaining blackberries and serve immediately. Makes 1 quart ice cream; serves 6.

Adapted from Williams-Sonoma *New Flavors for Desserts*, by Raquel Pelzel (Oxmoor House, 2008).

Ingredients for Strawberry Summer Ice Cream

2 baskets (4 cups) fresh strawberries, hulled and cut into small pieces

2 cups sour cream (not reduced fat)

1 cup heavy cream

1 cup sugar

1 tsp. vanilla extract

Pinch of salt

Ingredients for Sweet Corn Ice Cream with Blackberry Sauce

4 ears of fresh sweet corn, husks and silks removed

3 cups half-and-half

1 cup heavy cream, plus more as needed

⅔ cup plus ½ cup sugar

Pinch of salt

¼ cup water

2½ pints blackberries

1 tsp. fresh lemon juice