

ICE CREAM *Dreams*



What's better than savoring the flavor of the ice cream you love, summer after summer? How about making it yourself? You can make ice cream at home for the same or less cost than buying it, adding your own variations of fruit or chocolate to the mixture. If you have dietary restrictions, you can still savor your flavor with a few modifications.

Choose an ice cream maker

Many of the ice cream makers on the market today are variations of the old-fashioned type, which had a bucket, a cylinder and a hand crank to turn the ice cream mixture. Today you can purchase a machine that will give you the same taste and consistency without the mess—without the salt, the water and all of the hand cranking.

Larry Oates, owner of KitchenArt in West Lafayette, sets up the Flavor Duo made by Cuisinart, which is a machine with two bowls in it, each making 1 quart of ice cream. The bowls are known as freezer bowls because they must be placed in the freezer for eight to 12 hours before you use them—or you can just store them in the freezer.

“The nice thing about this is between 20 to 30 minutes from the time you turn this machine on and put the mixture in, it's ready to serve and you'll

have fresh ice cream,” Oates says. Serve it immediately for a soft-serve consistency, but if you want more traditional, hard ice cream, put it in the freezer. The Flavor Duo sells for \$79.99.

If freezer space is a consideration and you have no place to put the bowls, another option is a compressor-based ice cream maker. The Cuisinart Supreme sells for \$299.99 at KitchenArt. The bowls do not have to be frozen ahead of time—just turn the machine on and pour the mixture into the bowl.

You can replicate the old-fashioned hand crank in today's ice cream maker, but without the mess of the rock salt, by purchasing a machine made by Donvier.

“This has the same kind of freezer bowl, and you pour the liquid inside the bowl, but it's hand cranked, so about every five minutes or so, you go in and use the hand crank,” Oates explains. It sells for \$59.99 at KitchenArt.

Turning the hand crank is a great way to get family and friends involved, and in generations past, turning the hand crank was what everybody looked forward to, recalls Mildred Brooks, founder of Brooks Food Equipment, Inc. on Farabee Drive in Lafayette.

“Everybody had an ice cream maker, and it was the fun thing they did for entertainment for their families,” she says. “You put salt and ice around it, and everybody took their turn turning the crank, and you had ice cream.”

You can purchase an attachment to the KitchenAid mixer to make up to 2 quarts of ice cream for \$89.99 at Brooks Food Equipment. The attachment includes the freezer bowl.

For an even greater kinesthetic



The Flavor Duo by Cuisinart.

experience, the Play & Freeze Ice Cream Maker duplicates the old-fashioned hand crank ice cream maker, but you roll the machine. It sells for \$29.99 at KitchenArt.

Cook the ingredients

"The flavor possibilities are endless," says Oates. "You can add chocolate chips, you can add chocolate-chip cookie dough, you can add fruits, there are all kinds of things to add."

Oates notes that usually you have to cook the ice cream ingredients to make the mixture, but you also have to bring the temperature of the mixture down to about 60 degrees before pouring the mixture in the freezer bowls.

"The colder the mixture is going into the ice cream maker, the better consistency you are going to have."

Rick Lodde, owner of Snowbear Frozen Custard in West Lafayette and the Original Frozen Custard in Lafayette recommends starting with a basic vanilla recipe.

"I think vanilla is the purest form of ice cream," he says. "You can put any kind of flavors you want in it, but if you understand how to make a basic vanilla, then you can vary the recipes from that point on." The basic ingredients for vanilla ice cream are milk, cream, sugar, eggs and vanilla. Lodde also suggests using vanilla bean or vanilla paste instead of vanilla extract for a more authentic vanilla taste.

The vanilla paste is practical

because it comes in a jar, and you use the same measurements as the extract, explains Oates, but you also have the black speckles of the vanilla bean in the paste.

"And remember, when you eat and when you taste, the first part of tasting is what you see with your eyes," he says. KitchenArt sells Pure Vanilla Bean Paste made by Nielsen-Massey.

Control the contents

One of the great benefits to making ice cream at home is that you decide what goes into it. Chris Schaub, clinical nutrition manager at Clarian Arnett Hospital in Lafayette suggests that people with dietary restrictions such as diabetes try making ice cream at home using artificial sweeteners such as Splenda and Novella.

"Remember that milk, cream and adding fruit to your ice cream and sorbet do contribute to the total carbohydrate of the product," Schaub explains. "Yet by using Splenda or Novella, you can keep the sugar within limits that are right for you."

Because it's easy to control the ingredients and the technology now makes it fast, more people are buying ice cream makers at KitchenArt than at any time in its 15-year history, Oates says.

"You can make custards, you can do gelatos, you can make ice cream and you can make ices, all of those frozen desserts can be done, but then you get to control what your sugar content is." ❄



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Don't Forget To ...

1. Freeze the bowls for at least eight to 12 hours before using them.
2. Turn the ice cream maker on before pouring the liquid into the machine.
3. Bring the temperature of the ice cream mixture down after cooking it by putting the bowl in another bowl of ice and water, or if you have more time, by refrigerating it.
4. Take the ice cream out of the freezer bowls and pack in a plastic container or a glass bowl before putting the finished recipe in the freezer.



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RECIPES &

Memories



Peach Ice Cream

(Katy Bunder, West Lafayette resident, executive director, Food Finders Food Bank in Lafayette)

Katy Bunder's mother always made homemade ice cream, but as a child, Katy thought she never made enough of Katy's favorite: peach.

"So I started making peach ice cream as soon as I was old enough to have an ice cream freezer," says Bunder. Here's her recipe:

- 1 quart fresh mashed peaches
- 3 cups sugar
- Juice of one lemon
- 1 quart whole milk
- 1 pint whipping cream
- ½ teaspoon vanilla

Peel, cut up and mash the peaches with a food processor. Mix the peaches with sugar, and let the mixture stand until the sugar is dissolved. Add the milk, vanilla and whipping cream, and let the mixture chill in the refrigerator for a while. Add the juice of one lemon. Pour the entire mixture into the ice cream maker. For soft-serve, eat the ice cream right after it's finished, but for harder ice cream, freeze the finished product.



Custard Vanilla Ice Cream

(Rosemary Perry-Hessong, columnist, Journal & Courier, author of Furrows and Hedgerows, My Reflections on Farm, Food and Family. This recipe was first published in her weekly column in the Journal & Courier, on July 26, 2008.)

- 4 cups milk
- 2 cups sugar
- ¼ cup flour
- ½ teaspoon salt
- 4 eggs, slightly beaten
- 15 to 20 small marshmallows, optional
- 1 Tablespoon vanilla extract
- 4 cups half-and-half light cream
- 2 cups cream

Scald the milk. Mix the sugar, flour and salt. Add enough hot milk to the sugar-flour mixture to make a thin paste. Stir the paste into the remaining hot milk. Add the marshmallows and cook over low heat about two minutes until slightly thick. Cool in the refrigerator, not at room temperature. Add vanilla, half and half and cream to the cooled mixture. Pour mixture into ice cream maker. Makes one gallon.

Eggless and Sugar-free Ice Cream

(Brad Littlejohn, executive chef, Clarian Arnett Hospital in Lafayette)

- 2 cups whole milk
- 2 cups heavy cream
- 1 cup Splenda
- ¼ teaspoon salt
- 2 cups mashed fruit of choice

Combine all of the ingredients in a large bowl, and pour the mixture into the freezer bowl of an ice cream maker. Makes one quart. Total fat in ½ cup serving is 23g.

Ginger Ice Cream

(KitchenArt, 1550 Win Hentschel Blvd., West Lafayette)

- 2 cups whole milk
- 1 whole vanilla bean, cut in half and split lengthwise
- 1 cup sugar
- 6 large egg yolks
- 2 cups heavy cream (minimum 36% milk fat)
- Salt
- 1 generous Tablespoon freshly grated gingerroot
- 2/3 cup chopped crystallized ginger or preserved ginger in syrup, drained

Use a double boiler. Prepare the bottom with at least 1 inch of water, and bring to a simmer. In the top of the boiler, scald the milk and vanilla bean until it is almost boiling. Stir in the sugar until it is completely dissolved. Beat the egg yolks in a separate bowl. Gradually beat in a cup of the hot liquid. Place the top of the double boiler over the simmering water, and gradually stir in the egg yolk mixture into the hot liquid. Cook and stir constantly until the mixture thickly coats the back of a spoon. Stir in cream, salt and both kinds of ginger. Stir until completely cooled and remove the vanilla bean. Chill the mixture for at least two hours. Pour the mixture into an ice cream maker. For soft ice cream, serve right away. For harder ice cream, pack into a deep container and place in the freezer to ripen and harden. The flavor of this recipe really develops when it has ripened for at least six to eight hours. Makes 1½ quarts.