

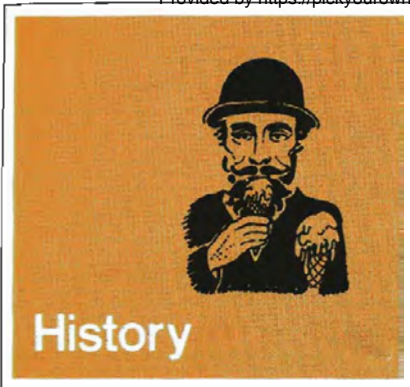
# FUN WITH YOUR ICE CREAM FREEZER

Produced by



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Ice cream has been with us in various forms for well over 2000 years. Though much ice cream history is obscure, it is likely that frozen sweets were first eaten in ancient China or the Mideast, and legend has it that Emperor Nero of Rome enjoyed fruit puree and wines cooled with snow – a 1st Century A.D. “snow-cone.”

Because of ice’s scarcity and the laborious methods and crude devices used to make ice cream long ago, it was usually available only to the rich. Wealthy Venetians first enjoyed “milk ices” in 1295,



made from recipes brought from China by Marco Polo. The Chinese told him the formulas were over 3000 years old.

In 1550 Catherine de Medici, child bride of King Henry II, served her French guests water ices prepared by her Italian cooks. Unwritten recipes spread to Germany and to England, where in 1625 Charles I enthusiastically served “cream ice” prepared by his French chef. King Charles went so far as to decree that ice cream was to be reserved for Royal consumption alone.

“Ice cream” came to the general public in 1660 when Italian Procopio Cuttelli established a café in Paris offering the popular dessert. Meanwhile, English colonists in America were making ice cream by scraping freezing cream mixture from the walls of a pewter container resting in a firkin of frigid ice-salt brine.

The first known printed recipes for ice cream were sold in France in 1768. In the 1770’s a number of ice cream parlors sprang up in New York City, but people continued to make the dessert at home. George Washington owned two pewter ice cream pots used in his Mount Vernon kitchen, and once while on a visit to Philadelphia, (then

the capital of the newborn nation), Washington purchased “a machine for making ice cream” to be operated by his servants.

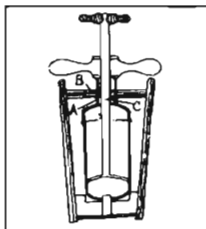
The first ice cream advertisement appeared in a New York paper in 1786, reading: “Ladies and Gentlemen may be supplied with ice cream every day at the City Tavern by their humble servant Joseph Crowe.”

Mrs. Alexander Hamilton brought ice cream to Washington’s high society following a visit to an early New York ice cream parlor. Working in the White House at the time was a Black man, Mr. Jackson, who learned Mrs. Hamilton’s recipe. He later started a confectionery business in Washington, selling ice cream for as much as one dollar a quart.



Thomas Jefferson served Meringue Glacée and Baked Alaska at state affairs, and Dolly (Dolley) Madison started a lasting tradition when she served homemade ice cream at an 1813 White House reception.

Patents on labor-saving ice cream makers were issued in France as early as 1829, but the first American improvement was made by Mrs. Nancy Johnson in 1846. Her unpatented device featured a revolving dasher in a canister surrounded by an ice-salt brine.



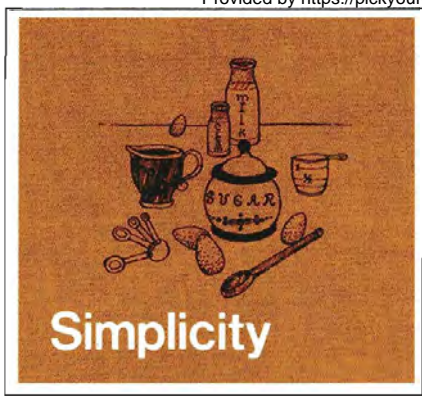
The dasher was stirred through the top of the canister, continuously scraping the freezing cream from the wall of the canister.

The first patented American device was invented in 1848 by W. Young, and improved upon Johnson’s design by allowing the canister to revolve in the brine, increasing contact with the melting ice and hastening freezing.

Ice cream was first manufactured on a large scale in the U.S. in 1851. A Baltimore dairyman named Jacob Fussel opened his factory in Washington, D.C., and soon there appeared plants in most major cities of the U.S. Advances in dairy science spurred the new industry, as did Yankee marketing ingenuity.

Ice cream sodas were invented in 1879, and the ice cream cone was introduced at the 1904 Louisiana Purchase Exposition in Saint Louis. Today, Americans alone consume nearly 800 million gallons of ice cream and related products annually.





Your homemade ice cream will be the best of all ice creams, deliciously surpassing anything you've tasted from stores or franchised parlors. Your ingredients are pure, simple, natural, and fresh.

You don't need to use preservatives or chemicals with impossible-to-pronounce names. There are more than 1200 additives manufacturers may put into ice cream to thicken, stabilize, flavor, and color it –

agne-  
donate  
inosodium vari-  
tamate  
cium carbonate  
ium bor

without mentioning them on the label. After your first homemade batch you may even wonder what became of cardboard after-taste.

The richness of a started-from-scratch ice cream will be a pleasant surprise. Commercial products must usually be 50% air in order to be profitable; whereas homemade ice cream is only 20-33% air. Your mixture will be about 40% richer, when compared by volume. (Get a pint of "store-boughten" and let it melt... only half of it remains.)

Few foods with ice cream's nutritional value come in such a taste-appealing form. It offers the protein, calcium, vitamin A, thiamine, and riboflavin of milk, plus the nutrients of the fruits, nuts, and other ingredients you may add.

*Ice cream*, strictly defined, is a frozen dessert made from milk and cream, sweetening, flavoring, and stabilizer. Stabilizers smooth and thicken ice cream by retarding formation of large, coarse ice crystals, and control the product's melting properties. Gelatin, flour, cornstarch, or eggs can serve as stabilizers.

*Sherbet* is made from milk and cream added to sweetened fruit juice or puree, and stabilized with egg whites or gelatin.

*Ices* are made from sweetened fruit

juice or puree diluted with water. Ices are less rich than sherbets, and melt faster than both sherbets and ice creams. Stabilizers are not used, though egg white is sometimes used as a mixture binder.

Other desserts falling under the broad (and misleading) heading of "ice creams" are: *frappe*, similar to partly frozen sherbet; *granita*, coarse-textured water ice; *ice milk*, inexpensive, seen at small roadside stands; *mellorine*, a vegetable-oil dietetic ice cream can now be legally sold in a few states; *mousse*, a foamy iced cream dessert made from flavored and whipped cream frozen without an ice cream maker; and *parfait*, something between ice cream and mousse, often served in layers in tall glassware.

Caloric content for ice creams, sherbets, and ices depends upon how much air is intermixed, what flavoring ingredients are used, and several other factors. But a reasonable range of calories for many of the desserts in this folder is 120-160 calories per four-ounce serving. Some of the dietetic recipes on pages ten and eleven are in the 25-65 calorie range.



The creative joy of freezing your own ice cream is basically similar to that of grilling your own steaks, yet it can easily be much more. Freezing can always be a family affair, regardless of members' ages. Dividing the elements of the operation allows one person to squeeze fresh fruit, another to chop nuts, another to crack the ice, and so on. But try appointing a single Official Taster!

It's fun to freeze ice cream on a summer afternoon, allowing it to cure and harden in time for supper's dessert. Try making it during a backyard barbecue, or the day before. Doing it on-the-spot, though, is dramatic and entertaining, and allows guests to participate. At last, an answer to, "What can I do to help?"

Homemade ice cream is always success-

ful as a contribution to potluck dinners, and will serve well as the nucleus of an old-fashioned ice cream social. If you carry an ice chest and prepare your mix ahead, a hand freezer is a useful companion at the beach or on a picnic.

Children setting up a streetside refreshment stand may do a better business with homemade ice cream than with lemonade. Ice cream freezing is a better date or double-date idea, as a welcome change from movies and hamburgers. It works well as a hall-group activity in college dorms, and for small clubs.

Indoors, you might serve ice cream a bit more formally than straight-from-the-freezing-can. Remember that gourmet creations for small or large gatherings require little time or effort. (See pages eleven through thirteen.) Children can even make their own parfaits from different flavors at birthday parties.

Although ice cream freezers themselves are wonderful change-of-pace gifts for Christmas, weddings, and birthdays, don't forget the gifts you can create with your own freezer. Try making different flavor ice creams and giving them in quart containers to your friends; your unique gift will please them for several desserts.



The suggestions that follow are included with the hope that they may save some time or effort in recipe preparation.

Many of the ice cream recipes use vanilla ice cream as a base. This is the sound and time-honored way of creating different flavors, because vanilla usually allows add-on flavors to remain distinct. Four vanillas are offered. Make the richest (and probably most expensive) recipe you can afford – the taste is worth it.

French vanilla is superb – rich-tasting and smooth. After using the yolks of eggs for this mix, consider using the egg whites in a sherbet recipe. Much of the ice used in freezing the ice cream may be re-used freezing the sherbet.

But don't hesitate to use another vanilla recipe as a base if add-on flavors are strong. They will mask much of the vanilla flavor, anyway. For some add-on flavors, flavor intensity is improved by cutting back on the amount of vanilla extract added to the base recipe.

Cooking shouldn't scare you away from an ice cream recipe. Cooking enhances and



blends flavors, thickens the initial mix, smooths the final product, and retards its melting rate. Double boilers are best for cooking cream and other ingredients, but slow, low heat under a no-

stick pan will work, too. Don't be impatient though; scorched cream is unpleasant and wasteful. Some cleanup time can be saved with the uncooked recipes by mixing ingredients right in the cream can. Preparation time can be further reduced by use of pre-mixed commercial ice cream powder.

Most of the recipes will taste oversweet before freezing. This is to compensate for the numbing effect ice cream's coldness has on taste buds, and to lower the mixture's freezing point by increasing dissolved sugar. (See page thirteen.) Ice cream with too little sweetening is unmistakably flat-tasting and bland.

Be careful when sweetening with honey instead of white sugar. Honey's flavor is incompatible with some other flavorings, so check taste before making large batches with honey sweetening.

Use the best flavorings you can afford, choosing natural ingredients where possible. This will assure realistic, fresh-tasting flavor. Since flavor blend is important, too, most recipes are concluded with the words, "Chill and freeze." It is strongly urged that prepared recipes be chilled in the refrigerator before churning. (Four hours is fine, and overnight is even better.) Mixes prepared this way will be smoother than those frozen soon after preparation. Aging the mix before freezing allows water to combine with milk proteins and/or gelatin as "water of hydration." Water frozen in this state seems to freeze faster, and in smaller crystals. (For more explanation, see page thirteen.)

How is ice cream to be judged? Here are some basic criteria: 1) Color should be attractive, not bizarre. 2) Taste should be pleasing and have depth. 3) Consistency should be neither too hard nor too soft. 4) Texture should be smooth, not coarse or grainy (sherbets and ices



excepted). 5) Body should not be foamy, spongy, or jelly-like. 6) When ice cream melts in the mouth it should have the body of heavy cream with no buttery aftertaste.

There are 56 recipes in this booklet. Don't miss the "Any-Berry" and "Any-Nut" recipes at the beginning of some recipe sections. They are recipes with a wide range of variations. Don't hesitate to *experiment*.

Excellent freezing, like excellent cooking, requires care, technique, and creativity. Try inventing your own recipes, starting from vanilla base recipes on page eight.

While the U.S. is in its decade of transition to metric measurement scales it may be helpful to provide the following liquid measure metric conversion chart:

<i>American</i>	=	<i>Metric</i>
1 teaspoon	=	5 milliliters
1 tablespoon	=	15 milliliters
1 ounce	=	3 centiliters
1 cup	=	.25 liter
1 quart	=	1 liter
1 gallon	=	4.2 liters

<i>Metric</i>	=	<i>American</i>
1 milliliter	=	.2 teaspoon
10 milliliters	=	2 teaspoons
1 deciliter	=	7 tablespoons
24 centiliters	=	8 ounces
5 liters	=	1.3 gallons

Yields of the recipes are given after each one, and are accurate within one pint of the stated amount. Note the caloric content for dietetic recipes is given per ounce; an average serving is four ounces.

Be careful not to make too much mix. To allow for expansion caused by water's freezing and incorporation of air, the cream can cannot be filled more than two thirds full. Fruits, nuts, and other solid ingredients must be cut into pieces small enough to avoid clogging the spaces between the dasher blades. Fruits should always be sweetened before adding to the mixture. Sugar content keeps fruits from freezing into rock-hard pellets. And for super-smooth results, strain or blend the mixture before adding fruits and nuts.



**"ANY-BERRY"**

2 teaspoons gelatin	1-1/2 cups
1/2 cup water	whipped cream
1-3/4 cups	1 pint crushed berries
evaporated milk	sugar (to taste)
1/2 cup sugar	1 lemon's juice
1 teaspoon vanilla	and grated rind

Use for raspberries, loganberries, boysenberries, strawberries, blueberries, etc. Soften gelatin in water and dissolve in warm evaporated milk. Add 1/2 cup sugar and vanilla. Stir until dissolved. Cool. Add whipped cream. Combine crushed berries with sugar to taste, lemon juice, and rind. Let mixture set for 30 minutes. Chill and freeze first mixture, adding berry mixture in final minutes of churning. (2 quarts)

**"ANY-NUT"**

1 cup finely chopped nuts

Use for hazelnuts, black walnuts, pecans, walnuts, etc. Stir chopped nuts into any vanilla recipe before or during churning. Some nuts taste better if browned in butter beforehand.

**APPLE (BAKED)**

6 tart apples	1 tablespoon
1/4 teaspoon	lemon juice
cinnamon	1 cup sugar
	1 quart heavy cream

Bake apples, peel, core, and puree. Add cinnamon, lemon juice, and sugar. Stir into scalded cream. Chill and freeze. (2 quarts)







Buzzo-Brown Cone (page eleven)

**BANANA**

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 tablespoon gelatin            | 1/8 teaspoon salt        |
| 2 tablespoons cold water        | 1/8 teaspoon nutmeg      |
| 2 eggs                          | 1-1/2 cups milk          |
| 1-1/2 cups confectioner's sugar | 1 cup cut bananas        |
|                                 | 1 tablespoon lemon juice |
|                                 | 2 cups heavy cream       |

Soften gelatin in cold water and dissolve over double boiler. Beat eggs and sugar until light, add salt, nutmeg, milk, and dissolved gelatin. Crush bananas to fine pulp, stir in lemon juice and add to mixture. Whip cream and add to mixture. Chill and freeze. (1-1/2 quarts)

**BURGUNDY CHERRY**

- |   |                              |
|---|------------------------------|
| 4 cups fresh cherries, chopped and pitted | 1 quart half and half        |
| 2 cups sugar                              | 1 lemon's finely grated rind |
| 1 cup red Burgundy wine                   |                              |

Combine cherries with sugar and wine. Heat for a few minutes – do not boil. Let stand for 1 hour, then stir in half and half and lemon rind. Chill and freeze. (3 quarts)

**BUTTER PECAN**

- |                             |                      |
|-----------------------------|----------------------|
| 1 cup finely chopped pecans | 2 tablespoons butter |
|-----------------------------|----------------------|

To any vanilla recipe add chopped pecans browned in butter.

**CHOCOLATE (BASIC)**

- 6 ounces semisweet chocolate

Heat a small portion of the milk or cream from any vanilla recipe. In it, dissolve chocolate. Add to remainder of recipe.

**CHOCOLATE (CHIP)**

- 12 ounces semisweet chocolate bits
- Add chips, chopped as finely as possible, to any vanilla recipe in final minutes of churning.

**CHOCOLATE (COFFEE/CINNAMON)**

- 2 tablespoons instant coffee  
1/2 teaspoon cinnamon
- Stir coffee and/or cinnamon into heated chocolate-milk mixture in basic chocolate recipe.

**CHOCOLATE (MINT-CHIP)**

- |                          |   |
|--------------------------|---|
| 2 eggs                   | few drops green food coloring                     |
| 1-1/2 cups sugar         | 1 4-1/2 ounce milk chocolate bar, coarsely grated |
| 1/4 teaspoon salt        |   |
| 6 cups evaporated milk   |   |
| 2 teaspoons mint extract |   |

Beat eggs in large bowl. Add sugar and salt, blending completely. Beat in evaporated milk. Add extract, coloring, and chocolate. Chill and freeze. (2-1/2 quarts)

**CHOCOLATE (ROCKY ROAD)**

- 2 cups miniature marshmallows  
1 cup chopped nutmeats
- To basic chocolate recipe add marshmallows and nutmeats in final minutes of churning. Since marshmallows are bulky, remember to allow for their volume when first putting mix into cream can.

**CHOCOLATE (RUM)**

- rum extract
- Replace vanilla flavoring in basic chocolate recipe with equal amount of rum extract.

**CHOCOLATE (SWISS-ALMOND)**

- 8 ounces Swiss dark chocolate  
1 cup coarsely chopped almonds
- In basic chocolate recipe, replace semisweet chocolate with Swiss chocolate, and add almonds in final minutes of churning.



Classic Banana Split (page twelve)



Flower Pot Ice Cream (page twelve)

**HONEY DATE**

- 6 egg yolks
- 1-1/4 cups honey
- 2 cups milk
- 2 cups whipped cream
- 1/2 cup finely chopped dates
- 1 teaspoon vanilla

Thoroughly blend yolks and honey. Scald milk in double boiler. Add milk to honey mixture, blending continuously. Return mixture to double boiler, stir, cooking until thickened. Cool. Add whipped cream, dates, and vanilla to cooled mixture. Chill and freeze. (2 quarts)

**LEMON**

- 2 tablespoons medium grated lemon rind
- 4 lemons' juice
- 4 cups half and half
- 2 cups sugar

Grate a few lemons before cutting them for squeezing. Combine all ingredients. Chill and freeze. (1-1/2 quarts)

**MAPLE NUT**

- pure maple syrup
- 1 cup chopped walnuts

In any vanilla recipe substitute syrup for sugar, and add chopped walnuts in final minutes of churning.

**PEACH**

- 1 cup sugar
- 1 tablespoon lemon juice
- 1 quart heavy cream
- 2 cups fresh peaches, peeled, pitted and sliced

Mash peaches thoroughly with sugar and lemon juice. Allow peaches to absorb mixture for 30 minutes. Stir mixture into cream. Chill and freeze. (2 quarts)

**COCONUT**

- 4-1/2 cups Macadamia nuts
- 1/2 cup grated coconut
- 1 16-ounce can coconut milk (crema de coco)

To any vanilla recipe add coconut milk. A more exotic dessert results from adding Macadamia nuts and/or grated coconut.

**COFFEE**

- 3 tablespoons instant coffee

Dissolve coffee in any vanilla recipe.

**DATE RUM**

- 2 cups milk
- 2 well beaten eggs
- dash of salt
- 3/4 cup sugar
- 1 cup whipped cream
- 1 teaspoon vanilla
- 1 cup chopped dates
- 1/2 cup rum (or 1 ounce rum extract)

Heat milk in double boiler. When hot, stir in eggs, salt, and sugar. Cook until thick, and remove from heat. Cool. Fold in whipped cream and vanilla. Chill and freeze. In final minutes of churning, add dates and rum flavoring. (1 quart)

**HONEY**

- 1 tablespoon vanilla
- 6 egg whites
- 6 egg yolks
- 1 quart milk
- 1 quart heavy cream
- 1-3/4 cups honey

Heat milk, cream, and honey to lukewarm. Add vanilla, chill. Beat egg whites until thick. Beat yolks until thick. Fold both into chilled honey-cream. Chill and freeze. (3 quarts)



Melon Ring (page twelve)



**PEPPERMINT CHIP**

- 16 ounces crushed peppermint candy
- few drops red food coloring

Add candy and coloring to any vanilla recipe in final minutes of churning.

**PISTACHIO**

- 3/4 cup pistachio nuts
- 1-1/2 cups sugar
- 8 egg yolks
- 6 cups half and half
- 1 teaspoon rosewater
- 1/2 teaspoon almond extract
- 1/4 teaspoon green food coloring

Shell and blanch nuts, and chop or grate finely. Mix with sugar. Beat yolks until light and foamy, and add remaining ingredients. Cook all ingredients over moderate heat until mixture boils. Chill, beat briskly, and freeze. (2 quarts)

**SPUMONI**

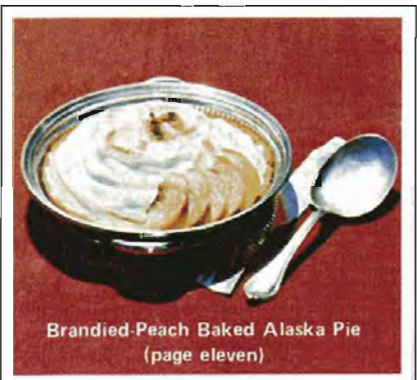
- 1/2 cup marsala
- 12 egg yolks
- 3/4 cup sugar
- 2 tablespoons water
- 1 teaspoon almond extract
- 3 cups heavy cream

Combine all ingredients except cream in double boiler and cook until mixture thickens. Add cream. Chill and freeze. (1-1/2 quarts)

**VANILLA (CUSTARD)**

- 3/4 cup sugar
- 2 tablespoons flour
- 1/4 teaspoon salt
- 2 cups half and half
- 2 eggs, slightly beaten
- 1-1/2 tablespoons vanilla
- additional 2 cups half and half

In a double boiler combine sugar, flour and salt. Stir in 2 cups half and half. Stir-cook over moderate heat until thickened. Cook 2 minutes more. Stir small amount of hot mixture into eggs, and return this mixture to boiler. Cook 1 minute more. Remove from heat; add vanilla and additional half and half. Chill and freeze. (1-1/2 quarts)



Brandied-Peach Baked Alaska Pie (page eleven)

**VANILLA (FRENCH)**

- 2 cups milk
- 3 beaten egg yolks
- 1/2 cup sugar
- 1-1/2 teaspoons vanilla
- 1/8 teaspoon salt
- 1 cup half and half

Thoroughly combine milk, egg yolks, salt, and sugar. Cook slowly in double boiler until mixture thickens and coats spoon. Cool, and add vanilla. Add half and half. (1-1/2 quarts)

**VANILLA (GELATIN)**

- 1 tablespoon gelatin
- 1/4 cup cold water
- 1 cup milk
- 3 cups half and half
- 3/4 cup sugar
- dash of salt
- 2 teaspoons vanilla

Soften gelatin in water. Dissolve mixture in hot milk. Add half and half, sugar, salt, and vanilla. Chill and freeze. (1-1/2 quarts)

**VANILLA (PHILADELPHIA)**

- 1 cup sugar
- 1 quart heavy cream
- dash of salt
- 1-1/2 teaspoons vanilla

Dissolve sugar in cream. Add salt and vanilla. Chill and freeze. (1-1/2 quarts)



**Sherbet**

**"ANY-BERRY"**

- 1-1/2 cups berries
- 1/3 cup sifted confectioner's sugar
- 2/3 cup sweetened condensed milk
- 2 tablespoons lemon juice
- 2 egg whites

Use for raspberries, strawberries, loganberries, blueberries, etc. Force berries through a sieve, stir in sugar. In another bowl, combine condensed milk with lemon juice. Fold in berry puree. Beat egg whites until stiff. Combine all ingredients. Chill and freeze. (1 quart)

**LEMON**

- 2 tablespoons gelatin
- 1/4 cup cold water
- 1/3 cup lemon juice
- 1-1/2 cups milk
- 1/2 cup half and half
- 1/8 teaspoon salt
- 1/3 cup sugar
- 1/3 cup light corn syrup.



Soften gelatin in water, and dissolve over hot water. Combine lemon juice, milk, half and half, salt, sugar, and corn syrup. Add dissolved gelatin. Chill and freeze. (1 quart)

**LIME**

- |                          |                               |
|--------------------------|-------------------------------|
| 1-3/4 cups water         | 1/2 cup fresh lime juice      |
| 2/3 cup sugar            | 1 lemon's rind, finely grated |
| 1-1/2 teaspoons gelatin  | 2 egg whites, stiffly beaten  |
| additional 1/4 cup water |                               |

Boil larger amount of water with sugar for 8 minutes. Soften gelatin in remaining water, and add to hot sugar and water mixture. Cool. Add lime juice, lemon rind, and egg whites. Chill and freeze. (1 quart)

**MINT**

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 tablespoon gelatin     | 1 cup sugar                       |
| 4 tablespoons cold water | 2 tablespoons finely chopped mint |
| additional 4 cups water  | 4 lemons' juice                   |

Soften gelatin in smaller amount of water, and heat in double boiler until dissolved. Make syrup of larger amount of water and sugar. Combine mixtures with mint and lemon juice. Chill and freeze. (2 quarts)

**ORANGE**

- |                         |                                 |
|-------------------------|---------------------------------|
| 6 egg whites            | 1 tablespoon grated orange rind |
| 3/4 cup sugar           | 2 cups orange juice             |
| 3 cups light corn syrup |                                 |
| 6 cups milk             |                                 |

Beat egg whites until stiff. Gradually beat in sugar, corn syrup, milk, orange rind, and orange juice. Chill and freeze. (4 quarts)

**PINEAPPLE**

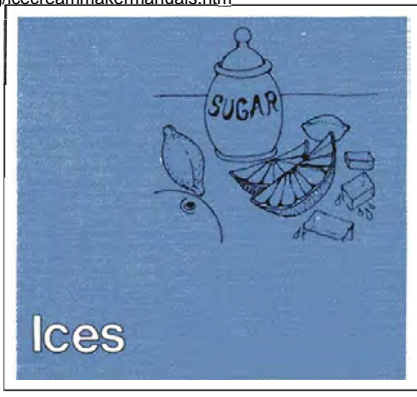
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| 3/4 cup sugar            | 1 lemon's juice                  |
| 1-1/2 cups water         | 1/2 orange's juice               |
| 1 tablespoon gelatin     | 1 cup shredded drained pineapple |
| additional 1/4 cup water | 1/8 teaspoon salt                |
| 1/2 cup pineapple juice  | 2 egg whites                     |
|                          | 1/2 cup heavy cream              |

Boil sugar in larger amount of water for 5 minutes. To this add gelatin soaked in smaller amount of water for 5 minutes. When mixture is cool, add pineapple juice, lemon juice, orange juice, and pineapple. Add salt to egg whites and beat until stiff. Combine ingredients with cream. Chill and freeze. (2 quarts)

**SODA**

- |   |                                    |
|---|------------------------------------|
| 2 14-ounce cans sweetened evaporated milk | 2 28-ounce bottles of any soda pop |
|---|------------------------------------|

Combine ingredients. Chill and freeze. (2 quarts)



**"ANY-BERRY"**

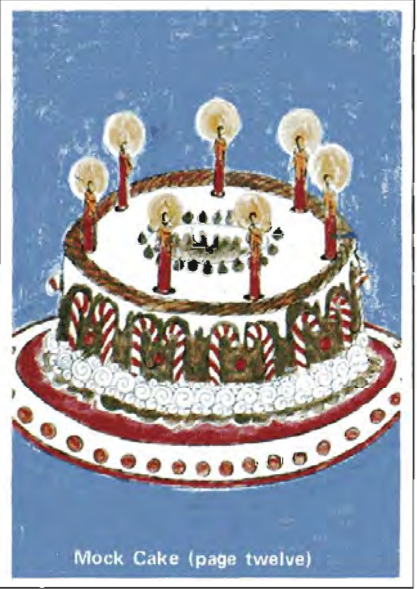
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| 1 quart mashed berries | 1 cup water              |
| 1/2 cup sugar          | 1 tablespoon lemon juice |

Use for raspberries, strawberries, loganberries; cranberries, etc. Combine berries with sugar, let stand for 2 hours. Force through sieve. Add water and lemon juice. Chill and freeze. (1-1/2 quarts)

**CREME DE MENTHE**

- |                               |                   |
|-------------------------------|-------------------|
| 3/4 cup lemon juice           | 1 quart water     |
| 1/2 cup creme de menthe syrup | 2 cups sugar      |
|                               | 1/8 teaspoon salt |

Make syrup by boiling together sugar and water. Cool. Add salt, lemon juice, and creme de menthe syrup. Chill and freeze. (2 quarts)



**GINGER ALE**

- |             |            |
|-------------|------------|
| 1 cup sugar | 1/4 cup    |
| 1 cup water | pineapple  |
| 1 teaspoon  | juice      |
| grated      | 1 pint     |
| lemon rind  | ginger ale |
| 1/4 cup     |            |
| lemon juice |            |

Mix sugar, water, and lemon rind. Boil 5 minutes, cool. Add lemon juice, pineapple juice, and ginger ale. Chill and freeze. (1-1/2 quarts)

**MINT**

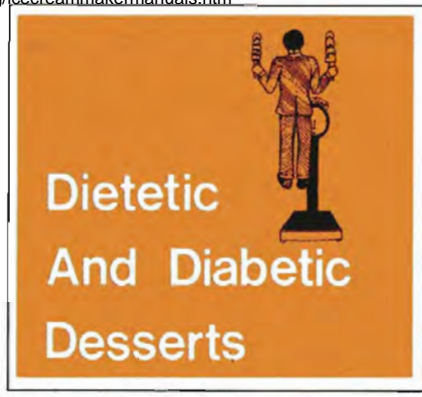
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| 1-1/4 cups sugar | 2 tablespoons   |
| 1 cup water      | lemon juice     |
| 1 cup            | 1/4 teaspoon    |
| grapefruit       | peppermint      |
| juice            | extract         |
| 1 cup            | few drops green |
| pineapple        | food coloring   |
| juice            |                 |

Boil sugar in water for 5 minutes. Cool. Add grapefruit juice, pineapple juice, lemon juice, peppermint extract, and food coloring. Chill and freeze. (1-1/2 quarts)

**WINE**

- |                  |                 |
|------------------|-----------------|
| 1-1/2 cups sugar | 1 cup red wine  |
| 1/2 cup water    | 1 lemon's rind  |
| 1 quart          | 1 lemon's juice |
| ginger ale       |                 |

Boil sugar in water until dissolved. Strain through cheesecloth. Cool. Add remaining ingredients. Chill and freeze. (1-1/2 quarts)



- COFFEE ICE CREAM**
- |                 |                  |
|-----------------|------------------|
| 2 cups          | 1/2 cup          |
| skim milk       | instant coffee   |
| 1/2 cup         | 1 tablespoon     |
| evaporated milk | liquid sweetener |

Combine ingredients. Chill and freeze. (1 quart; 11 calories per ounce)

**LEMON-PINEAPPLE SHERBET**

- |                  |               |
|------------------|---------------|
| 1 can (6 ounces) | 2 tablespoons |
| frozen           | liquid        |
| pineapple        | sweetener     |
| juice            | 1/2 cup       |
| concentrate      | nonfat dry    |
| 1/3 cup          | milk solids   |
| lemon juice      |               |
| 1-1/4 cup        |               |
| cold water       |               |

Combine ingredients. Chill and freeze. (1 quart, 21 calories per ounce)

**PINEAPPLE SHERBET**

- |            |              |
|------------|--------------|
| 1 quart    | 1 tablespoon |
| buttermilk | lemon juice  |
| 1 cup      | 4 teaspoons  |
| sweetened  | liquid       |
| crushed    | sweetener    |
| pineapple  |              |

Combine all ingredients. Chill and freeze. (1-1/2 quarts; 17 calories per ounce)

**RASPBERRY ICE**

- |                 |                 |
|-----------------|-----------------|
| 2 cups          | 1-1/2 teaspoons |
| crushed         | liquid          |
| raspberries     | sweetener       |
| 1 cup water     |                 |
| 1 lemon's rind, |                 |
| finely grated   |                 |

Combine all ingredients. Chill and freeze. (1 quart, 10 calories per ounce)

**VANILLA (DIABETIC) ICE CREAM**

- |                   |                   |
|-------------------|-------------------|
| 2-1/4 cups milk   | 1/4 cup water     |
| 3 eggs            | 3-3/4 cups        |
| 2 tablespoons     | half and half     |
| liquid            | 6 teaspoons       |
| sweetener         | vanilla           |
| 1-1/2 tablespoons | 3/4 teaspoon salt |
| gelatin           | nutmeg (to taste) |



Meringue Ice Cream Cup  
(page twelve)



Blend and cook milk, eggs, and sweetener until thick. Soften gelatin in water, and add enough hot custard to dissolve completely. Combine mixture with half and half, vanilla, salt, remaining custard, and nutmeg to taste. Chill and freeze. (2-1/2 quarts; 30 calories per ounce)

### VANILLA ICE CREAM

1 teaspoon gelatin	4 teaspoons liquid sweetener
1/4 cup cold water	2 teaspoons vanilla
1-1/2 cups milk	1-1/2 cups evaporated skim milk
1 tablespoon flour	
dash of salt	
1 beaten egg	

Soften gelatin in water. Cook milk, flour, salt, egg, and sweetener until mixture coats spoon. Add softened gelatin and vanilla. Whip evaporated milk until thick. Fold into custard mixture. Chill and freeze. (1 quart; 16 calories per ounce)

## Party Creations



These creations are pictured on pages five through twelve.

### BRANDIED-PEACH BAKED ALASKA PIE

1/4 cup prepared brandied peach sauce	3 egg whites
1 8-inch graham cracker piecrust	1/8 teaspoon salt
1-1/2 pints French vanilla ice cream	1 teaspoon vanilla
3 whole drained brandied peaches	1/3 cup granulated sugar
	sprinkle of sifted confectioner's sugar

Spread peach sauce on bottom and sides of piecrust. Onto this, spoon ice cream, distributing evenly. Place in freezer compartment to harden completely. 15 minutes before serving, cut brandied peaches into 1/2-inch slices and arrange on top of ice cream. Return pie to freezer until needed. Pre-heat broiler. Beat egg whites and salt until soft peaks form. Add vanilla. Slowly add granulated sugar and continue beating until meringue is stiff and glossy. Cover pie with meringue, forming swirls with a spoon. Sprinkle lightly with confectioner's sugar. Place pie in broiler at least 8 inches from heat source. Watch constantly. As soon as meringue turns light brown, remove pie from broiler. Serve at once.

### BUZZO CLOWN CONE

A scoop of any flavor ice cream serves as a clown head, with a pointed-base cone on top serving as a hat. Use pecans for eyes, and chocolate bits for a nose and mouth. Use coconut for a collar or hair, and chocolate sprinkles for a moustache. Or else, use sherbet with cherry, marshmallow, and spice drop decorations.

Parfait (page twelve)



**CLASSIC BANANA SPLIT**

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 large ripe banana                | 2 tablespoons pineapple preserves |
| 1 scoop vanilla ice cream          | 2 tablespoons chocolate sauce     |
| 1 scoop chocolate ice cream        | whipped cream                     |
| 1 scoop strawberry ice cream       | 2 tablespoons chopped nuts        |
| 2 tablespoons strawberry preserves | 1 Maraschino cherry               |

Split banana into halves, lengthwise. Arrange one scoop each of vanilla, strawberry, and chocolate ice cream in a row between banana halves. Top one scoop with strawberry preserves, another with pineapple preserves, and another with chocolate sauce. Top with whipped cream, nuts, and cherry

**FLOWER POT ICE CREAM**

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 1 teaspoon grated semisweet chocolate | vanilla or chocolate ice cream |
|---------------------------------------|--------------------------------|

Carefully clean small flower pot (preferably without hole in bottom). Chill, and pack firmly with ice cream. Put a thick layer of grated chocolate on top of the ice cream, and insert a clean fresh-cut flower in the center. Place on a small plate before serving.

**MELON RINGS**

- |                                |                           |
|--------------------------------|---------------------------|
| 1 cup blueberries              | 2 tablespoons lemon juice |
| 1/4 cup sugar                  | 1/8 teaspoon cinnamon     |
| 1/4 teaspoon grated lemon rind | 1 large cantaloupe        |

Make blueberry sauce by heating together blueberries, sugar, lemon rind, and lemon juice. Cook until sugar begins to dissolve and mixture thickens. Remove from heat, stir in cinnamon, and chill. Meanwhile, peel cantaloupe and cut into crosswise slices about 1-1/2 inches thick. Remove seeds and chill until ready to serve. Then fill each ring with scoop of ice cream and top with blueberry sauce.

**MERINGUE ICE CREAM CUPS**

- |                      |                         |
|----------------------|-------------------------|
| 1 egg white          | 1/3 cup chopped pecans  |
| 1/3 cup sugar        | 3 crushed soda crackers |
| 1/2 teaspoon vanilla |                         |

Beat egg white in a mixing bowl until soft peaks form. Add sugar and vanilla extract gradually and continue beating until stiff peaks form. Stir in pecans and crushed crackers. Spread a rounded teaspoonful of the mixture on the bottom and sides of 6 well-buttered muffin cups. Bake at 325° for 25 to 30 minutes until light golden brown. Cool for about 5 minutes. To remove from cups, carefully loosen the edges with a paring knife. These cups, after cooling, can be filled with any combination of ice cream and sauce or fruit or nuts.



Snowballs (page thirteen)

**MOCK CAKE**

- |   |                         |
|---|-------------------------|
| 6-10 rounded scoops different flavored ice creams | 1/2 cup chocolate chips |
| 1 quart softened vanilla ice cream                | 1/2 cup nutmeats        |

Place rounded ice cream scoops on waxed paper in your freezer compartment and freeze until very firm. When firm, arrange scoops in angel food cake pan alternating flavors. Put vanilla ice cream in blender with chocolate chips and nutmeats. Blend and pour over ice cream scoops in cake mold. Return mold to freezer compartment and freeze until firm. Unmold and serve with whipped cream or candles on top.

**PARFAIT**

- |                              |                     |
|------------------------------|---------------------|
| 2 tablespoons liqueur        | 1 small fresh peach |
| 1/4 cup vanilla ice cream    | 1 mint sprig        |
| 1/4 cup strawberry ice cream |                     |

Pour liqueur into a 6-ounce parfait glass, top with ice creams, followed by sliced and sugared peach and mint sprig. The liqueur and ice cream can easily be assembly ahead, frozen, and topped with peach slices and mint just before serving.



### PRALINE PECAN CRUNCH RING

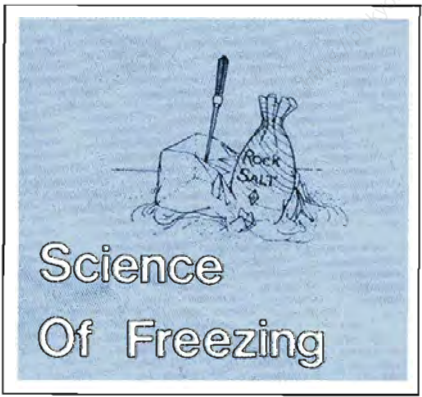
- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 1/2 cup<br>coarsely<br>chopped pecans | 1 cup<br>firmly packed<br>brown sugar |
| 1 quart<br>ice cream                  | 2-1/4 cups<br>corn flakes             |
| Maraschino cherries                   |                                       |
| 1/2 cup butter                        |                                       |

Place 8-inch ring mold in freezer compartment so it will be well chilled. Place butter and brown sugar in saucepan, slowly bring to boil for 2 minutes. Add corn flakes and pecans. Remove from heat and press into chilled mold. Chill 10 minutes. Unmold on serving dish. When ready to serve, spoon ice cream into ring and garnish with cherries arranged in clusters.

### SNOWBALLS

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 3-1/2 ounce can<br>flaked coconut | 2 quarts<br>vanilla<br>ice cream |
| 1 16-ounce can<br>chocolate syrup   |                                  |

Use a number 12 (1/3 cup) scoop to make 24 snowballs from ice cream. Immediately place scoops in a waxed-paper-lined tray and place in freezer compartment. Remove scoops from compartment 2 or 3 at a time and roll each gently in flaked coconut. Return to compartment and repeat, using all ice cream and coconut. To serve, mound "snowballs" in a pyramid in a serving bowl and pour a "lake" of chocolate syrup into bowl.



The refrigerator freezer compartment is seldom used to make ice cream, because most mixtures would freeze without containing air churned in by a dasher. This addition of air, called "overrun" in the trade, of course adds volume to the ice cream, but it improves texture and flavor as well. Ice cream without overrun is comparable to bread which hasn't risen.

Moreover, refrigerator freezing of ice cream allows formation of large, coarse ice

crystals in the mix due to the time required to freeze a solution in even the coldest freezing compartment. Ice crystals grow larger as freezing time lengthens. Your ice cream freezer, though, breaks large crystals by continuous agitation and quick freezing in the frigid ice-salt mixture. When the water in a mixture has been well-absorbed by milk proteins and/or gelatin in the mix, this crystal breaking process produces a velvety ice cream. In freezing, a balance must be achieved between lengthy churning to incorporate smoothing air cells, and brief freezing to avoid excessive crystal size.

Ice by itself cannot be used around the cream can because its temperature as it melts is not low enough to freeze ice cream quickly. Usually, when a solid substance is changed to a liquid, heat is absorbed from the surrounding materials (like melting ice cools a drink). The temperature at which a solid melts is lowered as the number of soluble molecules of an intermixed solid increases. Salt's great solubility in water (melting ice) makes ice liquify at a lower temperature, thus absorbing more heat from the cream can and freezing its contents.

Dissolved solids in the cream mixture affect freezing rate, too. For example, if too much solid granulated sugar is dissolved, the cream mixture's freezing point could drop below that of the ice-salt freezing medium, and prohibit freezing. The upper limit of salt's solubility is reached when brine temperature reaches -7.6 degrees Fahrenheit.

Therefore, it is worthwhile to know the effects of various other ingredients used in ice cream. Plain air is an important ingredient, since tiny intermixed air cells have been found to retard large crystal formation rather well. The emulsified fat found in cream helps hold churned-in air perfectly, but there is a point at which too much cream in the mix will give a fatty after taste to the final product. Air-holding stabilizers, (see page three), have evolved as cream substitutes. But where less cream is purposely used, as in ices and sherbet, the resulting product is heavier and more grainy because less air is retained.

The amount of surface area of the ice and salt chips exposed to each other determines how quickly the salt will lower the ice's temperature, and indirectly, how much time the ice cream has in which to form crystals. Ice must always be chipped or crushed, (even snow is not overly fine), and rock salt is of ideal coarseness to melt the ice.



# About Your Freezer



# Freezing Hints

- To increase contact with the ice and salt surrounding it, the *cream can* is revolved by the hand or electric power unit. The *dasher* inside is held stationary, fitting into a slot in the power unit.
- All bearings in your power unit are self-lubricating, and need not be oiled.
- The hole in the side of the tub allows brine to drain from the freezer before overflowing into your ice cream mix. Be certain it remains unplugged.
- Electric models are designed to operate on 110-120 volt, 60 cycle alternating current (common U.S. house voltage). Warming of the motor and housing is normal, indicating powerful churning performance.

Decide where you want to put the freezer while it is churning. Salt water drains from the small opening at the top of the tub, so it is advisable to freeze away from grass and plants. Also, evaporated brine leaves a salty residue if spilled on pavement. A large shallow container placed beneath the freezer works well to catch the brine, or the freezer can be operated in or near a sink. Don't operate electric models out of hearing range—*motor pitch signals* when freezing is completed.

Of course, ice will be needed to freeze your cream mix. Twenty-five pounds should suffice for four- or six-quart freezers. You can make ice in your refrigerator freezer compartment, or buy it. Liquor stores almost always have the kind you'll need, or can tell you where to get it. *The ice must be chipped or crushed* — cubes will not melt properly and can jam the revolving can, damaging the motor on electric units. If you can find only ice cubes, they are readily crushed by placing them in a *heavy* cloth bag and pounding with a mallet or hammer. Continue until all cubes are crushed fine.

About two pounds of rock salt are necessary to freeze ice cream; more for ices and sherbets. Rock salt is more easily handled than fine table salt, and much cheaper. It can be purchased at most grocery or hardware stores. You may want to buy in bulk, for use in future freezing.

Always wash your can, dasher, and can lid with soap and hot water before adding the cream mixture. Chilling the mix for about four hours (or even overnight) before pouring it into the can will make your ice cream's texture even smoother, and will hasten freezing.

Some simple items to make freezing easier are: a scoop for handling the salt and crushed ice; a sponge, to keep freezer and surrounding area neat and dry; and the cork packed with the unit (this should be saved to plug the lid *after* the churning process).

This Book Is For Knowledgeable Users Only

# IMPORTANT SAFEGUARDS

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

- 1) Read all instructions.
- 2) To protect against electrical hazards do not immerse electric motor unit 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 set or after the appliance has been dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
- 7) The use of attachments not recommended by the appliance manufacturer may cause hazards.
- 8) Do not use outdoors.
- 9) Do not let cord hang over edge of table or counter or touch hot surfaces.

# SAVE THESE INSTRUCTIONS

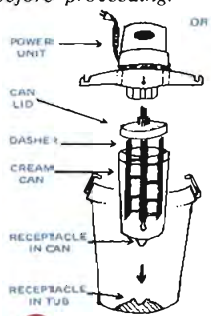


NOTE: Some models have fittings slightly different from those shown.



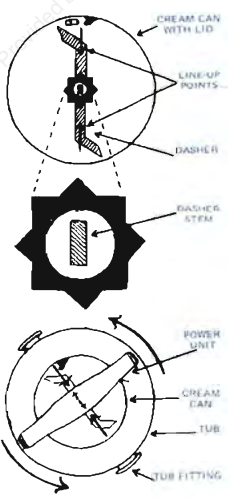
# Operating Instructions

Information vital to proper freezing is to be found on page fourteen, ("About Your Freezer," "Freezing Hints"), and page sixteen, ("General Hints"). Read these hints before proceeding.



**1** After chilling your mixture, fill cream can not more than 2/3 full (to allow for freezing expansion). Place can on tub receptacle as shown, insert dasher, and put can lid on top.

**2** Place power unit in position by first turning flat metal dasher stem until dasher is beneath line-up points on See-Thru lid. With other lids, position dasher stem in eight-pointed hole as shown. Place hand or electric power unit above can cover with power unit line-up points directly above can cover line-up points (as shown). If necessary, gently wiggle power unit to engage dasher stem and can cover. Twist power unit counter-clockwise into open-ended tub fittings.



**3** Plug in electric motor, or begin cranking on hand models. Add crushed ice and salt in the following amounts:

Freezer Capacity	6 qts.	4 qts.	2 qts.
Pounds of Crushed Ice	25	20	15
Cups of Rock Salt For Freezing	3	2	1
Cups of Rock Salt For Curing	1	1	1

Layer crushed ice and salt for freezing as shown. (If fine-grain salt is used, reduce amount by 1/3). 1 cup of salt and a few pounds of ice will be left over to be added as ice-salt level drops, and to be used in curing the churned ice cream.



More salt should be used for sherbet and ices, for faster freezing. But remember that too much salt can cause a thick crust of cream to form inside the cream can, slowing or stalling churning prematurely.

**4** Always use your electric freezer with in earshot — when its pitch lowers and the motor is laboring, the ice cream is fully churned. This point is reached on hand models when cranking becomes difficult. On the average, complete churning takes place in 25 minutes.

Remove the power unit and can cover, pull the dasher, (scraping excess ice cream back into the can), and cover the can with plastic wrap or waxed paper. Replace the can cover and plug hole in center with cork, to keep brine from ice cream.

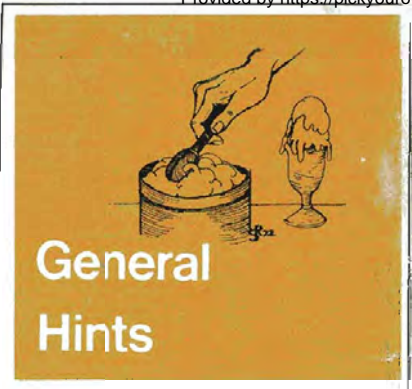
Drain 1/2 of water from tub, and pack remaining ice and salt around and above can. Cover with several thicknesses of newspaper (for insulation), and allow to harden and cure for about an hour. (Or else, wipe brine from can, and transfer to freezer compartment to cure.) Scoop into smaller containers for storage, or serve immediately.

**5** Clean and dry your freezer thoroughly before storing. Particularly, wipe all traces of brine from metal parts — salt is very corrosive. Store freezer with can cover removed.

will keep firm for at least four to six hours. "Make it; then take it!"

If there is ever any doubt about how much salt to mix with the ice surrounding the cream can, it is better to be conservative than to add too much salt and have a grainy ice cream. Less salt may slow freezing time, but this is to be preferred to coarse ice cream.

When ripening is complete, you must dispose of the ice, salt, and brine. Running water in a sink or shower should dissolve most of the mixture, or else it can be flushed in the bathroom. Avoid disposal in soil near anything with roots - salt is fatal to most plants.



Time and effort spent obtaining crushed ice can be avoided by taking advantage of your refrigerator freezer compartment or deep-freeze. Fill empty milk cartons or plasticware with water, and freeze into blocks of ice. Put these into a medium size box or ice chest and chip with an ice pick. (It's easier than you might imagine.) This produces ice chips of perfect quality for freezing.

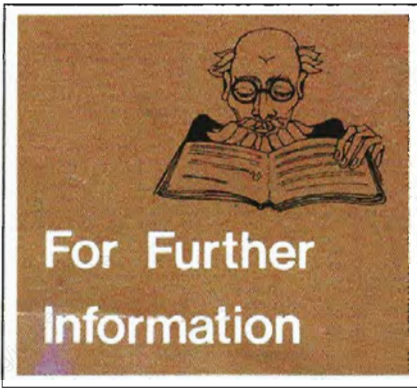
Serve your ice cream as soon as possible after freezing and hardening, and enjoy its full freshness. It stores well for a week, adequately for a month, but poorly for longer periods. Prolonged storage causes large ice crystals to form within the ice cream.

Hard-frozen ice cream is more easily handled with a strong fork than with scoops or spoons. If you have time, allow hard ice cream to soften for 30 minutes or an hour in your refrigerator before serving. It will be of ideal hardness for scooping or repacking.

Homemade ice cream can be made too soft and fluffy if some precautions are not taken. If the cream can is initially less than one-half full, check the mix for firmness at ten-minute intervals after churning begins. With less frozen cream resisting churning power, it is sometimes impossible to see increased difficulty of cranking or to hear laboring of the electric motor. Under these circumstances, churning might continue too long and add too much air to the firm ice cream.

If you prefer to serve ice cream straight from the can, without ripening, it will be very soft and will melt rapidly. Melting can be slowed, to some extent, by chilling serving dishes in your freezer compartment for ten minutes before scooping.

Don't hesitate to take ripening ice cream with you to parties, to the beach, or to any gathering. When packed in ice and salt according to instructions, ice cream



Anderson, Carolyn. *Homemade Ice Cream*. New York: Saturday Review Press, 1972. Comprehensive, scrupulously accurate, and well-written. Best in its field, recommend without reservation.

Frandsen, J. H., and Arbuckle, W. S. *Ice Cream and Related Products*. Westport, CN: Avi Publishing Co., Inc., 1961. Fairly technical, commercially-oriented.

Goldman, Earl. *Ice Cream Cook Book*. Concord, CA: Nitty Gritty Productions, 1970. Some inaccuracies and poor organization, but attractive and easy to use.

Lincoln, Mary J. *Mrs. Lincoln's Boston Cook Book*. Boston: Little, Brown, and Co., 1907. With quaint section on ice cream and sherbet; of historical interest.

MacDonald, Linda. *Ice Cream, Sherbet, and Ices*. Cranbury, NJ. A. S. Barnes and Co., Inc., 1971. Lacks explanatory depth, but offers over 600 dessert recipes.

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