

# Recípe Booklet

ICE CREAMS, SORBETS, SHERBETS & MORE!

Instruction  
Booklet  
Reverse Side



**Cuisinart**<sup>®</sup>

THE CUISINART<sup>®</sup> GELATERIA<sup>®</sup> COMMERCIAL QUALITY ICE CREAM AND GELATO MAKER

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## RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen drinks and desserts. You may create or use recipes of your own, as long as they yield no more than 1½ litres.

**Note:** You should start with no more than 4½ cups of liquid, as it will expand in volume.

### Recipe Tips

- Gelato and Sorbet bases should be no more than 1 litre (should not go above the highest dasher on the paddle).
- Ice Cream bases should be no more than 5 cups (should not go above the highest dasher on the paddle).
- For optimum consistency, chill all mixtures for a minimum of 2 hours, or up to 3 days. Always re-whisk the mixture after chilling to be sure all ingredients are well combined. While chilling the mixture is not required, this step will prevent any “ice” or “fat” crystals from forming during the freezing process for resting it in a chilled environment helps bind the ingredients together.
- Frozen desserts from the Cuisinart® Gelato & Ice Cream Maker use pure, fresh ingredients. Because of this, the desserts do not have the same characteristics as commercially prepared frozen desserts. Most store-bought versions use gums and preservatives to make them firmer. If you desire a firmer consistency, transfer the dessert to an airtight container and store in the freezer until desired consistency is reached, usually two or more hours.
- Some recipes use precooked ingredients. For best results, the mixture should be chilled overnight before using. Or, chill the recipe over an ice bath, until it is completely cooled, before using. To make an ice bath, fill a large container with ice and water. Place saucepan or other container into the ice bath. Cool precooked ingredients completely.
- You may substitute lower fat creams (e.g., half and half) and/or milk (reduced fat or low fat) for heavy cream and whole milk used in many recipes. However, keep in mind that the higher the fat content, the richer and creamier the result. Using lower fat substitutes may change the taste, consistency and texture of the dessert. When substituting, be sure to use the same volume of the substitute as you would have used of the original item. For example, if the recipe calls for two cups of cream, use a total of two cups of the substitute (such as 1 cup cream, 1 cup whole milk). See our recipes starting on page 3 for more tips.
- You may substitute artificial sweeteners for sugar. Stir the mixture thoroughly to dissolve the sweetener. See our recipe using Splenda on page 9 for a guide.

- When making sorbet, be sure to test the ripeness and sweetness of the fruit before you use it. The freezing process reduces the sweetness of the fruit so that it will taste less sweet than the recipe mixture. If the fruit tastes tart, add additional sugar to the recipe. If the fruit is very ripe or sweet, reduce the amount of sugar in the recipe. Use our sorbet recipes on page 17 as a guide.
- Make sure the mixing paddle and lid are in place before turning on machine.

## ADDING INGREDIENTS

- Ingredients such as chips and nuts should be added about 5 minutes before the freezing process is complete. You want it to still be soft enough to be able to fully incorporate into the frozen mixture.
- To add a chocolate swirl to ice cream, gelato or frozen yoghurt, drizzle in hot fudge or melted chocolate. The melted chocolate will harden once it makes contact with the freezing ingredients so add it in a slow drizzle to ensure that it does not clump.

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## SIMPLE ICE CREAMS

### SIMPLE VANILLA ICE CREAM

This ice cream can easily be dressed up by adding your favourite chopped candies or sprinkles at the end of churning.

Makes about 5 cups (ten ½-cup servings)

- 1½ cups whole milk**
- 1 cup granulated sugar**
- pinch sea or kosher salt**
- 2½ cups heavy cream**
- ½ to 1 tablespoon pure vanilla extract**

1. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate a minimum of at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
2. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*

*Calories 307 (66% from fat) • carb. 24g • pro. 2g • fat 23g • sat. fat 14g  
• chol. 87mg • sod. 55mg • calc. 84mg • fibre 0g*

### SIMPLE CHOCOLATE ICE CREAM

For a real treat, serve this with our Hot Fudge Sauce on page 18.

Makes about 5 cups (ten ½-cup servings)

- ¾ cup cocoa powder, sifted**
- ½ cup granulated sugar**
- ⅓ cup packed dark or light brown sugar**
- pinch sea or kosher salt**
- 1 cup whole milk**
- 2 cups heavy cream**
- ½ tablespoon pure vanilla extract**

1. In a medium bowl, whisk together the cocoa, sugars and salt. Add the milk and, using a hand mixer on low speed or a whisk, beat to combine until the cocoa, sugars and salt are dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
2. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*

*Calories 268 (62% from fat) • carb. 23g • pro. 3g • fat 19g • sat. fat 11g  
• chol. 69mg • sod. 44mg • calc. 61mg • fibre 1g*

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## BUTTER PECAN ICE CREAM

The butter used to toast the pecans can be saved and used over pancakes or waffles.

Makes about 5 cups (ten ½-cup servings)

- 4        tablespoons unsalted butter**
- 1        cup pecans (halves, pieces or whole)**
- 1        teaspoon sea or kosher salt**
- 1        cup whole milk**
- ¾        cup granulated sugar**
- pinch sea or kosher salt**
- 2        cups heavy cream**
- 1        tablespoon pure vanilla extract**

1. Melt the butter in a medium fry pan. Add the pecans and 1 teaspoon of salt. Cook over medium-low heat until pecans are toasted and golden, stirring frequently, about 6 to 8 minutes. Remove from the heat, strain and reserve the pecans, allowing them to chill. The butter can be used for another use – delicious over pancakes or waffles.
2. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and pinch of salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
3. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. Five minutes before mixing is completed, add the reserved pecans through the mix-in opening and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*

*Calories 349 (75% from fat) • carb. 19g • pro. 3g • fat 30g • sat. fat 15g  
• chol. 81mg • sod. 45mg • calc. 68mg • fibre 1g*

## FRESH STRAWBERRY ICE CREAM

Best made when strawberries are at their peak in season, this ice cream is light, sweet and fruity.

Makes about 5½ cups (eleven ½-cup servings)

- 1½       cups fresh strawberries, hulled\***
- ¾        cup whole milk**
- ⅔        cup granulated sugar**
- pinch sea or kosher salt**
- 1½       cups heavy cream**
- 1½       teaspoons pure vanilla extract**

1. Put the strawberries into the bowl of a food processor fitted with the chopping blade. Pulse strawberries until rough/finely chopped (depending on preference). Reserve in bowl.
2. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Stir in reserved strawberries with all juices. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
3. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

\*Frozen strawberries may be substituted if fresh strawberries are not available.

*Nutritional information per serving (based on ½ cup):*

*Calories 175 (62% from fat) • carb. 15g • pro. 1g • fat 12g • sat. fat 8g  
• chol. 46mg • sod. 21mg • calc. 24mg • fibre 0g*

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# CUSTARD-STYLE ICE CREAMS

## VANILLA BEAN ICE CREAM

For the true vanilla lover. Be sure to use fresh vanilla beans to capture the intense flavour.

Makes about 5 cups (ten ½-cup servings)

- 2 cups whole milk**
- 2 cups heavy cream**
- 1 cup granulated sugar, divided**  
**pinch sea or kosher salt**
- 1 whole vanilla bean, halved and seeds scraped**
- 5 large egg yolks**
- 1½ teaspoons pure vanilla extract**

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, half of the sugar, salt and the scraped vanilla bean (including the pod). Bring the mixture just to a boil.
2. While the milk/cream mixture is heating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or whisk, beat until mixture is pale and thick.
3. Once the milk/cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
4. Pour the mixture through a fine mesh strainer (discard the vanilla pod) and bring to room temperature. Stir in the vanilla. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight

container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*

*Calories 301 (63% from fat) • carb. 24g • pro. 4g • fat 21g • sat. fat 13g  
• chol. 177mg • sod. 62mg • calc. 102mg • fibre 0g*

## BUTTERMILK ICE CREAM

This slightly tangy ice cream pairs well with a slice of apple pie.

Makes about 5 cups (ten ½-cup servings)

- 2 cups heavy cream**
- 1 cup granulated sugar, divided**
- ⅛ teaspoon sea or kosher salt**
- 1½ teaspoons pure vanilla extract**
- 6 large egg yolks**
- 2 cups buttermilk**

1. Put the cream, half of the sugar, salt and vanilla extract in a medium saucepan. Whisk to combine and set over medium-low heat. Bring the mixture to just a boil.
2. While the cream mixture is heating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or whisk, beat until mixture is pale and thick.
3. Once the cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
4. Pour the mixture through a fine mesh strainer. Whisk in the buttermilk and bring to room temperature. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy

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texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*

*Calories 296 (62% from fat) • carb. 23g • pro. 3g • fat 20g • sat. fat 13g*

*• chol. 193mg • sod. 57mg • calc. 73mg • fibre 0g*

## FRESH MINT WITH CHOCOLATE COOKIES

Always a winning combination, fresh mint and chocolate take the forefront in this rich and creamy ice cream.

Makes about 6 cups (twelve ½-cup servings)

- 2 cups whole milk**
- 2 cups heavy cream**
- 1 cup granulated sugar, divided**
- pinch sea or kosher salt**
- 1½ teaspoons pure vanilla extract**
- 2 cups packed fresh mint leaves**
- 5 large egg yolks**
- 1 cup crushed chocolate sandwich cookies (about 8 cookies)**

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, half of the granulated sugar, salt and vanilla. Bring the mixture just to a boil. Remove from heat and add the mint leaves; let steep for 20 to 30 minutes. If you desire a milder mint flavour, remove and discard the mint leaves after steeping, but for a more intense ice cream we recommend blending the milk/mint mixture using an immersion blender. After steeping, return the mixture just to a boil over medium-low heat.
2. While the milk/cream mixture is reheating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or a whisk, beat until mixture is pale and thick.
3. Once the milk/cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture

constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.

4. Pour the mixture through a fine mesh strainer and bring to room temperature. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. When the ice cream is almost fully churned, gradually add the crushed cookies through the mix-in opening; let mix until fully combined.
6. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*

*Calories 293 (58% from fat) • carb. 27g • pro. 4g • fat 20g • sat. fat 11g*

*• chol. 148mg • sod. 98mg • calc. 115mg • fibre 1g*

## MEXICAN STYLE CHOCOLATE ICE CREAM

This ice cream can be spicy for some, so adjust the cayenne to your personal taste.

Makes about 5 cups (about ten ½-cup servings)

- 2 cups whole milk**
- 1½ cups heavy cream**
- 1½ teaspoons pure vanilla extract**
- 1 teaspoon ground cinnamon**
- 1 to 2 pinches cayenne**
- pinch sea or kosher salt**
- ⅔ cup granulated sugar, divided**
- 5 large egg yolks**
- 180 g bittersweet chocolate, roughly chopped**

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, vanilla, spices, salt and half of the sugar. Bring the mixture just to a boil.
2. While the milk/cream mixture is heating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or a whisk, beat until mixture is pale and thick.
3. Place the chopped chocolate in a separate mixing bowl; reserve.
4. Once the milk/cream mixture has come to a slight boil, whisk about  $\frac{1}{3}$  of the hot mixture into the yolk/sugar mixture. Add another  $\frac{1}{3}$  of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over the low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
5. Pour the mixture through a fine mesh strainer into the bowl of the reserved chocolate; whisk to combine and then bring to room temperature. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
6. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on  $\frac{1}{2}$  cup):*

*Calories 320 (64% from fat) • carb. 26g • pro. 5g • fat 24g • sat. fat 14g*

*• chol. 161mg • sod. 157mg • calc. 97mg • fibre 1g*

## GRAND MARNIER ICE CREAM

A luxurious treat intended for the adult crowd.

Makes about 5 cups (about ten  $\frac{1}{2}$ -cup servings)

- 2 cups whole milk**
- 2 cups heavy cream**
- zest of one medium-large orange**
- 1 cup granulated sugar, divided**

**pinch sea or kosher salt**

**5 large egg yolks**

**1 teaspoon pure vanilla extract**

**3 tablespoons Grand Marnier (orange liqueur)**

1. In a medium saucepan set over medium-low heat, stir together the milk and heavy cream. Bring the mixture just to a boil. Turn heat off and add the orange zest; let mixture steep for 30 to 60 minutes. After steeping, add half of the sugar and salt and gradually return the mixture just to a boil over medium-low heat.
2. While the milk /cream mixture is reheating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or a whisk, beat until mixture is pale and thick.
3. Once the milk /cream mixture has come to a slight boil, whisk about  $\frac{1}{3}$  of the hot mixture into the yolk/sugar mixture. Add another  $\frac{1}{3}$  of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over the low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
4. Stir in the vanilla and Grand Marnier and pour the mixture through a fine mesh strainer (discard the orange zest); bring to room temperature. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on  $\frac{1}{2}$  cup):*

*Calories 313 (60% from fat) • carb. 24g • pro. 4g • fat 21g • sat. fat 13g*

*• chol. 177mg • sod. 62mg • calc. 103mg • fibre 0g*

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# ALTERNATIVE ICE CREAMS

## DAIRY-FREE VANILLA ICE CREAM

The soy milk powder helps the texture of the ice cream. If you are intolerant to soy then search for a substitute at your local health-food store.

Makes about 5 cups (ten ½-cup servings)

- 3 cups dairy-free milk (soy, hemp, almond, rice)**
- 2 tablespoons soy milk powder**
- ¾ cup granulated sugar**
- pinch sea or kosher salt**
- 1 to 2 teaspoons pure vanilla extract**

1. In a medium bowl, use a hand mixer on low speed or whisk to combine all of the ingredients. Cover, refrigerate, at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
2. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*

*Calories 105 (8% from fat) • carb. 21g • pro. 3g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 38mg • calc. 14mg • fibre 1g*

## DAIRY-FREE VANILLA CUSTARD ICE CREAM

Another version of a dairy-free vanilla ice cream, but this version is a traditional cooked custard version, which makes it a bit creamier. If you are not allergic or intolerant to eggs, this is a great one to try.

Makes about 5 cups (ten ½-cup servings)

- 3 cups dairy-free milk (soy, hemp, rice, almond, etc.)**
- 1 cup granulated sugar**

**pinch sea or kosher salt**

- 1 to 2 teaspoons pure vanilla extract**
- 5 large egg yolks**

1. In a medium saucepan set over medium-low heat, add the milk, half of the sugar, salt and the vanilla. Whisk to combine and bring the mixture just to a boil.
2. While the milk mixture is heating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or whisk, beat until mixture is pale and thick.
3. Once the milk mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook. The process should only take a few minutes.
4. Pour the mixture through a fine mesh strainer and bring to room temperature. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (using soy milk, based on ½ cup):*

*Calories 142 (19% from fat) • carb. 26g • pro. 3g • fat 3g • sat. fat 1g  
• chol. 105mg • sod. 44mg • calc. 23mg • fibre 0g*

## SUGAR-FREE VANILLA ICE CREAM

Finally, a homemade ice cream for diabetics or those watching their sugar intake.

Makes about 5 cups (ten ½-cup servings)

- 1 cup whole milk**
- ¾ cup sugar substitute (such as Splenda)**



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**pinch sea or kosher salt**

**2 cups heavy cream**

**1 to 2 teaspoons pure vanilla extract**

1. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar substitute and salt until the sugar substitute is dissolved. Stir in the heavy cream and vanilla. Cover, refrigerate, at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
2. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):  
Calories 106 (86% from fat) • carb. 4g • pro. 1g • fat 10g • sat. fat 6g  
• chol. 36mg • sod. 22mg • calc. 46mg • fibre 0g*

### GOAT MILK ICE CREAM

A nice tanginess, a delicious vanilla-style ice cream that will please any person who cannot tolerate cow's milk. Add mix-ins of chocolate, fruit, nuts or caramel to make your own blend.

Makes about 5 cups (ten ½-cup servings)

**3 cups goat's milk**

**¾ cup granulated sugar**

**pinch sea or kosher salt**

**1 to 2 teaspoons pure vanilla extract**

**2 tablespoons goat's milk powder (found in many mainstream grocery stores, or in any health food store)**

1. In a medium bowl, use a hand mixer on low speed or whisk to combine all of the ingredients. Cover, refrigerate, at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
2. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn

unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):  
Calories 115 (24% from fat) • carb. 19g • pro. 3g • fat 3g • sat. fat 2g  
• chol. 8mg • sod. 42mg • calc. 99mg • fibre 0g*

### COCONUT CHOCOLATE ICE CREAM

A delicious and creamy non-dairy frozen treat. Be sure to mix the batter very well before freezing to avoid any clumps in the final product.

Makes about 5 cups (ten ½-cup servings)

**¾ cup cocoa powder, sifted**

**⅔ cup granulated sugar**

**⅓ cup light brown sugar**

**pinch sea or kosher salt**

**2 cans (400ml) coconut milk (do not use "lite")**

**½ tablespoon pure vanilla extract**

1. Mix all ingredients together very well until there are no clumps (you can use a blender on low speed, or a hand blender, to be sure).
2. Chill for at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
3. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):  
Calories 244 (57% from fat) • carb. 25g • pro. 2g • fat 15g • sat. fat 14g  
• chol. 0mg • sod. 36mg • calc. 5mg • fibre 1g*

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# GELATI

## BASIC VANILLA GELATO

Drizzle in melted chocolate for a decadent stracciatella gelato.

Makes about 5 cups (ten ½-cup servings)

- 1 cup heavy cream**
- 3 cups whole milk, divided**
- 1 cup granulated sugar**
- 2 tablespoons cornstarch**
- pinch sea or kosher salt**
- ½ teaspoon pure vanilla extract**
- 1 tablespoon liquid pectin**

1. In a medium saucepan, combine cream and 2 cups of the milk. Set over medium/medium-low heat and bring to a simmer.
2. While cream/milk mixture is heating, put the remaining milk, sugar, cornstarch, salt and vanilla into a small-medium mixing bowl. Whisk to combine.
3. Once milk/cream mixture comes to a simmer, add the milk/sugar mixture and stir until fully combined. While still set over medium/medium-low heat, continuously stir until mixture boils and thickens to where it can coat the back of a spoon (this will take about 15 minutes, depending on the stove being used).
4. Remove pan from heat, stir in pectin, strain and cool to room temperature. Cover and refrigerate a minimum of at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the gelato paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*  
Calories 211 (46% from fat) • carb. 26g • pro. 3g • fat 11g • sat. fat 7g  
• chol. 43mg • sod. 61mg • calc. 106mg • fibre 0g

## CHOCOLATE-HAZELNUT GELATO

Makes about 5 cups (ten ½-cup servings)

- 1¾ cups heavy cream**
- 2¼ cups whole milk, divided**
- ½ cup granulated sugar**
- 2 tablespoons cornstarch**
- pinch sea or kosher salt**
- 1 cup chocolate-hazelnut spread, such as Nutella®**
- ½ to 1 cup chopped hazelnuts (or you may use the same amount of chopped Baci candies)**

1. In a medium saucepan, combine cream and 1½ cups of the milk. Set over medium/medium-low heat and bring to a simmer.
2. While cream/milk mixture is heating, put the remaining milk, sugar, cornstarch and salt into a small-medium mixing bowl. Whisk to combine.
3. Once milk/cream mixture comes to a simmer, add the milk/sugar mixture and stir until fully combined. Slowly whisk in the chocolate-hazelnut spread. While still set over medium/medium-low heat, continuously stir until mixture boils and thickens to where it can coat the back of a spoon (this will take about 10 to 15 minutes, depending on the stove being used).
4. Remove pan from heat, strain and cool to room temperature. Cover and refrigerate a minimum of at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the gelato paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 30 minutes. About 5 minutes before the mixture has finished, add the chopped hazelnuts/candies through the mix-in opening. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*  
Calories 403 (65% from fat) • carb. 30g • pro. 5g • fat 30g • sat. fat 13g  
• chol. 65mg • sod. 71mg • calc. 136mg • fibre 3g

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## CUSTARD GELATO

This recipe uses egg yolks to create an extra creamy and custard-like flavour.

Makes about 6 cups (twelve ½-cup servings)

- 1 cup heavy cream**
- 2 cups whole milk, divided**
- 2 teaspoons pure vanilla extract**
- ¼ teaspoon sea or kosher salt**
- 2 tablespoons cornstarch**
- 6 large egg yolks**
- ¾ cup granulated sugar**

1. Put heavy cream and 1¾ cups milk together with the vanilla and salt into a saucepan over medium heat. In a small bowl, mix together well the remaining milk with the cornstarch and reserve.
2. While the cream mixture is heating, whisk the egg yolks and sugar together really well until pale and thick. Place bowl on a dampened towel on the countertop.
3. Once the cream mixture comes to a simmer, stir in the milk/cornstarch mixture well and continue to stir over heat for an additional five minutes, being sure mixture does not come to a full boil.
4. Whisking continuously at the same time, very slowly pour all of the hot liquid into the yolk/sugar mixture. Return mixture back to the saucepan over heat and whisk for about 5 minutes and then return to mixing bowl. Allow to cool to room temperature before covering and refrigerating overnight.
5. Pour the mixture into mixing bowl, fitted with the gelato paddle, of the Cuisinart Ice Cream and Gelato Maker. Turn unit on, set Timer and press Start. Let mix until thickened, about 30 to 40 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*  
Calories 176 (55% from fat) • Carb 17g • Pro. 3g • Fat 11g • Sat. Fat 6g  
• Chol. 138mg • Sod. 82 mg • Fibre 0g • Calc. 74mg

## ESPRESSO GELATO

For an extra jolt, add some dark chocolate covered espresso beans toward the end of freezing.

Makes about 4 cups (eight ½-cup servings)

- 1 cup heavy cream**
- 2 cups whole milk, divided**
- 1 cup brewed espresso**
- 1 cup granulated sugar**
- 2 tablespoons cornstarch**
- pinch sea or kosher salt**
- 1 tablespoon liquid pectin**

1. In a medium saucepan, combine cream and 1½ cups of the milk. Set over medium/medium-low heat and bring to a simmer.
2. While cream/milk mixture is heating, put the remaining milk, espresso, sugar, cornstarch and salt into a small-medium mixing bowl. Whisk to combine.
3. Once milk/cream mixture comes to a simmer, add the milk/sugar mixture and stir until fully combined. While still set over medium/medium-low heat, stir continuously until mixture boils and thickens to where it can coat the back of a spoon (this will take about 15 minutes, depending on the stove being used).
4. Remove pan from heat, stir in pectin, strain and cool to room temperature. Cover and refrigerate a minimum of at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the gelato paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*  
Calories 246 (47% from fat) • carb. 31g • pro. 3g • fat 13g • sat. fat 8g  
• chol. 50mg • sod. 65mg • calc. 95mg • fibre 0g

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## LEMON GELATO

The perfect amount of sweet and tart for this classic gelato flavour.

Makes about 4 cups (eight ½-cup servings)

- 1 cup heavy cream**
- 2 cups whole milk, divided**
- 6 lemons, zest removed (about ½ cup of lemon zest), juiced with juice reserved**
- 1¼ cup granulated sugar**
- 1 teaspoon pure vanilla extract**
- 2 tablespoons cornstarch**
- 1 tablespoon liquid pectin**

1. In a medium saucepan, combine cream and 1 cup of the milk. Set over medium/medium-low heat and bring to a simmer.
2. While cream/milk mixture is heating, put the remaining milk, lemon zest, sugar, cornstarch, salt and vanilla into a small-medium mixing bowl. Whisk to combine.
3. Once milk/cream mixture comes to a simmer, add the milk/sugar mixture and stir until fully combined. While still set over medium/medium-low heat, continuously stir until mixture boils and thickens to where it can coat the back of a spoon (this will take about 15 minutes, depending on the stove being used).
4. Remove pan from heat, stir in pectin, strain and cool to room temperature. Stir in the lemon juice, cover and refrigerate a minimum of at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl, fitted with the gelato paddle, of the Cuisinart Ice Cream Maker. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information serving: (based on ½ cup)*  
*Calories 281 (40% from fat) • Carb. 40 g • Pro 3g • Fat 13g • Sat fat 8g*  
*• Chol 50 mg • Sod. 43 mg • Fibre 1g • Calc. 105mg*

## MASCARPONE AND FIG GELATO

Mascarpone and fig combine deliciously together in this grown up gelato flavour.

Makes about 6 cups (twelve ½-cup servings)

**Fig purée:**

- 1 cup dried, sulfate-free figs, about 12 figs**
- 1½ cups water**
- 2 tablespoons honey**

**Mascarpone base:**

- 1 cup heavy cream**
- 2 cups whole milk, divided**
- 1¼ cups granulated sugar**
- 1 teaspoon pure vanilla extract**
- 2 tablespoons cornstarch**
- 1 cup mascarpone**
- 1 tablespoon liquid pectin**
- 1 generous cup fig purée (entire yield from recipe above)**

**Make the purée:**

1. Put the figs, water and honey in a small saucepan. Bring mixture to a boil and then immediately reduce the heat to maintain a slight simmer.
2. Continue simmering for at least 3 hours, adding water as necessary to keep the figs covered while they are simmering.
3. When figs are really soft and there is only ½ cup of liquid remaining, purée mixture with a hand blender until smooth. Refrigerate until ready to use.

**While the figs are simmering, prepare the base:**

1. In a medium saucepan, combine the cream and 1 cup of the milk. Set over medium/medium-low heat and bring to a simmer.
2. While cream/milk mixture is heating, put the remaining milk, sugar, cornstarch, salt and vanilla into a medium mixing bowl. Whisk to combine.

3. Once milk/cream mixture comes to a simmer, add the milk/sugar mixture and stir until fully combined, reserve the mixing bowl for the mascarpone. Add the mascarpone and whisk to loosen slightly.
4. While still set over medium/medium-low heat, continuously stir until mixture boils and thickens to where it can coat the back of a spoon (this will take about 15 minutes, depending on the stove being used).
5. Remove pan from heat. Slowly pour the hot liquid into the mascarpone, mixing with a hand mixer or whisk until mixture is completely homogenous. Once mixture is homogenous, stir in pectin, strain and cool to room temperature. Cover and refrigerate a minimum of at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker, base will be very thick.
6. Pour the mixture into the mixing bowl, fitted with the gelato paddle, of the Cuisinart Ice Cream and Gelato Maker. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The gelato will have a soft, creamy texture. Once the gelato is thick, spoon the fig mixture in while mixing, a large dollop at a time until all is incorporated. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving: (based on ½ cup)*  
 Calories 257 (45% from fat) • Carb. 33g • Pro. 3g • Fat 13g • Sat. fat 8g  
 • Chol. 48mg • Sod. 69mg • Fibre 1g • Calc. 88mg

## MIXED BERRY GELATO

Makes about 5 cups (ten ½-cup servings)

- 1 cup heavy cream**
- 2 cups whole milk, divided**
- 1 cup granulated sugar**
- 2 tablespoons cornstarch**
- pinch sea or kosher salt**
- 1 cup mixed fresh or frozen (thawed) berries**
- ½ teaspoon pure vanilla extract**
- 1 tablespoon mixed berry jam**

1. In a medium saucepan, combine cream and 1½ cups of the milk. Set over medium/medium-low heat and bring to a simmer.
2. While cream/milk mixture is heating, put the remaining milk, sugar, cornstarch and salt into a small-medium mixing bowl. Whisk to combine. Using a blender, food processor or hand blender, purée the berries until mostly smooth; reserve.
3. Once milk/cream mixture comes to a simmer, add the milk/sugar mixture and stir until fully combined. While still set over medium/medium-low heat, continuously stir until mixture boils and thickens to where it can coat the back of a spoon (this will take about 15 minutes, depending on the stove being used).
4. Remove pan from heat, stir in the puréed berries, vanilla and jam; strain and cool to room temperature. Cover and refrigerate a minimum of at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the gelato paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 30 to 40 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*  
 Calories 207 (44% from fat) • carb. 27g • pro. 2g • fat 10g • sat. fat 6g  
 • chol. 40mg • sod. 49mg • calc. 77mg • fibre 0g

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## OLIVE OIL-THYME GELATO

Makes about 4½ cups (nine ½-cup servings)

- 1 cup heavy cream**
- 3 cups whole milk, divided**
- 1 sprig fresh thyme**
- 1 cup granulated sugar**
- 2 tablespoons cornstarch**
- pinch sea or kosher salt**
- ¾ cup extra virgin olive oil**
- 1 tablespoon liquid pectin**

1. In a medium saucepan, combine cream, 2 cups of the milk, and the thyme. Set over medium/medium-low heat and bring to a simmer. Remove from heat and allow thyme to steep in the cream/milk mixture for about 30 minutes. After steeping, remove and discard thyme and then return to the heat and bring back to a simmer.
2. While cream/milk mixture is re-heating, put the remaining milk, sugar, cornstarch and salt into a small-medium mixing bowl. Whisk to combine. Slowly whisk in the olive oil.
3. Once milk/cream mixture comes to its second simmer, add the milk/sugar mixture and stir until fully combined. While still set over medium/medium-low heat, continuously stir until mixture boils and thickens to where it can coat the back of a spoon (this will take about 15 minutes, depending on the stove being used).
4. Remove pan from heat, stir in pectin, strain and cool to room temperature. Cover and refrigerate a minimum of at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle., of the Cuisinart Ice Cream Maker. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*

*Calories 394 (69% from fat) • carb. 29g • pro. 3g • fat 31g • sat. fat 10g  
• chol. 48mg • sod. 68mg • calc. 118mg • fibre 0g*

## PISTACHIO GELATO

Makes about 4 cups (eight ½-cup servings)

- 1 cup heavy cream**
- 3 cups whole milk, divided**
- 1¼ cups granulated sugar, divided**
- 2 tablespoons cornstarch**
- pinch sea of kosher salt**
- 2 cups pistachios**
- ¾ teaspoon pure almond extract**
- 1 tablespoon liquid pectin**

1. In a medium saucepan, combine cream and 2 cups of the milk. Set over medium/medium-low heat and bring to a simmer.
2. While cream/milk mixture is heating, put the remaining milk, 1 cup of the sugar, cornstarch and salt into a small-medium mixing bowl. Whisk to combine; reserve. Put the pistachios and remaining ¼ cup of sugar into a food processor. Pulse to roughly chop; reserve.
3. Once milk/cream mixture comes to a simmer, add the milk/sugar mixture and stir until fully combined. While still set over medium/medium-low heat, continuously stir until mixture boils and thickens to where it can coat the back of a spoon (this will take about 15 minutes, depending on the stove being used).
4. Remove pan from heat, stir in almond extract, pectin and pistachio/sugar mixture; cool to room temperature. Cover and refrigerate a minimum of at least 2 hours, or overnight. Whisk mixture together again before pouring into the ice cream maker.
5. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the gelato paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*

*Calories 464 (52% from fat) • carb. 47g • pro. 10g • fat 28g • sat. fat 10g  
• chol. 54mg • sod. 80mg • calc. 166mg • fibre 3g*

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## FROZEN YOGHURTS

### HONEY-ALMOND FROZEN YOGHURT

Makes about 5 cups (ten ½-cup servings)

- 2 cups heavy cream**
- ¼ cup honey**
- ¼ cup granulated sugar**
- pinch sea or kosher salt**
- 2 cups whole milk vanilla yoghurt**
- 1½ teaspoons pure almond extract**
- ½ cup sliced almonds**

1. In a small to medium saucepan, combine the cream, honey, sugar and salt. Bring to a slight simmer, whisking occasionally to combine ingredients. Cool to room temperature.
2. In a medium mixing bowl, whisk the yoghurt and almond extract together until combined. Slowly whisk in the cooled cream/honey mixture and continue to whisk until combined. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
3. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. About 5 minutes before the mixture is done churning, add the sliced almonds through the mix-in opening. Allow to mix thoroughly. The frozen yoghurt will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*  
Calories 282 (65% from fat) • carb. 22g • pro. 3g • fat 20g • sat. fat 14g  
• chol. 71mg • sod. 56mg • calc. 78mg • fibre 1g

## PUMPKIN FROZEN YOGHURT

Getting tired of the same old pumpkin desserts? Serve this to your guests with some fresh ginger bread and whipped cream.

Makes about 5 cups (ten ½-cup servings)

- 1 cup heavy cream**
- 1 can (450g) pumpkin purée (about 1¼ cups)**
- 1⅓ cups packed light brown sugar**
- 1½ teaspoons ground cinnamon**
- 1 teaspoon ground ginger**
- ¼ teaspoon ground nutmeg**
- pinch sea or kosher salt**
- 2 cups plain, whole-milk yoghurt (you can substitute vanilla yoghurt, but then reduce the vanilla extract to 1 teaspoon)**
- 1½ teaspoons pure vanilla extract**

1. In a small to medium saucepan, combine all ingredients, except for the yoghurt and vanilla. Bring to a slight simmer, whisking occasionally to combine ingredients. Cool to room temperature.
2. In a medium mixing bowl, whisk the yoghurt and vanilla together until combined. Slowly whisk in the cooled cream/pumpkin mixture and continue to whisk until combined. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
3. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 40 minutes. The frozen yoghurt will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*  
Calories 242 (36% from fat) • carb. 37g • pro. 2g • fat 10g • sat. fat 8g  
• chol. 39mg • sod. 50mg • calc. 81mg • fibre 2g

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# SORBETS

## COCONUT SORBET

Delicious when topped with toasted coconut or our Hot Fudge Sauce (page 18).

Makes about 5 cups (ten ½-cup servings)

- 1¼ cups water**
- 1¼ cups granulated sugar**
- 1 whole vanilla bean, halved and seeds scraped**
- pinch sea or kosher salt**
- 2 cans (400ml) unsweetened coconut milk**

1. Combine the water, sugar, vanilla bean (including the pod) and salt in a medium saucepan set over medium-low heat. Bring mixture just to a boil and then remove from heat. Let mixture steep for 1 hour; strain (discarding pod).
2. Add the coconut milk to the strained mixture. Cover and refrigerate at least 2 hours, or overnight. Whisk mixture again before pouring into the ice cream maker.
3. Pour the mixture into the mixing bowl of the Cuisinart® Ice Cream and Gelato Maker fitted with the ice cream paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 60 minutes. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*  
Calories 233 (52% from fat) • carb. 28g • pro. 1g • fat 14g • sat. fat 13g  
• chol. 0mg • sod. 33mg • calc. 1mg • fibre 0g

## PROSECCO-GRAPEFRUIT SORBET

Makes about 4 cups (eight ½-cup servings)

- ¾ cup water**
- ¾ cup granulated sugar**
- 1 tablespoon grapefruit zest**

**pinch sea or kosher salt**

- 2 cups fresh grapefruit juice**
- ¾ cup prosecco (Italian sparkling wine)**

1. Combine the water, sugar, grapefruit zest and salt in a small to medium saucepan set over medium-low heat. Cook mixture until the sugar is fully dissolved.
2. Pour the grapefruit juice into the sugar zest mixture and whisk together. Cover and refrigerate at least 2 hours, or overnight. Strain mixture, and then whisk in prosecco prior to pouring into the ice cream maker.
3. Pour the mixture into the ice cream mixing bowl, fitted with the gelato paddle. Turn unit on, set Timer and press Start. Let mix until thickened, about 60 minutes. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*  
Calories 114 (0% from fat) • carb. 25g • pro. 0g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 18mg • calc. 7mg • fibre 0g

# SAUCES

## CARAMEL SAUCE

While we love this sauce on our ice creams, it can also be used as a dipping sauce for fruit and cake.

Makes about ¾ cup

- ¾ cup granulated sugar**
- ½ teaspoon sea or kosher salt**
- ¼ cup water (enough so that the consistency when mixed with the sugar and salt is similar to wet sand)**
- 1 tablespoon light corn syrup**
- ⅓ cup heavy cream**
- 3 tablespoons unsalted butter, cut into 1cm cubes**



# Weights, Measures and Conversions

- In a medium, heavy-bottomed saucepan, stir together the sugar, salt, water and corn syrup. Be sure to clean the inside walls of the pan if there is any sugar on the sides (a clean, wet pastry brush works best). Set over medium-low heat, to keep the mixture at a low simmer, and cook until the sugar mixture turns a very light amber color (about 15 to 20 minutes). Keep a close eye on the caramel sauce as it can burn easily.
- Once the sugar mixture has a light amber color, take it off the stove and slowly and carefully stir in the cream. After the cream has been incorporated, slowly whisk in the butter, one piece at a time, continually whisking to emulsify until all the butter has been added. Use immediately, or keep warm over a pot of warm water.

*Nutritional information per serving (2 tablespoons):*

*Calories 198 (46% from fat) • carb. 27g • pro. 0g • fat 10g • sat. fat 7g  
• chol. 33mg • sod. 184mg • calc. 9mg • fibre 0g*

## HOT FUDGE SAUCE

Makes about 2 cups

- $\frac{2}{3}$  **cup heavy cream**
- $\frac{1}{3}$  **cup light corn syrup**
- $\frac{1}{3}$  **cup packed light brown sugar**
- $\frac{1}{4}$  **cup cocoa powder, sifted**
- $\frac{1}{4}$  **teaspoon sea or kosher salt**
- 2** **tablespoons unsalted butter**
- 1** **teaspoon pure vanilla extract**
- 6** **ounces semisweet chocolate**

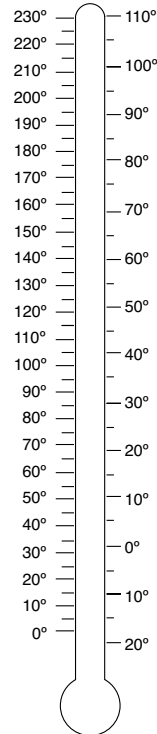
- In a heavy-bottomed saucepan, combine all ingredients except for semi-sweet chocolate. Set over medium-low heat and bring to a slight boil. Add chocolate and whisk to combine.

*Nutritional information per serving (2 tablespoons):*

*Calories 133 (53% from fat) • carb. 15g • pro. 1g • fat 8g • sat. fat 5g  
• chol. 18mg • sod. 15mg • calc. 11mg • fibre 1g*

## Temperature °F / °C

Fahrenheit Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

Length	Metric
1 inch (in)	= 2.54 cm
Capacity	
1 quart (qt)	= 0.95 L
1 cup	= 250 ml
1 liquid ounce (oz)	= 29.57 ml
Weight	
1 pound (lb)	= 450 g
1 ounce (oz)	= 28.35 g

