

Tel: 866-WHYNTER      Address: 12406 Bell Ranch Drive, Santa Fe Springs CA 90670 USA  
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## **RECIPE MANUAL**

### *Ice Cream*

Ice cream mixtures can be as simple as pureed fruit, sugar and cream, Philadelphia-style, or based on more complicated cooked custards, French-style. Both are delicious, though French versions are slightly richer. The recipes which follow are for both kinds. All use rich, heavy cream. If you prefer a lighter, lower-calorie dessert, substitute milk (whole or skim) or even yogurt for the cream in any of these recipes. Sample the mixtures before freezing and adjust to personal taste.

Use these recipes as an inspiration for your own favorite ice creams. If you like a little crunch, add a cup of chopped nuts, chocolate chips or candy to a quart of mixture either before or after freezing, depending on whether you want the crunch to be frozen, too. You can also add chopped fruit, fresh or dried, shredded coconut, even marshmallows. It's better to add these soft things at the end so they don't get icy.

#### **Banana Ice Cream**

Riper bananas provide a sweeter flavor.

4 ripe bananas  
3 tablespoons fresh lemon juice  
 $\frac{3}{4}$  cup simple syrup  
1 cup heavy cream

Working quickly to keep the bananas from darkening, peel and place them in a food processor with the lemon juice. Purée until smooth. You should have about 2 cups of purée. Stir in the simple syrup, then the cream.

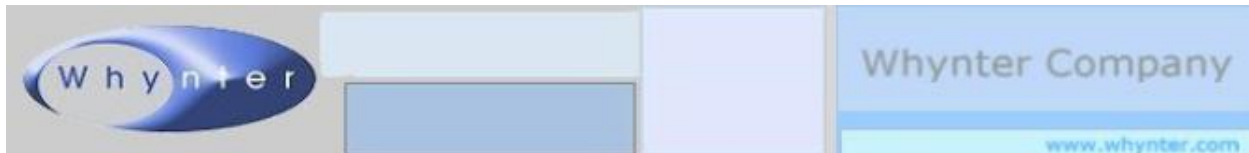
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

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

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#### **Strawberry Ice Cream**



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2 pints strawberries, washed and bulled  
½ cup plus 2 tablespoons superfine sugar  
3 tablespoons fresh lemon juice  
1 ½ cups heavy cream

Purée strawberries in a food processor. Stir in the remaining ingredients. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Maple Walnut Ice Cream**

2 cups heavy cream  
¾ cup milk  
1 ¼ cups Vermont grade A maple syrup  
¾ cup walnut pieces

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

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

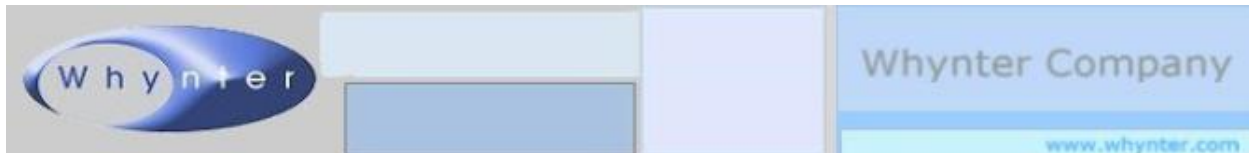
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### **Peach Ice Cream**

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

Two 16-ounce cans of peaches packed in heavy syrup, drained, liquid discarded.  
¾ cup simple syrup  
3 tablespoons fresh lemon juice  
1 cup heavy cream

Puree the peaches in a food processor. Add the syrup, lemon juice and cream. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.



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### **Apricot Ice Cream**

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

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

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### **Quick Raspberry Ice Cream**

Two 10-ounce partially thawed raspberries packed in syrup, partially thawed.  
2 cups heavy cream

Lightly crush the raspberries while still in the bag. Pour into the bowl of the machine and add the cream. Freeze.

### **Coconut Ice Cream**

One 15-ounce can sweetened cream of coconut.  
1 cup milk  
1 ½ cups heavy cream  
½ cup tightly-packed sweetened coconut flakes

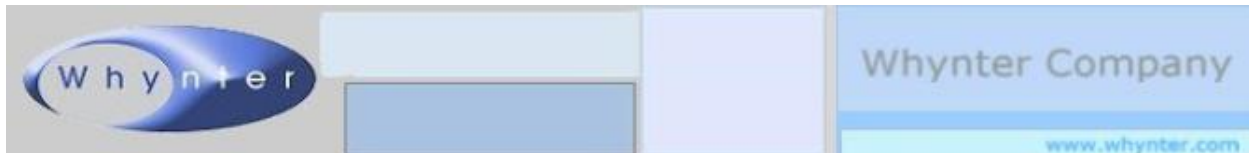
Place the coconut cream and milk into a food processor and blend thoroughly. Stir in the cream and coconut flakes.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Avocado Ice Cream**

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

Four 8-ounce avocados  
¾ teaspoon salt  
1 cup superfine sugar  
6 tablespoons fresh lemon juice



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1 cup heavy cream

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

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Custard Ice Cream Base**

This base will keep for 3 to 4 days the refrigerator in a tightly covered container. Please note that it is important that the container be well sealed or the base will absorb flavors from other foods. If you prefer to use turbinado sugar, substitute it for the granulated in this recipe.

3 cups heavy cream

1 cup whole milk

$\frac{3}{4}$  cup sugar

4 egg yolks

Heat the cream, milk and sugar in a heavy-bottomed saucepan, stirring occasionally until the sugar is dissolved and the mixture is hot. Place the egg yolks in a bowl and whisk briefly. Still whisking, slowly pour the eggs to combine with the mixture in the saucepan. Cook over medium heat, stirring constantly, until the mixture thickens slightly and coats the back of a spoon, about 8 minutes. Be sure not to let the mixture boil to avoid curdling. Strain the mixture into a clean bowl and use as directed in the specific recipes.

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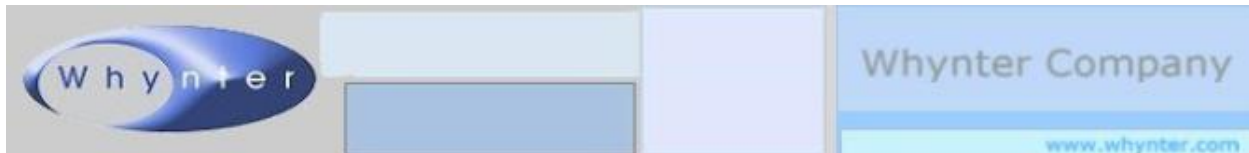
There isn't enough pure vanilla in the world to satisfy America's craving for vanilla ice cream, which explains why most vanilla ice cream is artificially flavored.

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

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



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### **Rich Vanilla Ice Cream**

This rich Vanilla ice cream is better than anything you can find commercially--- even in an ice cream parlor.

- 3 cups heavy cream
- 1 cup whole milk
- $\frac{3}{4}$  cup sugar
- 2 vanilla beans, split, or 2 tablespoons vanilla extract
- 4 egg yolks

Follow the recipe for the Custard Ice Cream Base, adding the vanilla beans to the saucepan with the cream, milk and sugar. Just before straining, scrape the seeds from the beans into the custard base. If using vanilla extract, add to the base after straining.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Honey Vanilla Ice Cream**

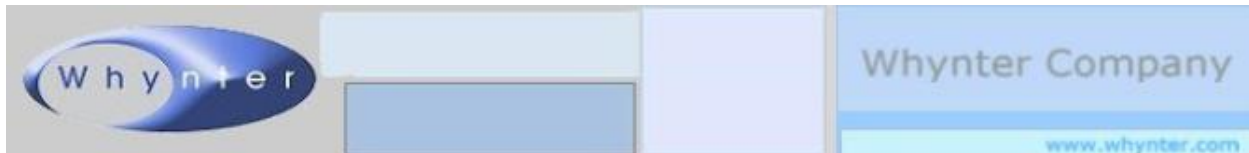
Follow the recipe for Rich Vanilla Ice Cream, substituting  $\frac{1}{2}$  cup honey for the sugar.

### **Chocolate Ice Cream**

- 3 ounces semisweet chocolate
- 1 ounce unsweetened chocolate
- 1 recipe Custard Ice Cream Base, warm

Melt the chocolate together in a saucepan over low heat, stirring occasionally until smooth. Gradually add some of the ice cream base to the chocolate, whisking it frequently to keep the chocolate smooth. Add the remaining ice cream base and cook over low heat until the mixture is well blended. Cool thoroughly.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.



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### **Coffee Ice Cream**

We like this garnished with candy coffee beans.

1 recipe Custard Ice Cream Base  
¼ cup instant coffee granules, preferably espresso

Mix about 1 cup of the Custard Ice Cream Base together with the coffee. Stir over low heat until the coffee is dissolved. Mix with the remaining base. Cool thoroughly.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Pistachio Ice Cream**

1 recipe Custard Ice Cream Base, chilled  
1 cup shelled, blanched, peeled, coarsely chopped pistachio nuts  
½ teaspoon almond extract

Mix all the ingredients together.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

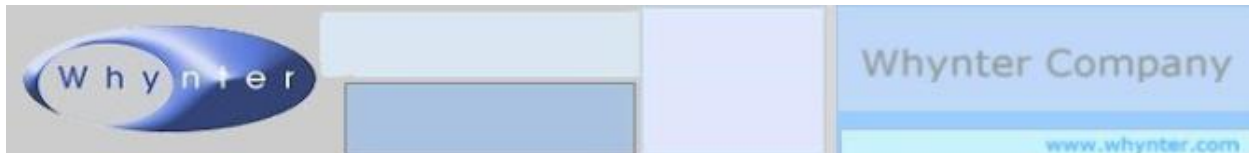
### **Cinnamon Ice Cream**

Try this with hot apple pie.

1 recipe Custard Ice Cream Base  
¾ teaspoon ground cinnamon or 2 cinnamon sticks

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

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.



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## **Peach Pit Ice Cream**

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

1 ¼ pounds (about 8 medium) peaches  
¼ cup fresh lemon juice  
1 ½ cups heavy cream  
1 ½ cups milk  
¾ cup sugar  
3 egg yolks

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

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

Place the egg yolks in a bowl and whisk briefly. Still whisking, slowly pour in about 1 cup of the liquid. When the mixture is blended, slowly pour it into liquid in the saucepan, whisking constantly. Cook over medium heat, stirring constantly, until the mixture thickens slightly and coats the back of the spoon, about 8 minutes. Be sure not to let the mixture boil at any time or it will curdle. Strain the mixture into a clean bowl and cool thoroughly.

Combine the custard mixture with the peach puree.

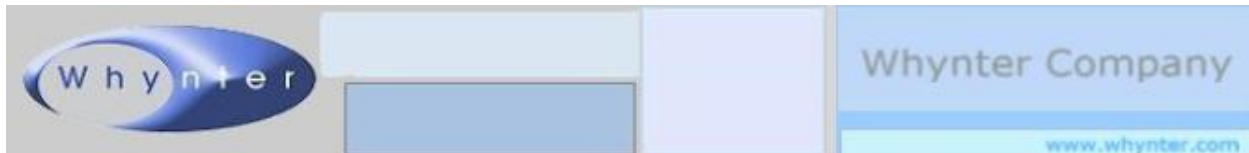
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

## **Oreo Ice Cream**

A childhood fantasy adult's love.

1 recipe Chocolate Ice Cream or Rich Vanilla Ice Cream, chilled but not frozen.  
1 cup broken Oreo cookies (8 to 10)

Pour the chocolate or vanilla ice cream mixture into the bowl of the machine and freeze 10 minutes, add the Oreos. Continue to freeze.



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## **Brown Sugar Pecan Ice Cream**

The variation on the custard base used brown sugar in place of white.

3 cups heavy cream  
1 cup milk  
1 scant packed cup brown sugar  
4 egg yolks  
1 cup pecan pieces

Heat the cream, milk and sugar in a heavy-bottomed saucepan, stirring occasionally until the sugar is dissolved and the mixture is hot. Place the egg yolks in a bowl and whisk briefly. Still whisking, slowly pour in about 1 cup of the hot liquid. When the mixture is blended, slowly pour it into the liquid in the saucepan, whisking constantly. Cook over medium heat, stirring constantly until the mixture thickens slightly and coats the back of a spoon, about 8 minutes. Be sure not to let the mixture boil at any time or it will curdle. Strain into clean bowl and cool thoroughly. Stir in the nuts.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

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I scream  
You scream  
We all scream  
For ice cream

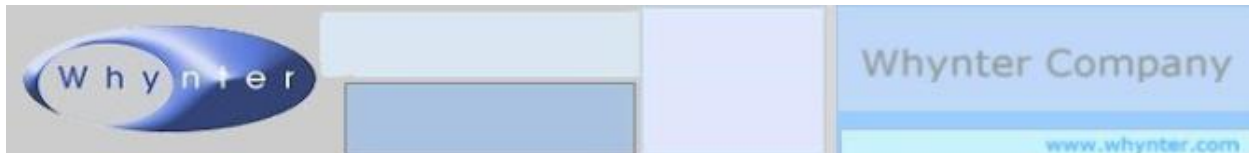
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## **Lemon Ice Cream**

Zest of 1 lemon  
2/3 cup sugar  
2 ½ cups heavy cream  
1 cup milk  
5 egg yolks  
7 tablespoons freshly squeezed lemon juice, strained

Put the lemon zest and sugar in a food processor and process until the zest is finally chopped. In a saucepan, mix the lemon sugar with 1 ½ cup's heavy cream





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and all the milk. Bring to a boil, stirring occasionally to dissolve the sugar. Place the egg yolks in a large bowl and whisk briefly. Still whisking the yolks slowly pour in the hot cream. When the mixture is smooth, pour it back into the saucepan or into the top of a double boiler. Cook over low heat or over simmering water, stirring constantly, until the mixture becomes thick custard, about 15 minutes. Do not let the mixture boil.

Place the custard in a metal bowl set over a larger bowl of ice. Stir until very cold and thick. Mix in the lemon juice.

Whip the remaining cup of cream until stiff. Fold in the lemon custard. Place the mixture in the bowl of the machine and freeze 20 minutes.

Makes about 1 quart.

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

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

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

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

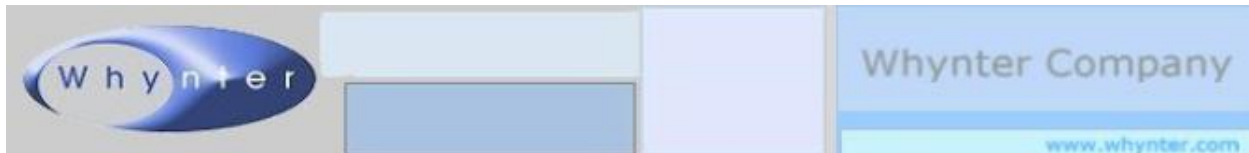
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## *Sorbets*

Sorbets are smooth frozen ices made without milk or other dairy products. The beautiful, silky texture of a sorbet is at its best freshly made and still soft. It should never be rock hard and should always be free of ice crystals. Making sorbet in our Ice Cream Maker is so quick and easy.

As you will see, many of these mixtures are made of just fruit puree, simple syrup and lemon juice. If you have a large food processor, you can add the syrup to the puree in the work bowl. If not, pour the puree into bowl of the machine and add the syrup and lemon juice to the puree. Stir to mix. Since the flavor of fruits varies from batch to batch, always taste your mixture before freezing and add more lemon juice or syrup as needed.

While sorbet taste wonderful served in any shape, we like to see them given a festive presentation. Spoon some fruit puree on a dessert plate so it covers the center in a thin layer. Using two soup spoons form the sorbet into smooth egg-



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shaped balls. Arrange three scoops (different flavors and colors if you have them) on the plate and garnish with a few pieces of fruit, sprigs of mint or candied violets.

### **Simple Syrup**

This is an exceedingly useful mixture to have on hand in the refrigerator. Appropriately named, it is simply a mixture of sugar and water cooked enough to dissolve the sugar and make very light syrup. This guarantees that you'll never have the graininess found in imperfectly dissolved sugar mixtures. Since your goal is a frozen dessert, it will freeze faster if all the ingredients are cold--- or at least room temperature--- to begin with. So, while making the simple syrup takes only a few minutes, waiting for it to cool, takes much longer. Making it ahead is a true timesaver. Simple syrup has a practically endless life since there is nothing to spoil. You can make a batch of any quantity, forget about it for months (although fresh sorbets are so good you won't want to) and still be sure it's good.

4 cups sugar  
4 cups water

Place the water and sugar in a saucepan and simmer until the sugar is dissolved. Cool to room temperature, then refrigerate in a covered container.

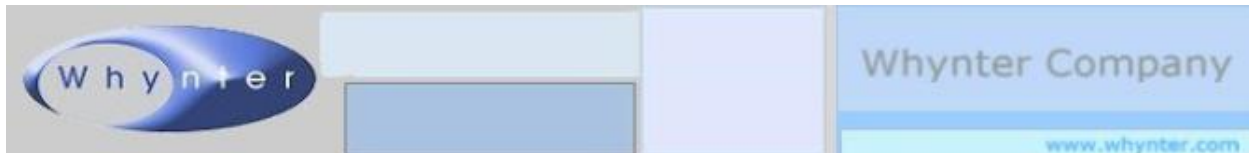
### **Fresh Strawberry Sorbet**

You might make extra puree and use it as a sauce under the sorbet. Also a fresh mint sprig makes a pretty garnish.

2 pints strawberries, washed and hulled  
1 cup plus 2 tablespoons simple syrup  
¼ cup fresh lemon juice

Purée the strawberries in a food processor. You should have about 3 cups. Stir 1 cup of simple syrup and the lemon juice. Taste and add remaining syrup if necessary.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.



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

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### **Cantaloupe Sorbet**

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

- 1 large cantaloupe
- 1 ¼ cups simple syrup
- 1 tablespoon fresh lemon juice

Peel and seed the cantaloupe. Cube the flesh and puree in a food processor. You should have about 3 ½ cups of puree. Stir in the simple syrup and lemon juice. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Melon and Prosciutto Sorbet**

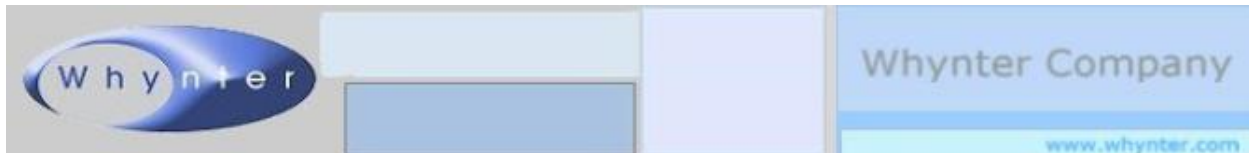
Follow the recipe for Cantaloupe Sorbet, stirring in 3 tablespoons finely chopped prosciutto after the mixture has frozen for 10 minutes.

### **Kiwi Sorbet**

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

- 8 kiwi fruits
- 1 1/3 cups simple syrup
- 4 teaspoons fresh lemon juice

Peel the Kiwis. Purée in a food processor. You should have about 2 cups of purée. Stir in the simple syrup and lemon juice. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.



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

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### **Watermelon Sorbet**

½ watermelon, approximately  
1 cup simple syrup  
2 tablespoons fresh lemon juice

Remove the seeds and rind from enough watermelon to make 3 ½ cups of purée in a food processor. Stir in the simple syrup and lemon juice. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Mango Sorbet**

It is worth the added trouble of pushing the mixture through a sieve to give you this vibrant, silky hint of the tropics.

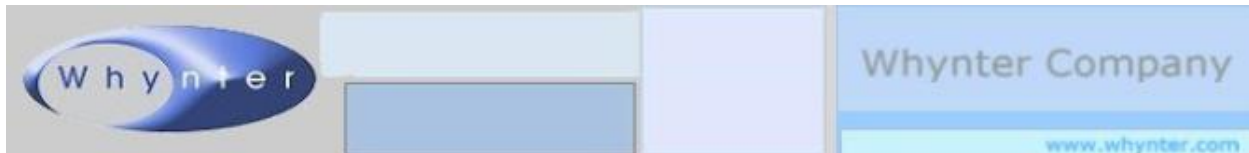
4 ripe mangoes  
1 cups simple syrup  
¼ cup fresh lemon juice

Peel and pit the mangoes. Purée in a food processor. You should have about 3 ½ cups of purée. Stir in the simple syrup and lemon juice. Force the mixture through a fine sieve. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Fresh Pineapple Sorbet**

1 small ripe Hawaiian pineapple  
1 cups simple syrup  
2 tablespoons fresh lemon juice

Peel, core and cube the pineapple. Place the cubes in a food processor and process until very smooth and frothy. You should have 2 ½ cups. Stir in the simple syrup



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and lemon juice. Taste and add more syrup or juice if needed.  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Pear Sorbet**

Three 16-ounce cans of pears packed in heavy syrup, liquid drained and discarded  
1 cup plus 2 tablespoons simple syrup  
6 tablespoons fresh lemon juice

Purée the pears in a food processor. Stir in the simple syrup and lemon juice.  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Apricot Sorbet**

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

### **Peach Sorbet**

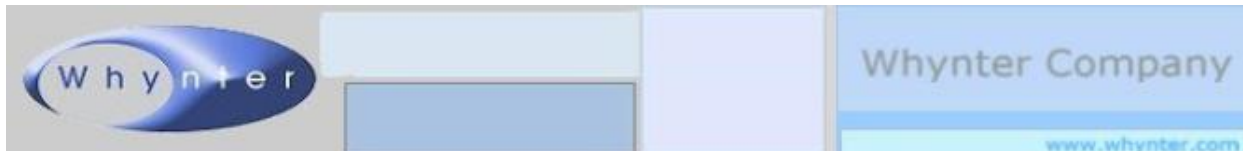
Substitute canned peaches for the pears. Use only ¼ cup lemon juice.

### **Cherry Sorbet**

Three 16-ounce cans pitted bing cherries in heavy syrup,  
2 cups simple syrup  
1/4 cup fresh lemon juice  
¼ cup water  
Drain the cherries, reserving 2 tablespoons of the syrup. Put the cherries through a food mill. Stir in the cherry syrup, simple syrup, lemon juice and water.  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Pineapple Sorbet**

One 20-ounce cans pineapple packed in its own juice,  
1 ¾ to 2 cups simple syrup



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Drain the pineapple and reserve the juice for another use. Puree the oranges in a food processor. Stir in the reserved syrup, sugar and lemon juice. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Mandarin Orange Sorbet**

Five 11-ounce cans of mandarin oranges packed in light syrup,  
1 cup superfine sugar  
3 tablespoons fresh lemon juice

Drain the oranges and reserve 2 cups of the syrup. Purée the oranges in a food processor. Stir in the reserved syrup, lemon juice and sugar. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Strawberry Sorbet**

Two 10-ounce cans packages frozen strawberries packed in syrup,  
1 cups simple syrup  
3 tablespoons fresh lemon juice

Purée the strawberries with their syrup in a food processor stir in the simple syrup and lemon juice  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

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The Chinese and Arabs were the first to make flavored ices

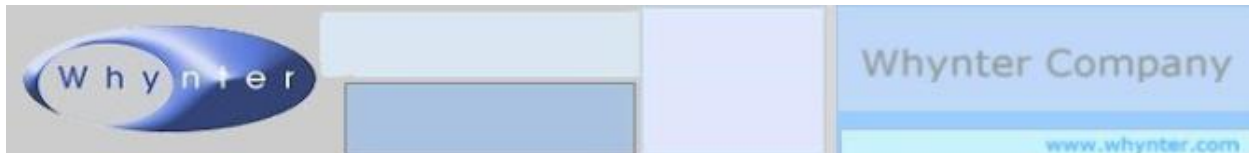
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### **Raspberry Sorbet**

Substitute frozen raspberries for the strawberries. Taste the mixture. You may need up to ¼ cup more simple syrup.

### **Extra Smooth Fluffy Strawberry Sorbet**

Rather than using simple syrup, this recipe calls for an Italian meringue. Although



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it is complicated to make, the resulting sorbet is truly special. The same procedure will work with other fruit puree.

- 6 tablespoons water
- $\frac{3}{4}$  cup sugar
- 3 egg whites
- 3 cups strawberries, washed, hulled and pureed
- 1  $\frac{1}{2}$  tablespoons fresh lemon juice

Combine the water and sugar in a small saucepan. Dissolve the sugar over medium heat, and then continue cooking until the mixture boils and becomes clear. Use a wet brush to wash down the sides of the pot to dissolve any sugar crystals. Continue to boil the mixture until it reached the soft ball stage, 238°F. If you don't have a thermometer, test by putting a drop of syrup in cold water. When the drop forms a solid but soft ball, the syrup is ready.

While you are making the syrup, place the egg whites in a clean metal bowl. Beat until they just begin to foam. Then slowly pour in the hot sugar syrup. Take a full minute to add the syrup. Continue beating for about 10 minutes, or until the bottom of the bowl feels cool to the touch.

Gently fold in the strawberry puree and lemon juice. It is not necessary to blend thoroughly.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

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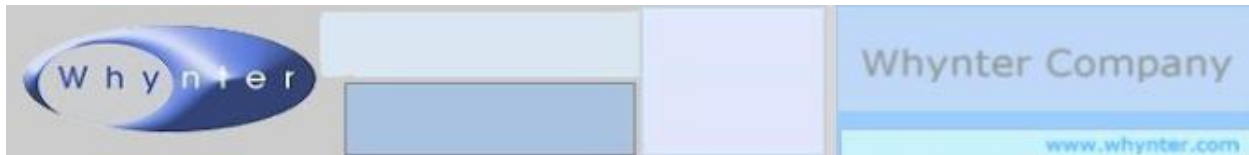
Iced foods have a long history going back to Alexander the Great, who kept trenches full of snow during the siege of Petra for a cool refreshment.

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### **Sugarless Apple Sorbet**

- 3 cups unsweetened apple juice
- One 6-ounce can unsweetened concentrated apple juice
- 3 tablespoons fresh lemon juice

Place the apple juice concentrate and lemon juice in the bowl of the machine and freeze.



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### **Cranberry Juice Sorbet**

The tart cranberry flavor makes this part particularly refreshing.

3 cups plus 6 tablespoons canned or bottled cranberry juice  
½ cup plus 1 tablespoon simple syrup

Mix the cranberry juice and simple syrup together.  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Orange Sorbet**

Very quick and refreshing. If you like tart foods and want an even easier treat, just use the orange juice.

1 quart orange juice  
¼ cup superfine sugar  
1 tablespoon fresh lemon juice

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

### **Grapefruit juice Sorbet**

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

2 2/3 cups unsweetened grapefruit juice  
1 1/3 cups simple syrup

Mix the grapefruit juice and simple syrup together.  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

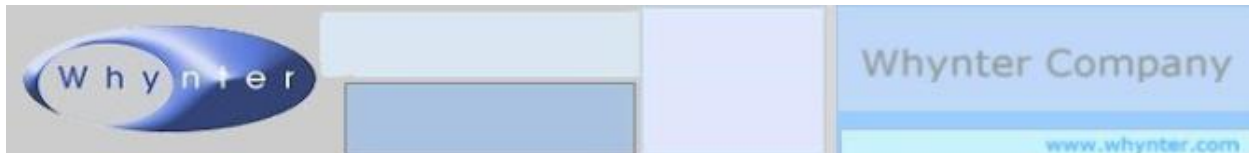
### **Grape Juice Sorbet**

Substitute unsweetened grape juice for the grapefruit juice.

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In January 1974 Craig Claiborne of the New York Times described what he would





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have for his mythical “last meal”. It began with fresh caviar and ended with grapefruit sherbet.

---

### **Lemon Sorbet**

The perfect ending to a heavy meal.

1 ½ cups fresh lemon juice  
1 tablespoon grated lemon zest  
3 cups simple syrup

Place the lemon juice, zest and simple syrup in the bowl of the machine and freeze.

### **Honey Lemon Sorbet**

½ cup hot water  
2/3 cup honey  
1 tablespoon grated lemon zest  
1 cup fresh lemon juice  
2 cups cold water

Place the hot water, honey and zest in the bowl. Stir until honey dissolves. Stir in the lemon juice and cold water.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer’s instructional manual.

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

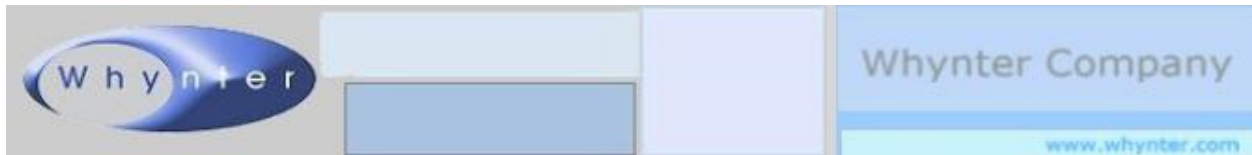
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When Marco Polo returned from the Far East in the late 1200s, he had a recipe for a frozen dessert which included milk in the ingredients, seeming to resemble a modern sherbet.

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### **Chocolate Sorbet**

Wonderfully chocolaty --- smooth and dense.



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4 ounces unsweetened chocolate, broken into chunks  
1 quart water  
1 ½ cups sugar

Use a knife or a food processor to chop the chocolate into very small pieces. Heat the water and sugar together in a saucepan. Add the chocolate and simmer for 20 to 30 minutes until the mixture is very smooth and got grainy. Do not boil. Cool thoroughly.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Maple Syrup Sorbet**

1 1/3 cups Vermont grade A maple syrup  
2 cups water

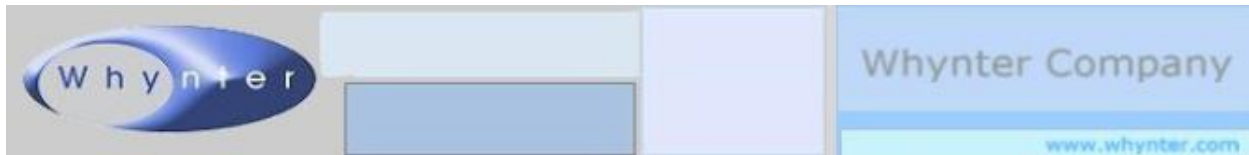
Combine the maple syrup and the water. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Tomato and Basil Sorbet**

Nothing seems to remind us more of summer than fresh basil and gorgeous ripe tomatoes. That's the time to try this as a first course--- or even a refreshing snack.

5 fresh rip tomatoes  
1/2 cup fresh lemon juice  
1 teaspoon salt  
½ cup simple syrup  
1 tablespoon tomato paste  
6 fresh basil leaves, coarsely chopped

Peel, core and seed the tomatoes. Purée them in a food processor you should have about 3 cups of puree. Stir in the remaining ingredients  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.



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### **Chicken Soup and Dill Sorbet**

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

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

Please all the ingredients into the bowl of the machine and freeze.

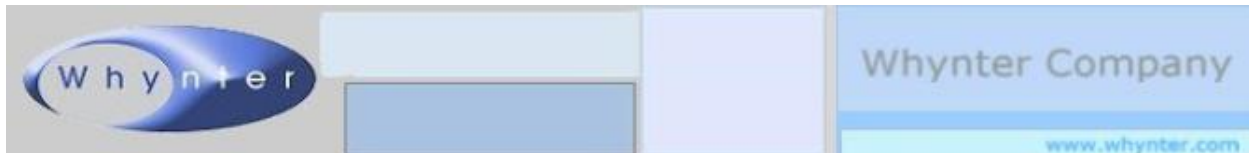
### **Gazpacho Sorbet**

- 2 ½ cups chilled Gazpacho (see Gazpacho recipe)
- 2 tablespoons fresh lemon juice
- 1 teaspoon salt
- 1 cup water
- 1 cup tomato juice
- ¼ teaspoon Tabasco
- 4 grindings fresh black pepper

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

### **Gazpacho**

- ½ medium Bermuda or other sweet white onion, peeled and quartered
- 1 ½ firm, medium cucumbers, peeled and cut into chunks
- 2 small green peppers, seeded and cut into eights
- 6 medium to large ripe tomatoes, peeled and cut into eights
- 5 large garlic cloves
- 1 cup tomato juice, approximately
- ½ cup light olive oil
- ¾ teaspoon chili powder or 1 small piece fresh chili pepper
- 1 tablespoon salt



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Add the onion to the work bowl of a food process fitted with the metal blade. Process, turning on and off, rapidly, until finely chopped, about 4 or 5 seconds. Transfer the onion to a large bowl. Repeat with the cucumbers, then with green peppers, adding each to the onions in the bowl. Process 5 of the tomatoes until evenly chopped into small pieces. Transfer to the bowl with other chopped ingredients. Process the remaining tomato with the garlic, tomato juice, olive oil and chili powder until a smooth liquid is formed. Combine with the chopped vegetables and salt and chili in a covered container.

### **Borscht Sorbet**

1 pound beets  
5 cup water  
2 ½ teaspoons white vinegar  
2 tablespoons fresh lemon juice  
¾ teaspoon citric acid (sour salt) crystals  
½ to ¾ cup sugar  
2 ¼ teaspoon salts  
Sour cream  
Chopped dill

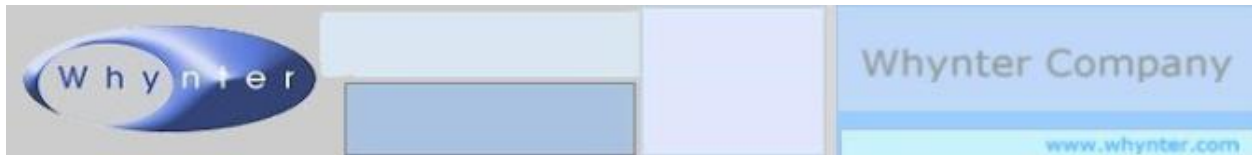
Wash and scrub the beets well. Trim off all but 1 inch of the stems. Put the beets in a pot with the water. Place over high heat and bring to a boil. Cover the pan, reduce the heat to a low boil and cook 20 to 40 minutes, or until the beets can be pieced with a skewer. (Cooking time depends on the size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

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

Cool the borscht thoroughly. Pour into the bowl of the machine and freeze. Garnish with a dollop of sour cream and a sprinkling of fresh dill.

### **Red Bean Paste Sorbet**

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



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One 18-ounces can sweetened red bean paste  
1 cup water  
1 ½ cups simple syrup

Place the bean paste and water in a food processor and puree unit smooth. Stir in the simple syrup.  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Chutney Sorbet**

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

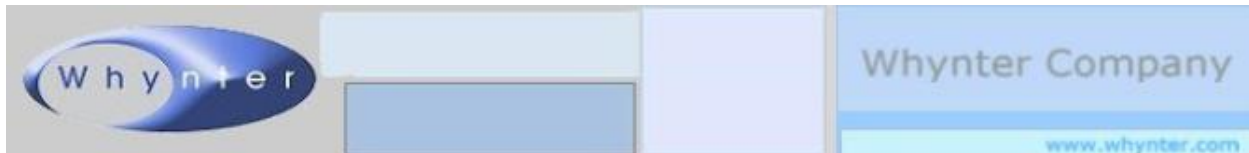
One 17-ounce jar Major Grey's chutney  
1 cup hot water  
1 tablespoon fresh lemon juice

Place the chutney in a food processor and process unit smooth. With the machine running, pour in the hot water, then the lemon juice.  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual. 15 to 20 minutes.  
Makes about 2 cups

### **Constant Comment Sorbet**

1 cup Constant Comment tea leaves  
2 cups cold water  
Four 1x3 inch strips orange zest  
2 cups simple syrup  
2 cups orange juice

Place the tea leaves, water and orange zest in a bowl. Mix until the tea leaves are soaked enough to stay under water. Set in the refrigerator overnight.  
Pour the mixture through a strainer, pressing on the tea leaves to get all the liquid. You will have about 1/3 cup strong tea. Discard the tea leaves and orange zest.  
Combine the tea with simple syrup and orange juice. Place in the bowl of the



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machine and freeze 12 to 15 minutes.  
Makes about 1 quart.

### **Champagne Sorbet**

Alcohol sorbets defrost quickly, so leave this in the machine until moments before serving. Serve as part of a long dinner or for dessert with fresh strawberries.

1 bottle (about 3 cups) chilled Champagne  
1 ½ cups simple syrup

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

Makes 5 cups

### **Calvados Sorbet**

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

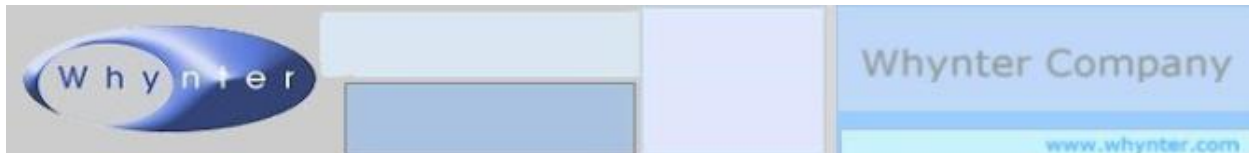
1 ¾ cups plus 2 tablespoons Calvados  
3 tablespoons simple syrup

Heat 1 ½ cups Calvados in a saucepan over medium heat until warm. Turn off the heat, stand back and touch a lit match to the Calvados. Let it flame until the flames die down, about 8 minutes. Stir in the remaining 6 tablespoons unflamed Calvados and the simple syrup.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual. 30 minutes.

## ***Sherbets***

Sherbets are ices, usually fruit-flavored, similar to sorbets (sometimes the words are used interchangeably) but sherbets usually have more ingredients, such as milk, egg whites or gelatin. We've made our milk sherbets with the dieter in mind, using



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skim and non-fat dry milk instead of whole milk. The fruit recipes can be varied in infinite ways by changing the fruits used. Consider peaches, pears or apricots. Our fruit sorbets can be turned into sherbets if you add a beaten egg white to the mixture after it is partially frozen.

### **Vanilla Ice Milk**

This is a basic recipe. You may add other flavorings, fruit purees or nuts according to taste.

3 cups skim milk  
½ cup sugar  
6 tablespoons non-fat dry milk  
1 ½ teaspoons vanilla extract

Heat the milk, sugar and non-fat dry milk in a saucepan, stirring until the sugar and dry milk are dissolved. Cool thoroughly. Stir in the vanilla. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

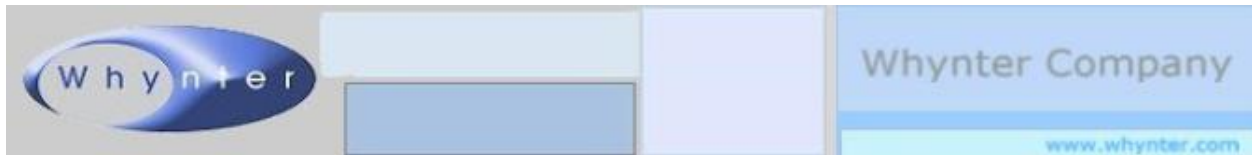
### **Chocolate Ice Milk**

This delicious treat is much lower in calories than a traditional chocolate ice cream.

1 quart milk  
1 ¼ cups sugar  
4 ounces unsweetened chocolate

Heat the milk and sugar together in a saucepan, in another saucepan; melt the chocolate slowly over low heat. When smooth, gradually add the milk-sugar mixture to the chocolate, stirring constantly to keep the chocolate smooth. Cook over medium heat until the mixture is smooth. Cool thoroughly. Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Strawberry Milk Sherbet**



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- 2 cups skim milk
- 1/3 cup sugar
- 6 tablespoons non-fat dry milk
- 1 ½ teaspoons vanilla extract
- 1 pint strawberries, washed, hulled and coarsely chopped
- 1 tablespoon fresh lemon juice

Heat the milk, sugar and non-fat dry milk in a saucepan, stirring until the sugar and dry milk are dissolved. Cool thoroughly. Stir in the strawberries, lemon juice and vanilla.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

## ***Frozen Yogurt***

Yogurt can replace the cream in ice cream, giving a smooth and creamy – although not as rich – result. Once you've made your own frozen yogurt, even using commercially-flavored yogurt, you'll never go back to the store-bought variety. As with the ice creams, you can add myriad chunked flavorings to frozen yogurts, including chopped fruits or nuts or a healthy sprinkling of wheat germ.

### **Fresh frozen Strawberry Yogurt**

- 2 pints strawberries, washed and hulled
- 2 cups unflavored yogurt
- 1/3 cup honey

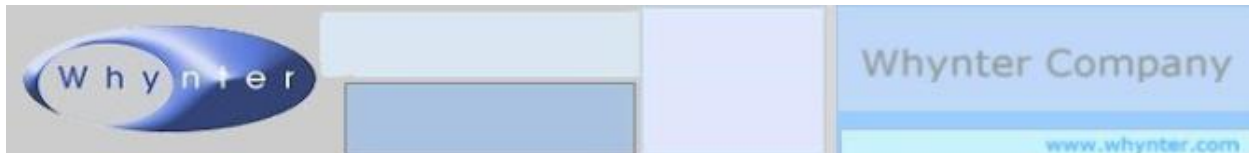
Purée the strawberries in a food processor. Put the yogurt, honey and strawberry puree into the bowl of the machine and freeze.

### **Frozen Strawberry Yogurt**

- 4 cups commercial strawberry yogurt

Place the yogurt in the bowl of the machine and freeze





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### **Honey frozen yogurt**

4 cups unflavored yogurt  
1 cup honey

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Carob-Honey Frozen Yogurt**

3 cups unflavored yogurt  
½ cup honey  
¾ cup powdered carob

Mix the yogurt, honey and powdered carob in a bowl until smooth.  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

### **Honey Yogurt Ice Cream**

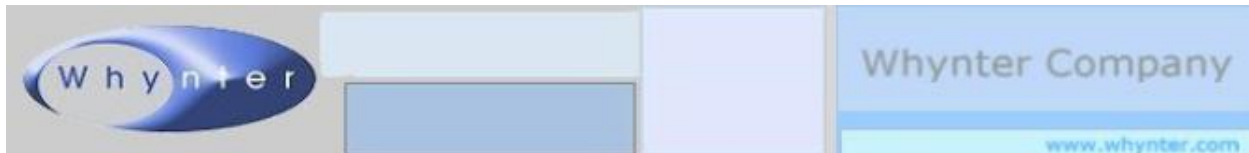
4 large eggs  
1 cup honey  
1 quart unflavored yogurt

Beat the eggs until fluffy. Slowly beat in the honey and continue to beat until light and pale. Fold in the yogurt.  
Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual.

## *Sauces*

Although ice cream made in the Ice Cream Maker is undeniably creamy and rich, sometimes we seek total self-indulgence. For these occasions, a thick, sweet topping or a fresh fruit sauce make the superb divine.

We include a recipe for one simple fruit sauce. You can easily make others by reserving some of the mixture from most of the fruit sorbet recipes to use as a



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sauce.

### **Raspberry Sauce**

Two 10-ounce packages frozen raspberries packed in syrup, defrosted juice of ½ lemon.

Place the raspberries in the work bowl of a food processor fitted with the steel blade. Add the lemon juice and process until smooth. Press through a strainer to remove the seeds

Makes about 2 cups.

Note: This sauce can be made with other fresh or frozen fruits. If using fresh fruit, add sugar to taste.

### **Butterscotch Sauce**

Beautifully rich and creamy.

1 1/3 cups firmly packed dark brown sugar

½ cup light corn syrup

4 tablespoons unsalted butter

¼ teaspoon salt

2 tablespoons water

2 teaspoons vanilla extract

1/3 cup heavy cream

Mix the brown sugar, syrup, butter, salt and water in a saucepan and bring to full boil. Immediately remove from the heat, stir in the vanilla, and then slowly pour in the cream.

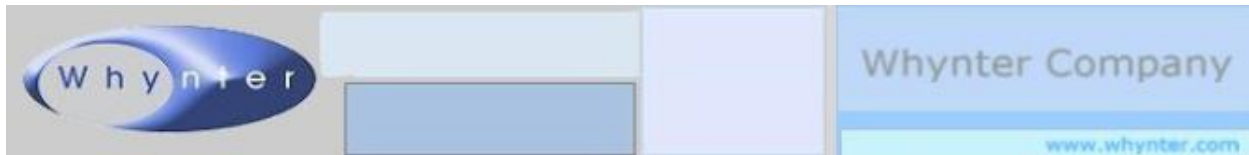
Serve warm or cooled.

Makes about 2 ½ cups.

### **Caramel Sauce**

A wonderfully gooey sauce.

1 ¼ cups sugar



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½ cup corn syrup  
Pinch of salt  
1/3 cup plus 1 tablespoon heavy cream

Place the sugar in a heavy saucepan over medium heat and stir continuously until the sugar becomes liquid. Crush any lumps against the side of the pan. Cook only until the sugar is golden brown. If there are persistent lumps, remove the pan from the heat and continue to stir vigorously until the lumps dissolve.

Return to the heat and slowly pour in the corn syrup, stirring rapidly. Add the salt and slowly pour in the heavy cream.

Serve warm.

Makes about 2 ½ cups.

### **Hot Fudge Sauce**

Guaranteed to make a lush hot fudge sundae.

½ cup heavy cream  
3 tablespoons unsalted butter  
1/3 cup sugar  
1/3 cup firmly packed dark brown sugar  
1/8 teaspoon salt  
½ cup unsweetened cocoa, sifted

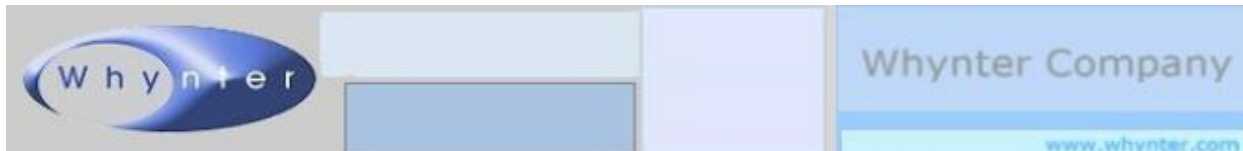
Combine the cream and butter in a saucepan. Stir over medium heat until the butter melts and the cream just begins to boil. Add the sugars. Gently heat and stir until the sugars are completely dissolved.

Add the salt and cocoa, whisking cautiously over low heat until smooth. If there are any remaining bits of cocoa, press them against the side of the pan with a spoon or spatula until they dissolve then stir them into the sauce.

Serve immediately

Makes about 2 cups.

Note: This sauce keeps well in the refrigerator, but it may thicken when chilled. Reheat very slowly in a double boiler, adding hot water a few drops at a time, if necessary.



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

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## ***Frozen Drinks***

If you are having a party, the Ice Cream Maker can help you make wonderful slushy drinks for everyone at once – without using ice. You can even make drinks before your guests arrive and greet them at the door with thick, frosty creations in hand.

Although all our recipes are for alcoholic drinks, you can make non-alcoholic ones like slushy lemonade as well. Allow less freezing time to make non-alcoholic drinks slushy and drinkable rather firm like sorbets.

### **Pina Colada**

This is good, it could be a dessert.

One 20-ounce can crushed pineapple, drained

1 cup coconut cream

4 dashes bitters

¼ teaspoon salt

1 cup water

1 cup rum

Purée the pineapple in a food processor. You should have about 1 ½ cups of puree. Place the puree in the bowl of the machine with the remaining ingredients and freeze 25 to 30 minutes depending on how firm you like your drinks. Serves 6.

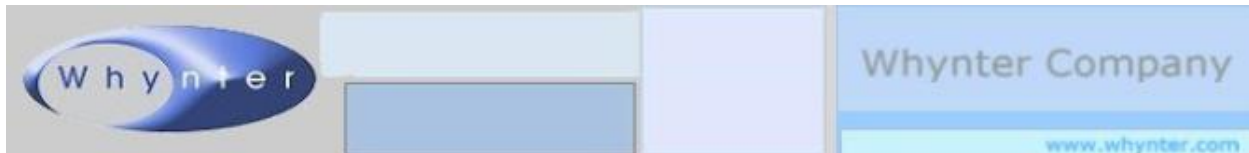
### **Banana Daiquiri**

3 ripe bananas

1/3 cup fresh lemon juice

¾ cup rum

½ cup superfine sugar



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$\frac{3}{4}$  cup water

Working quickly to keep the bananas from darkening, peel and place them in a food processor with the lemon juice. Puree until smooth, and then stir in the remaining ingredients.

Pour the mixture into the bowl of the ice cream maker and freeze. Please follow the manufacturer's instructional manual. 25 to 30 minutes, depending on how firm you like your drinks. Serves 6.

### **Strawberry Daiquiri**

This is a potent brew, but you can replace some of the rum with water if you prefer. We like these garnished with additional fresh berries.

2 pints strawberries, washed and bulled

$\frac{1}{2}$  cup superfine sugar

$\frac{1}{2}$  cup fresh lemon or lime juice

1  $\frac{1}{3}$  cups rum

Purée the strawberries in a food processor. Place the puree in the bowl of the machine with the remaining ingredients and freeze 25 to 30 minutes, depending on how firm you like your drinks. Serves 6.

### **Frozen Margarita**

$\frac{3}{4}$  cup tequila

$\frac{1}{2}$  cup triple sec

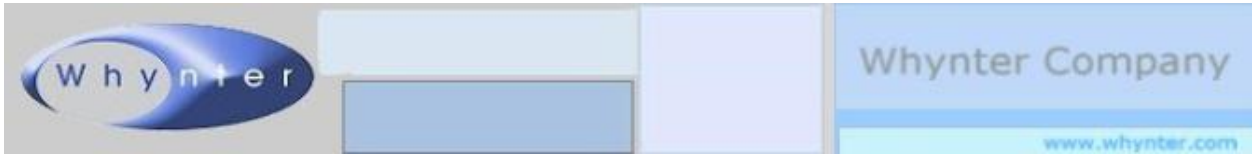
1 cup fresh lemon or lime juice

$\frac{1}{4}$  cup water

Power all the ingredients into the bowl of the machine and freeze 15 to 20 minutes, depending on how firm you like your drinks.

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

Serve the drinks in the salted glasses. Serves 6.



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