

Strawberry Frozen Yogurt



Simple, healthier than ice cream, but delicious summer treat.

Ingredients:

3 cups Fresh strawberries, hulled and cut into quarters
¼ cup Honey
¼ cup Sugar
Pinch Salt
2 cups Greek vanilla yogurt
2 TB Fresh squeezed lemon or lime juice

Directions:

Combine the strawberries, honey, sugar, and salt in a pot. Simmer for 8 minutes until they are softened and juice has thickened slightly. Let the mixture cool to room temperature.

Stir in the yogurt and lemon or lime juice. Cool in the refrigerator for an hour.

Pour the mixture into your ice cream maker. Churn for 20 minutes or follow your manufacturer's instructions.

Mango Sorbet



Because you can use frozen mangoes, this is a really simple and healthy recipe.

Ingredients:

4 cups Frozen mango
2 cup Sugar
1 cup Water
3 TB Fresh squeezed lemon or lime juice

Directions:

Using a blender or food processor, puree mangoes, sugar, and water until smooth. Add lemon or lime juice and mix.

Pour the mixture into your ice cream maker. Churn for 20 minutes or follow your manufacturer's instructions.

French Vanilla Gelato

This is good practice as it uses the basic ingredients for gelato. But, it's more than basic in flavor. Top with fruit, chocolate, or your favorite sauce.



Ingredients:

1	Vanilla bean
2 cups	Whole milk
¾ cup	Sugar
4	Large egg yolks
1 cup	Heavy cream
¾ tsp	Pure vanilla extract

Directions:

Split the vanilla bean with a sharp knife and remove the seeds into a heavy stainless steel pot.

Add the pod, milk, and ½ cup of the sugar. Stir over medium heat until the mixture reaches 170°F. Cover with pot lid and steep for ½ hour.

Remove the vanilla pod from the mixture and place the pot over medium heat again. Warm, stirring occasionally, until the mixture again reaches 170°F. Turn the stove off.

In a medium glass bowl, whisk together the egg yolks and the remaining ¼ cup of sugar until combined and slightly thickened.

Carefully add ½ cup of the hot mixture from the pot to the yolks, continually whisking. Slowly add another ½ cup, again continually whisking.

Add the hot egg mixture back to the pot. Continue to stir and cook the mixture until it reaches 185°F. Make sure it doesn't boil. The mixture will thicken into a custard. It is ready when it is thick enough to coat the back of a wooden spoon.

Remove from the stove and emulsify if clumps have formed. You can use a blender if you don't have an immersion blender.

Pour the cream into a large mixing bowl and set over an ice bath. This will help the heated custard cool quicker.

Pour the custard through a fine mesh sieve into the cold cream. Add the vanilla extract. Stir until fully mixed and mixture has cooled. Refrigerate for at least 8 hours. The colder the mixture, the better it will churn.

When ready, pour the chilled mixture into the ice cream maker and follow manufacturer's specifications. Usually, 20-25 minutes will yield a smooth, hardened gelato. *To make cookies and cream, add ½ cup of chopped Oreo cookies 2-3 minutes from churning is complete.

Remove the finished gelato and place in a plastic container and store in the freezer until ready to eat.

Chocolate Gelato

This recipes gives you a creamy and chocolatey gelato you can't resist. You can substitute dark chocolate or milk chocolate, depending on your taste preference.



Ingredients:

2 cups Whole milk
2 T plus 1 tsp Unsweetened cocoa powder
Pinch Salt
6 oz Bittersweet chocolate, finely chopped
4 Large egg yolks
1 cup Sugar
1 cup Heavy cream
 $\frac{3}{4}$ tsp Pure vanilla extract

Directions:

Heat the milk, cocoa powder, and $\frac{3}{4}$ cup sugar in a medium pot. Stirring occasionally, heat until it reaches 180°F. Turn off the heat and whisk in the bittersweet chocolate.

In a medium glass bowl, whisk together the egg yolks and the remaining $\frac{1}{4}$ cup of sugar until combined and slightly thickened.

Carefully add $\frac{1}{2}$ cup of the hot mixture from the pot to the yolks, continually whisking. Slowly add another $\frac{1}{2}$ cup, again continually whisking.

Add the hot egg mixture back to the pot. Continue to stir and cook the mixture until it reaches 185°F. Make sure it doesn't boil. The mixture will thicken into a custard. It is ready when it is thick enough to coat the back of a wooden spoon.

Remove from the stove and emulsify if clumps have formed. You can use a blender if you don't have an immersion blender.

Pour the cream into a large mixing bowl and set over an ice bath. This will help the heated custard cool quicker.

Pour the custard through a fine mesh sieve into the cold cream. Add the vanilla extract. Stir until fully mixed and mixture has cooled. Refrigerate for at least 8 hours. The colder the mixture, the better it will churn.

When ready, pour the chilled mixture into the ice cream maker and follow manufacturer's specifications. Usually, 20-25 minutes will yield a smooth, hardened gelato. If adding nuts, add 2-3 minutes before completely churned.

Remove the finished gelato and place in a plastic container and store in the freezer until ready to eat.