

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.

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.

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.

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.

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.

Apricot Ice Cream

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

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".

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.

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.

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

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

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.

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.

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.

I scream
You scream
We all scream
For ice cream

Lemon Ice Cream

Zest of 1 lemon
2/3 cup sugar
2 1/2 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 1/2 cups heavy cream

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.

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

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.

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.

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

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-

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.

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

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.

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

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

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.

The Chinese and Arabs were the first to make flavored ices

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
¾ cup sugar
3 egg whites
3 cups strawberries, washed, hulled and pureed
1 ½ 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.

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.

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.

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.

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

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.

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

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.

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 not 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.

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 until 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 until 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

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.

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

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.

Yogurt Recipes

For your first few batches, we recommend treating yourself to whole milk, because it produces a naturally thick final product. However, yogurt can be made with skim or low-fat milk—it just will probably be a bit thinner than store-bought varieties, which often contain thickeners.

Basic Yogurt

4 cups = 1 quart Ingredients:

4 cups whole or low-fat milk

1/2 cup non-pasteurized whole milk or low-fat plain yogurt containing active yogurt cultures, at room temperature or powdered yogurt starter (amount specified on package)

Directions:

1. In a saucepan over medium heat, bring the milk to a boil. Immediately remove the pan from the heat.
2. Place the end of an instant-read thermometer in the pan of milk. When the milk has cooled to lukewarm (110°F), in a bowl, combine about 1 cup of the milk and the yogurt and stir until smooth. Then, stirring constantly, slowly pour the mixture back into the pan of warm milk.

Note: To speed the cooling process, place the pan in the prepared ice bath and stir the milk occasionally. If the milk temperature drops too low, return it to heat.

3. Pour the milk-yogurt mixture into the yogurt maker and process overnight (8-10 hrs.) according to the manufacturer's instructions. Serve warm the next morning or cover and refrigerate before serving. Store the yogurt, tightly covered, in the refrigerator for up to 1 week. Reserve some of the homemade yogurt to begin making your next batch, if desired.

Note: As yogurt ages, it becomes tarter. If more whey separates out of the yogurt, just stir before serving.

Optional: Stir any flavorings such as jam, honey, dulce de leche, molasses, fresh or dried fruit, garlic, herbs, etc. into the yogurt just before serving.

For thicker, Greek-style yogurt, after incubation, spoon the yogurt into a cheesecloth-lined colander set over a bowl and let it drain, covered in the refrigerator, for at least 1 hour or overnight. Discard the whey that drains out of the yogurt or reserve it for another use.

Makes about 4 cups.

Tart Yogurt Ice Cream

Ingredients:

1 quart of full-fat plain yogurt 1 cup of sugar
a pinch of salt

Directions:

1. Combine all ingredients
2. Place the mixture in the ice cream maker following the manufacturer's instructions. Enjoy immediately or ripen in the freezer for a firmer consistency.
3. Add toppings such as: fresh berries or fruit, nuts, granola, cereal, cookie and candy pieces.

Honey and Pecan Yogurt Ice Cream

Ingredients:

2 1/4 cup Yogurt 1 cup honey
5 egg yolks 1/2 cup sugar
1 cup pecans, chopped

Directions:

1. Combine egg yolks, sugar and honey and whisk slightly.
2. Bring yogurt gently to a boil.
3. Pour yogurt into the egg mix and return to low heat.
4. Bring yogurt mixture to simmer, stirring frequently. The mixture should then thicken, do not boil.
5. Remove the mixture from heat and chill.
6. When cool, add the mixture to the ice cream maker following the manufacturer's instructions.
7. When the mixture is at the desired consistency, add the pecans.
8. Enjoy immediately or ripen in the freezer for a firmer consistency.

Honey or Maple Yogurt Ice Cream

Ingredients:

3/4 cup of high-quality honey or maple syrup 1 cup heavy cream
3 cups plain whole milk yogurt

Directions:

1. Heat honey/ maple syrup and cream in a saucepan over low heat. Stir frequently to combine and prevent scorching, just until warm.
2. Place the yogurt in a large bowl, and slowly combine using a wire whisk, the honey mixture.
3. Place the mixture in the ice cream maker following the manufacturer's instructions.

Yogurt Recipes

Vanilla Bean & Honey Yogurt Ice Cream

Ingredients:

4 ounces plain whole milk yogurt 1 vanilla bean scraped
1/3 cup honey

Directions:

Directions:

1. Heat the honey slightly on the stove.
2. Mix the yogurt and honey in a bowl until combined.
3. Slice the vanilla bean down the length of the pod. Open the bean and scrape the seeds out using a dull knife and add them to the yogurt and honey.
4. Mix well and pour mixture into the ice cream maker following the manufacturer's instructions. Enjoy immediately or ripen in the freezer for a firmer consistency.

Strawberry Yogurt Ice Cream

Ingredients:

3 cups washed, quartered strawberries (about 1 1/2 pints) Zest of one lemon
3/4 cup sugar
1/4 teaspoon kosher salt
2 cups Greek (strained) yogurt Lemon juice to taste

Directions:

1. Combine berries, lemon zest, sugar, and salt in a saucepan over medium heat. Cook, stirring occasionally, until juices leave the berries and begin to simmer, then reduce to low heat. Continue to cook, stirring occasionally, until slightly thickened and berries are tender (about 6 minutes).
2. Add to a food processor and purée until smooth. Strain using a fine mesh strainer. Yields approximately 2 cups of purée.
3. In a bowl and whisk in yogurt and purée until well combined. Add lemon juice to taste.
4. Place the mixture in the ice cream maker following the manufacturer's instructions. Enjoy immediately or ripen in the freezer for a firmer consistency.

Chocolate Yogurt Ice Cream

Ingredients:

2 cups whole milk 4 egg yolks
2/3 cup sugar
4 ounces bittersweet or semisweet chocolate, melted and cooled 1 1/2 teaspoons vanilla

Yogurt Recipes

extract

2 cups full-fat plain yogurt Directions:

1. In a medium saucepan over medium heat, heat the milk until just under a boil (you will see tiny bubbles around the edges and steam rising from the surface). Remove the milk from the heat.
2. While the milk is heating, whisk the egg yolks and sugar in a bowl. Gradually, add 1/4 cup of the hot milk into the egg yolks, whisking constantly, then add the egg yolks back to the saucepan with the rest of the milk and cook over medium heat, stirring constantly, until the mixture has thickened enough to coat the back of a spoon (170°F via a candy thermometer).
3. Stir in the melted chocolate and the vanilla extract. Strain the mixture through a fine mesh strainer into a large bowl and allow to cool to room temperature.
4. Mix the yogurt and chocolate mixture.
5. Place the mixture in the ice cream maker following the manufacturer's instructions. Enjoy immediately or ripen in the freezer for a firmer consistency.

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 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
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.

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
¾ 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
½ cup superfine sugar
½ cup fresh lemon or lime juice
1 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

¾ cup tequila
½ cup triple sec
1 cup fresh lemon or lime juice
¼ 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.