

Ice cream/shakes / sundae

Definition

It is a dessert made by freezing liquids, semi-liquids and sometimes even solids. They may be based on flavored water (shave ice, ice pops, sorbet, snow cones), on fruit puree, on milk and cream on custard on mousse and others. It is sometimes sold as ice cream in South Asia and other countries.

TYPES AND CLASSIFICATION OF FROZEN DESSERTS:-

The term ice is also used in America for the preparation known to the French as “Granite”. The term granite is used to identify the specific dessert preparation, which is part of sherbet group.

1. Sherbet
2. Ice cream

1. **SHERBET:**

It is a combination of sugar syrup and fruit or possibly, fruit juice alone. It is the lower fat content and higher acidity level (0.35%) for commercial sherbet but not for ice milk or ice cream that distinguishes the sherbet from ice ceams.

Types of sherbets

1. Granite
2. Sherbet (sorbet)
3. Spoom (spuma)
4. Punches

GRANITE

Granite is also termed “granolata, granite and ice. It is the simplest form of sherbet. It is made with fruit juice, champagne or wine with very little sugar added. It has highly refreshing taste and less sweet.

SHERBET (SORBET)

It is based on fruit juices, as in granite or in some cased fruit purees. A typical sherbet has a finer grain than the granite. Egg white inhibits the formation of very large ice crystals. It gives a smoother feel. Adding of cream creates a variation of flavor and texture.

SPOOM (SPUMA)

A spoom contains two egg whites, in the form of meringue. it can be made with fruit juices, wine or champagne. They may be presented in the same manner as a sherbet.

PUNCHES

There are sherbets made from a dry white wine and citrus juices. A rum or similar liquor is mixed just prior to service, in the mixture.

2. **ICE CREAM**

These are based on custards or creams which are flavored with fruit and other flavoring. Ice cream and frozen custards contain saturated fats while sherbets, if containing any fat generally contain unsaturated fats. The U.S food and drug administration requires that any product sold as ice cream contain a minimum of 10% milk fat/ butterfat. It is worth noting

that currently the ice cream industry is petitioning the FDA to eliminate the ice milk designation. The four suggested designation are:

- Ice cream – high fat version
- Reduced fat ice cream
- Low fat ice cream
- Non fat ice cream.

TYPES OF ICE CREAMS

1. Regular ice creams
2. Lightened ice cream

REGULAR ICE CREAM

It is the foundation of many frozen dessert variations. Regular ice cream is churned during freezing. The churning of ice cream as it freezes is one of the reasons that it develops a smooth, creamy texture. As the mixture freezes, the constant mixing action keeps the forming ice crystals small. The smaller the ice crystals, the smoother the ice. Some of the desserts prepared from regular ice creams include:

- Sundaes
- Baked Alaska
- Profiteroles

SUNDAES

It is made with scoops of one or more flavors of regular ice cream and sauce. They can be garnished with a wide variety of fruits, candies and nuts. In French, these are called coupes.

BAKED ALASKA

An American dessert creation, a version of Norwegian omelet, this very festive dessert is composed of slightly softened ice cream mounded on top of a round or oval base of sponge cake.

PROFITEROLES

They are puff shells, made from choux paste, which are then filled with ice cream. The flavor of ice cream used is normally vanilla. It is served with a complementary sauce.

1. LIGHTENED ICE CREAM

Lightened ice cream is a still frozen ice cream. Still frozen means that the mixture is not churned during freezing. It is the introduction of many tiny air bubbles that provide a smooth texture and light airy consistency. These bubbles are incorporated in the form of whipped cream or meringue. Some of the desserts prepared from lightened ice cream include:

- Bombe
- Parfait
- Frozen soufflés
- Frozen mousse
- Biscuits glace

BOMBE: also referred to as bombe mixture or parfait, are layered into the bombe mold. The mold is often in the shape of hemisphere. When completed, the bombe is turned out of the mold and decorated with whipped cream, small meringues, wafer cookies or chocolate.

PARFAIT: the term parfait originally, referred to the coffee flavored dessert parfait au café. It is prepared in oblong parfait molds or rectangular terrine molds. The molded mixture is then sliced and served accompanied by a sauce. It is served in a narrow glass. Ice cream, layered with various fruits, sauces or liqueurs and topped with whipped cream.

FROZEN SOUFFLES: They are parfait mixtures, molded and presented in soufflés dishes. It is a mixture of whipped egg yolk and sugar syrup foundation. This is flavored and then lightened with whipped cream. A small band of paper is used to allow the mold to be filled above its top. When this band of paper is removed, the frozen soufflés resembles its hot counterpart.

FROZEN MOUSSE: it can be made either from a crème anglaise base or from syrup, as are most types. The mixtures are whipped to a frothy state after being assembled the mixture is then still frozen.

BISCUITS GLACE: they are molded in loaf pans. Different flavors of lightened ice cream are layered in the mold. When sliced, the marked contrast of the various flavors is displayed.

METHODS OF PREPARATION

1. **PREPARATION OF THE BASIC MIXTURE**
2. **FREEZING**
3. **MOLDING**

PREPARATION OF THE BASIC MIXTURE:

- Sugar syrup: 2 cup of water + 2 cup of granulated sugar + boiled at 220 degree F.
- Basic custard: 1 qt milk + 8 EA eggs + 10 to 12 oz sugar
- Meringue: egg white + superfine sugar + whisking until stiff peak form.

FREEZING:

Various types of equipment available

1. **CHURNING ICE CREAM FREEZERS**
 - ICE COOLED: ice + rock salt
 - SELF CONTAINED: double walled bowl (filled with super coolant)
 - FULLY ELECTRIC: both churned & cooled.
 -

1. **NON-CHURNING EQUIPMENT:**

- STIR FREEZING
- BLENDING/PROCESSING

The technique of freezing used will determine the texture of the final product.

INGREDIENTS FOR SHERBET OR ICE CREAM

1. BOILING SUGAR
2. EGG
3. MILK/CREAM
4. FRUITS
5. NUTS
6. SPICES & FLAVORINGS