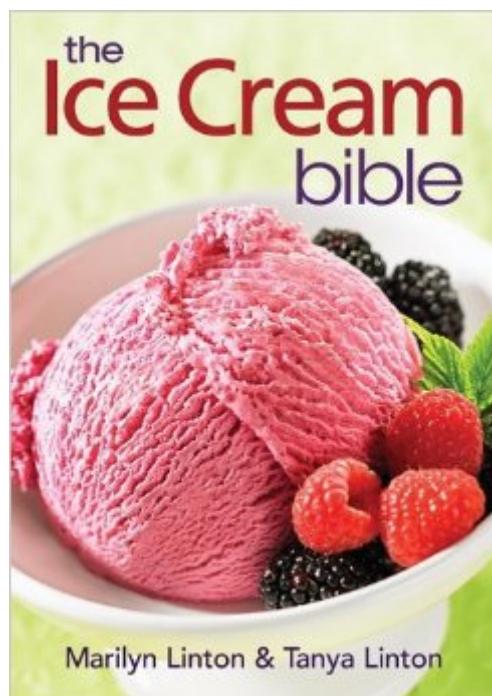


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# The Ice Cream Bible



## Synopsis

Capturing the essence of summer with homemade ice creams, sorbets, gelatos and ices. Using the easy and delicious recipes in The Ice Cream Bible and an ice cream maker, home chefs will have everything needed to make a range of luscious frozen desserts to satisfy everyone all year round. Here is a selection of the mouthwatering recipes: Ice creams: raspberry white chocolate, pine nut and honey, hazelnut, cookies and creme, mango crème brûlée, lemon dill Ices, sorbets and granitas: pomegranate ice, spicy plum sherbet, pear ice, almond snow granita, frozen lemon meringue pie, chili honey lime sorbet, berry banana ice, black pepper and berry ice, ice wine ice, star anise and mandarin orange ice Gelatos: honey-walnut gelato, grapefruit lime gelato, super-fast milk gelato, pear-gingerricotta gelato, pear and buttered pecan gelato, toasted pine nut gelato, milky gelato. The authors also provide expert guidance on purchasing a suitable ice cream maker, dozens of fabulous recipes for sauces, and tips and techniques for making the perfect ice cream every time.

## Book Information

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## Customer Reviews

People who don't wish to eat real ice cream should refrain from reviewing ice cream books. To malign this wonderful book because it doesn't offer "diet ice creams" or because the book recommends eggs in ice cream recipes (which is what traditional ice cream demands) is like maligning a Kosher cookbook because the recipes don't have enough pork in them. If you don't wish to eat real ice cream, then...don't. But don't hurt a professional author who has worked hard to

give wonderful recipes (each one with very unique measurements -- not 4 eggs for every recipe, etc.) just because you wish to eat Betty Crocker grade ice cream. Also, though the measurements may have needed uniformity, a cup is a cup. Adding a little more or less will just tweak the taste a bit, but it won't hurt if you add 50ml more or less. The low-brow cuisine obssessive habit of measuring everything exactly is frankly sophmoric. You get more than enough ideas to create wonderful ice cream. Just use your imagination inspired by these wonderful gourment recipes to create your own ice cream. And again, if you don't like real gourmet ice cream, then at least have the decency not to hurt the ranking of a tremendously wonderful book. In addition to this book, I recommend "Frozen Deserts" and "Making Artisan Gelato" -- neither of these books are for fake ice cream lovers, and the measurements in Frozen Deserts are in restaurant portion quantities. But please note this book is hailed by the pastry chef of New York's Per Se restaurant, considered one of the finest restaurants in the world. Both books, and Linton's The Ice Cream Bible, give wonderful tips on making ice cream correctly...and yes, this entails using eggs and some imagination and creativity. I would have loved more photos in The Ice Cream Bible, but you can't have it all. There are books with pretty pictures, but their recipes don't work. The recipes here are legitimate. They are not complex, unless you are really really dumb. Incidentally, making real ice cream entails cooking and cooling ingredients. If you are impatient to do this, skip making ice cream and buy what you wish to eat at the supermarket. In life, you get what you invest. If you invest time and love in preparing ice cream, you will love the ice cream created by your dedication to the correct process. In the world, there are "fast food ice creams" and then there are "gourmet ice creams." The Ice Cream Bible is a text for lovers of gourmet ice cream THAT YOU CAN make in a home ice cream maker in home proportions. So it's relatively easy to make ice cream, yet you are getting hundreds of wonderfully unique and delicious recipes.

I like THE ICE CREAM BIBLE, but I'll be using the recipes for inspiration, not cooking directions, after my recent disaster making the "Caramel Ice Cream" recipe. Ice cream is pretty simple: you combine sugar, milk, cream, egg yolks (for custard ice cream), and flavorings; cook the mixture (for custard ice creams); then chill and ultimately freeze the mixture in an ice cream maker. So you buy an ice cream recipe book mainly to learn what ingredients are needed for a particular flavor, and the proportions--and this book is a terrific choice for this purpose. However, THE ICE CREAM BIBLE repeats the same standard preparation directions over and over again in every recipe, just changing the ingredients. That's okay for most ice creams, but NOT for caramel ice cream. In the book's recipe, Step 2 says to stir sugar and water together over medium-low heat until the sugar is

dissolved, and then to "[c]ook, stirring constantly, until deep amber color." With most custard ice creams, you do indeed cook the mixture, stirring constantly. But when you're trying to caramelize sugar--which I had never done before--the one thing you do NOT do is stir the mixture! What you do, is boil the sugar/water mixture, swirling the pan from time to time (if you must do something), until the mixture changes color. If you stir the mixture constantly--as I did, following the recipe instructions--all the liquid will boil away, and you will end up with a big lump of white crystallized sugar that is fused to your saucepan. After two failed attempts, I found and watched an online cooking video that explained how to caramelize sugar. After that, when I made the "Caramel Ice Cream" recipe without stirring, the ice cream was delicious. The recipes in this book are the right size to be easily frozen in a 1-1/2 quart ice cream maker. There are many, many recipes, including recipes for basic ice creams (e.g., chocolate, vanilla, peach), exotic ice creams (e.g., black pepper and cloves, avocado lime, red bean), and standard variety ice creams (e.g., butter pecan, pistachio, key lime, lemon custard). The book also has mouth-watering, full-color photographs of many of the finished ice creams. The book includes good introductory material about ingredients and equipment, and recipes for sauces, gelatos, ices and sorbets, drinks, and low-fat ice milks and yogurts. I rate this at 4.5 stars, rounded down to 4 stars because of my "Caramel Ice Cream" misadventure. Other ice cream recipe books that I highly recommend are Williams-Sonoma Ice Cream (good complete instructions for Caramel Ice Cream); The Perfect Scoop (excellent instructions for making custard ice creams); and The Best Ice Cream Maker Cookbook Ever (lots of good recipes and instructional material).

I have to say this. What is good about making your own ice cream is that you can switch around milks, creams if you like. You can add anywhere from 4 to 8 egg yolks in a recipe. So if you want soy milk do it, lactose free milk, do it. It is up to you. I have to say I have 15 ice cream books, I collect cookbooks, I have them all. This one is brilliant and yes it doesn't have pictures, but a lot of these books don't. This has variety. And, let me tell you I made the vanilla ice cream this week (with 4 yolks) and no yolk/joke, Unbelievable is all I can say. I made The Perfect Scoop (another superb book) strawberry sauce. Nervana. That is one of the best vanillas I have made or tasted. It is good to have a base then you can do ripples, tin roof, heath bar crunch etc. Congratulations. BTW, I have 2 ice cream makers. I have vanilla and coconut ice cream in the freezer right now.

I haven't tried a lot of the recipes in this book, but I have tried a few. The ones that I've tried taste good. However, I have to comment specifically on the rum raisin recipe. This recipe is worth, IMO,

the price of the book alone. I've made it for a number of people in the past and they have all thought that it was one of the best ice creams they have ever tasted. It was not my favorite ice cream flavor in the past, but I decided to give it a whirl from this book a while ago. Now it is my favorite. Great stuff!

Good for the serious cook and the dabbler (Me and my wife). The range is quite good (they have real gelato recipes, unlike most ice cream books I looked at. The recipes are clear and arranged in a way that makes sense. Essentials are in the recipe itself, suggestions are in tips on the side. Best of all, the results are fantastic. As to the comment from the other reviewer, for US customers, this won't be a problem.

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