

# The scoop on ice cream

When we were on our camping holiday, we ventured out of the campground one evening for an ice cream. You see there was a Kawartha Dairy just down the road— well you just can't pass that up, because they make fabulous ice cream. Anyhow, we ordered our treats and apparently, although the ice cream is outstanding, they do not understand consistency. I ordered a small ice cream in a waffle cone— I received a waffle cone with two reasonable sized scoops. My husband ordered a large ice cream in a regular cone and he received three reasonable scoops in a regular cone. My older son ordered the same as I did and got approximately the same amount of product.

The funny part was when they delivered the cone to my younger son. Michael ordered a small ice cream in a waffle cone. He received an ice cream the size of which I have never seen before. I did not know it was possible to get that much ice cream on one cone— it was just about the size of his head! There must have been seven or eight scoops on that cone! So, our new rule when we go for ice cream is that Michael orders for everyone!

While we were sitting around waiting

Lori Gysel & Gerry Kentner



for Michael to finish the monster cone (which he did by the way, with only a little help from his mom and dad) we ended up in a discussion — what is ice cream, what is gelato, what is sherbert, what is sorbet, what is sorbetto? All very confusing.

Sometimes it seems the only difference is the price!

All of these are cold desserts, made by freezing a flavoured mixture. There are small differences in method of preparation, but it is what is in the mixture that really makes the difference.

Ice cream is made from milk, cream, sugar and flavourings (sometimes there is egg yolk as well). This would be the only ingredients in homemade ice cream. However, commercially-produced ice cream also contains stabilizers such as edi-

ble gelatin, egg white, agar-agar and carob. High-end ice cream has less than 35% air— making it more dense and flavourful. Less quality ice cream has more air and is therefore less dense and less flavourful.

Sorbet (also known as sherbert and sorbetto) is a water ice that is softer and more granular than ice cream, as it does not contain any fat or egg yolk. The basic ingredients of a sorbet are fruit juice or puree and sugar. Sometimes meringue is added to the sorbet after it is set to give it volume. Sorbetto is the Italian term for this fruit ice.

Gelato is similar to a high end ice cream in that it has less than 35% air and is very flavourful— it is also made from milk, cream sugar and sometimes egg yolk. The term gelato comes from the Italian gelare— meaning to freeze— it has nothing to do with gelatin, which is not an ingredient in homemade gelato. Gelato was traditionally made in the northern part of Italy, while sorbetto, the fruit ice, was made in southern Italy.

Have fun and keep cooking!

(Lori and Gerry can be reached at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com))

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Pentax K10D Body 10088783. On page 17 of the August 24th flyer we showed this item with the camera with a lens attached when in fact this camera does not come with the 18-55mm Lens.  
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## Ice Cream Pie

### Ingredients

- 2 cups chocolate cookie crumbs
- 1/3 cup melted butter
- 3 tbsp white sugar
- 1/2 litre vanilla ice cream
- 1/2 litre butterscotch ice cream
- 4 tbsp butterscotch or caramel sauce
- 4 tbsp chocolate sauce
- 1 cup crumbled brownies

### Method

Mix the cookie crumbs, butter and sugar together. Spray a deep pie plate with non-stick spray. Press crumbs into bottom and up the sides of the pie plate.



Refrigerate at least one hour.

Remove ice creams from freezer about 15 minutes before using so they can temper. Using a scoop, arrange balls of butterscotch ice cream over the entire bottom of the pie-crust. Ice cream should still be firm, but pliable. Smooth to a flat surface.

Drizzle butterscotch sauce over the ice cream. Arrange chunks of broken brownies over the butterscotch sauce.

Using a scoop, arrange balls of vanilla

ice cream over the brownies. Do not flatten. Drizzle chocolate sauce over vanilla ice cream.

Freeze immediately uncovered. After a few minutes, when the chocolate sauce has hardened, then cover the entire pie with foil or plastic wrap.

When ready to serve, remove from freezer 15 minutes before cutting so that you will be able to cut fairly easily. It will be helpful if you run your knife under hot water and do not dry it before cutting.

*Cook's Note: Any flavours of ice cream may be used for this pie— you could even do more than two layers. Think about some interesting colour combinations. Perhaps vanilla and strawberry with some pureed fresh strawberries in there might be nice for a girl's party.*

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