

# Recipe Booklet

*ICE CREAMS, SORBETS, SHERBETS & MORE!*

Instruction  
Booklet  
Reverse Side



**Cuisinart**<sup>®</sup>

Pure Indulgence Ice Cream-Frozen Yoghurt & Sorbet Maker

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## RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen drinks and desserts. You may create or use recipes of your own, as long as they yield no more than 2 litres.

### Recipe Tips

- Some recipes use precooked ingredients. For best results, the mixture should be chilled overnight before using. Or, chill the recipe over an ice bath, until it is completely cooled, before using.
- To make an ice bath, fill a large container with ice and water. Place saucepan or other container into the ice bath. Cool precooked ingredients completely.
- Prior to freezing, most recipes may be stored in the refrigerator for up to 3 days.
- You may substitute lower-fat creams and milk (reduced fat or lowfat) for heavy cream and whole milk used in many recipes. However, keep in mind that the higher the fat content, the richer and creamier the result. Using lower-fat substitutes may change the taste, consistency and texture of the dessert. When substituting, be sure to use the same volume of the substitute as you would have used of the original item. For example, if the recipe calls for two cups of cream, use a total of two cups of the substitute (such as 1 cup cream, 1 cup whole milk).
- In recipes that use alcohol, add the alcohol during the last two minutes of the freezing process. Otherwise, the alcohol may impede the freezing process.
- When making sorbet, be sure to test the ripeness and sweetness of the fruit before you use it. The freezing process reduces the sweetness of the fruit so that it will taste less sweet than the recipe mixture. If the fruit tastes tart, add sugar to the recipe. If the fruit is very ripe or sweet, reduce the amount of sugar in the recipe.
- When making more than one recipe at a time, be sure the freezer bowl is completely frozen before each use.
- Make sure mixing arm and lid are in place before turning on machine.

### Mix-Ins for Ice Cream

Turn any of the “plain” flavours of ice cream into something fun by adding up to 1 cup of any of the following (or a mixture of 2 or more totaling 1 cup): chopped cookies, favourite candy bars, brownies, leftover cake, marshmallows, chocolate morsels, peanut butter morsels, butterscotch morsels, toasted nuts, etc. Ingredients should be added about 5 minutes before the recipe is complete. Once the dessert or drink has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

## ICE CREAM SERVING SUGGESTIONS

### Ice Cream Terrine

You can make an ice cream terrine or loaf as a special way to serve your homemade ice cream, gelato, frozen yoghurt, or sorbet. Simply line an 8-cup (23x13x8 cm) loaf pan with a large sheet of plastic wrap. Spoon frozen mixture into prepared pan, cover completely and freeze for at least 2 hours. If desired, frozen mixture can be layered with thin cookies or layers of cake about 6 - 12 mm thick. Remove from freezer and place in refrigerator for 20 to 30 minutes before serving to facilitate slicing. Slice with a sharp knife that has been dipped in hot water, then dried.

### Ice Cream Pies

You can easily make an ice cream pie using any flavour of ice cream, frozen yoghurt, or even sorbet. Begin with a cooled crust – traditional pastry or crumb (it can be placed in the freezer while you are mixing your filling). You can fill the crust directly or add a layer of syrup, chocolate (you can sprinkle the hot crust with chopped chocolate or chocolate chips – they will then melt and form a layer of chocolate candy) or nuts. Spoon your frozen mixture directly from the ice cream maker into the chilled crust. Freeze for 1 hour until the top is firm, then cover and freeze until needed. Remove from the freezer and place in the refrigerator 30 minutes before serving so that it will become soft enough to slice but will still hold its shape. Serve plain, or with additional toppings such as fresh fruit, fruit syrup, chocolate or caramel sauce, nuts, cherries, etc. Top with freshly whipped cream.

### Ice Cream Sodas

Ice cream sodas are made with a flavouring syrup, soda, and a scoop of your favourite ice cream, frozen yoghurt or sorbet. Place 2 tablespoons syrup in the bottom of a large glass. Add chilled soda or seltzer to within 5 cm of the rim of the glass.

Top with 1 large scoop of very firm ice cream, frozen yoghurt or sorbet – trying to get the scoop to straddle the rim of the glass but also be partly submerged in the soda. If the ice cream is too deep into the soda it will cause it to overflow, and if it doesn't touch, it is not an ice cream soda. The ice cream soda can be topped off with a squirt of whipped cream. The possibilities are endless. You can do a traditional soda such as a Black-and-White (chocolate syrup, seltzer, vanilla ice cream) or use ginger ale with a scoop of fruit-flavoured sorbet – or a more exotic combination.

### Medleys or Parfaits

Choose flavours and colours that complement each other, and layer in parfaits or arrange on plates using small scoops. For instance, a bowl of small scoops of Red Raspberry Gelato, Blueberry Cassis Gelato, Mango Gelato, and Green Tea Gelato will make a dramatic presentation. Or try a medley of jewel-toned sorbets, such as Pink Grapefruit, Blueberry, and Sweet Dark Cherry.

## BASIC ICE CREAMS

### SIMPLE VANILLA ICE CREAM

Makes about fourteen ½-cup servings

- 1½ cups whole milk
- 1⅙ cups granulated sugar
- 3 cups heavy cream
- 1½ tablespoons pure vanilla extract

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 255 (68% from fat) • carb. 19g • pro. 2g • fat 20g  
• sat. fat 12g • chol. 73mg • sod. 32mg • calc. 64mg • fibre 0g

### FRESH STRAWBERRY ICE CREAM

Makes about fourteen ½-cup servings

- 3 cups fresh ripe strawberries, stemmed and sliced
- 4 tablespoons freshly squeezed lemon juice
- 1½ cups sugar, divided
- 1½ cups whole milk
- 2¾ cups heavy cream
- 1½ teaspoons pure vanilla extract

In a small bowl, combine the strawberries with the lemon juice and ½ cup of the sugar. Stir gently and allow the strawberries to macerate in the juices for 2 hours. Strain the berries, reserving juices. Mash or purée half the berries.

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and remaining granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream, reserved strawberry juice, mashed strawberries, and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Five minutes before mixing is completed, add the reserved sliced strawberries and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

**Note:** This ice cream will have a “natural” appearance of very pale pink. If a deeper pink is desired, add red food colouring sparingly by drops until desired colour is achieved.

*Nutritional information per serving:*  
Calories 275 (58% from fat) • carb. 28g • pro. 2g • fat 18g  
• sat. fat 11g • chol. 67mg • sod. 29mg • calc. 64mg • fibre 1g

**For Fresh Peach Ice Cream:** Substitute 3 cups sliced fresh peaches for the strawberries.

### SIMPLE CHOCOLATE ICE CREAM

Makes about fourteen ½-cup servings

- 1 cup unsweetened cocoa powder (Dutch process preferred)
- ⅔ cup granulated sugar
- ½ cup firmly packed brown sugar
- 1½ cups whole milk
- 3¼ cups heavy cream
- 1 tablespoon pure vanilla extract

Place the cocoa and sugars in a medium bowl; stir to combine. Add the whole milk and use a hand mixer on low speed or whisk to combine until the cocoa and sugars are dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. If not freezing immediately, cover and refrigerate until ready to use.

Turn machine on; pour mixture into freezer bowl, and let mix until thickened, about 25 to 35 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 286 (66% from fat) • carb. 23g • pro. 3g • fat 22g  
• sat. fat 14g • chol. 79mg • sod. 37mg • calc. 81mg • fibre 2g

### PEANUT BUTTER CUP ICE CREAM

Makes about fourteen ½-cup servings

- 1⅙ cups good quality peanut butter (not natural)
- ¾ cup granulated sugar
- 1¼ cups whole milk
- 2 cups heavy cream
- 1½ teaspoons pure vanilla extract
- 1 cup chopped chocolate peanut butter cup candies

In a medium mixing bowl, use a hand mixer or whisk to combine the peanut butter and sugar until smooth. Add the milk and mix on low speed until the sugar is dissolved, about 1 to 2 minutes. Stir in the

heavy cream and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 25 to 35 minutes. Five minutes before mixing is completed, add the chopped candy through the top and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*

*Calories 261 (69% from fat) • carb. 15g • pro. 6g • fat 21g  
• sat. fat 9g • chol. 43mg • sod. 110mg • calc. 49mg • fibre 1g*

### COFFEE BUTTER ALMOND ICE CREAM

Makes about fourteen ½-cup servings

- 4 tablespoons unsalted butter**
- 1 cup slivered almonds, roughly chopped**
- 1 teaspoon kosher salt**
- 1½ cups whole milk, chilled**
- 1⅛ cups granulated sugar**
- 3-5 tablespoons instant espresso powder (to taste)**
- 3 cups heavy cream**
- 2 teaspoons almond extract**
- 1 teaspoon pure vanilla extract**

Melt the butter in a 25 cm skillet. Add the slivered almonds and kosher salt. Cook over medium-low heat until almonds are toasted and golden, stirring frequently, about 4 to 5 minutes. Remove from the heat, strain (the butter will have an almond flavour; can be reserved for another use). Chill the nuts.

In a medium mixing bowl, use a hand mixer on low speed to combine the milk, granulated sugar and espresso powder until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and extracts. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Add the chopped nuts to the mixture during the last 5 minutes of freezing. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*

*Calories 287 (70% from fat) • carb. 19g • pro. 3g • fat 23g  
• sat. fat 12g • chol. 71mg • sod. 131mg • calc. 78mg • fibre 0g*

**For Coffee Ice Cream:** Omit the toasted buttered almonds, if desired; add 1 tablespoon Kahlúa® or other coffee liqueur to the mixture.

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### PUMPKIN PIE ICE CREAM

Makes about fourteen ½-cup servings

- 1½ cups whole milk**
- 1 cup packed light or dark brown sugar**
- 2 tablespoons molasses or dark corn syrup**
- 1¾ cups pumpkin purée (solid pack pumpkin)**
- 1½ teaspoons cinnamon**
- 1 teaspoon ginger**
- ¼ teaspoon freshly ground nutmeg**
- 2½ cups heavy cream**
- 1 teaspoon pure vanilla extract**
- 1 cup crumbled gingersnaps or vanilla butter cookies,**

In a medium mixing bowl, use a hand mixer on low speed to combine the milk, brown sugar, and molasses until the sugar is dissolved, about 1 to 2 minutes. Stir in the pumpkin purée, cinnamon, ginger, and nutmeg. Add heavy cream and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Add the crumbled cookies during the last 5 minutes of mixing. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

**For plain Pumpkin Ice Cream:** Omit cookies.

*Nutritional information per serving:*

*Calories 310 (52% from fat) • carb. 35g • pro. 3g • fat 18g  
• sat. fat 11g • chol. 62mg • sod. 134mg • calc. 100mg • fibre 1g*

### CHOCOLATE MINT ICE CREAM

Makes about fourteen ½-cup servings

- 1½ cups whole milk**
- ¾ cup chocolate syrup**
- 3 tablespoons granulated sugar**
- 3 cups heavy cream**
- 1 teaspoon peppermint extract**
- 1 cup chopped chocolate mint candies or mint chocolate morsels or 1 cup chopped peppermint patty candies**

In a medium mixing bowl, use a hand mixer on low speed to combine the milk, chocolate syrup, and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and peppermint. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Five minutes before mixing is completed, add the reserved chopped candies or morsels and let mix in completely. The ice cream will have a soft, creamy texture.

If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 321 (67% from fat) • carb. 25g • pro. 2g • fat 24g  
• sat. fat 15g • chol. 73mg • sod. 47mg • calc. 66mg • fibre 3g

### PISTACHIO ICE CREAM

Makes about fourteen ½-cup servings

- 1⅓ cups whole milk, well chilled
- 1⅓ cups granulated sugar
- 3 cups heavy cream, well chilled
- 1½ teaspoons pure vanilla extract
- 1 teaspoon pure almond extract
- 1½ cups shelled pistachios, roughly chopped  
(use plain or lightly salted – do not use red pistachios)

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream, and vanilla and almond extracts.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. During the last 5 minutes of freezing, add the pistachios. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 332 (69% from fat) • carb. 22g • pro. 5g • fat 26g  
• sat. fat 13g • chol. 73mg • sod. 32mg • calc. 79mg • fibre 1g

### VANILLA BEAN ICE CREAM

Makes about fourteen ½-cup servings

- 2⅓ cups whole milk
- 2⅓ cups heavy cream
- 1 whole vanilla bean (about 15 cm in length)
- 3 large eggs
- 4 large egg yolks
- 1⅓ cups sugar
- 2 teaspoons pure vanilla extract

Combine the milk and cream in a Cuisinart® medium saucepan. Use a sharp knife to split the vanilla bean in half lengthwise. Use the blunt edge to scrape out the “seeds.” Stir the seeds and bean pod into the milk/cream mixture. Bring the mixture to a slow boil over medium heat, reduce the heat to low, and simmer for 30 minutes, stirring occasionally.

Combine eggs, egg yolks, and sugar in a medium bowl. Use a hand mixer on medium speed to beat until the mixture is thick, smooth, and pale yellow in colour (similar to mayonnaise), about 2 minutes.

Remove the vanilla bean pod from the milk/cream mixture and discard. Measure out 1 cup of the hot liquid. With the mixer on low speed, add the cup of hot milk/cream to the egg mixture in a slow, steady stream. When thoroughly combined, pour the egg mixture back into the saucepan with the rest of the milk/cream mixture and stir to combine. Cook, stirring constantly, over medium-low heat until the mixture is thick enough to coat the back of a spoon. Transfer to a bowl, stir in vanilla, cover with a sheet of plastic wrap placed directly on the custard, and chill completely.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 25 to 30 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 257 (64% from fat) • carb. 19g • pro. 4g • fat 19g  
• sat. fat 11g • chol. 166mg • sod. 50mg • calc. 86mg • fibre 0g

### DEEP DARK CHOCOLATE ICE CREAM

Makes about fourteen ½-cup servings

- 2¼ cups whole milk
- 2¼ cups heavy cream
- 1 vanilla bean
- 1⅓ cups granulated sugar
- 1⅓ cups Dutch process cocoa
- 2 large eggs
- 2 large egg yolks
- 360 g bittersweet chocolate, chopped
- 2 teaspoons pure vanilla extract

In a large saucepan, combine the whole milk and heavy cream over medium-low heat. With a sharp knife, split the vanilla bean lengthwise; use the blunt edge of the knife to scrape out the “seeds” of the vanilla bean. Stir the seeds and bean pod into the milk/cream mixture. Simmer the milk/cream mixture over low heat for 30 minutes. Remove the vanilla bean pod and discard it or rinse and reserve for another use.

Combine the sugar, cocoa, eggs, and egg yolks in a medium bowl; using a hand mixer on medium speed, beat until thickened like mayonnaise. Measure out 1 cup of the hot milk/cream mixture. With the mixer on low speed, add the cup of hot milk/cream to the cocoa mixture in a slow, steady stream and mix until completely incorporated. Stir the chopped chocolate into the saucepan with the hot milk/cream.



Stir the egg mixture into the hot milk/cream. Cook over low heat, stirring constantly, until the mixture thickens and begins to resemble a chocolate pudding. Transfer the chocolate mixture to a bowl and stir in vanilla. Cover with plastic wrap placed directly on the surface of the chocolate mixture, and refrigerate until completely cooled.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 25 to 30 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 369 (60% from fat) • carb. 34g • pro. 7g • fat 27g  
• sat. fat 16g • chol. 119mg • sod. 46mg • calc. 100mg • fibre 3g

**For Dark Mocha Chip Ice Cream:** Add 2 to 3 tablespoons espresso powder along with the cocoa. Chop 180 g bittersweet or semisweet chocolate bar into tiny uneven pieces. Add the chopped chocolate during the last 5 minutes of mixing.

## CREAMY BUTTER PECAN ICE CREAM

Makes about fourteen ½-cup servings

- 4 tablespoons unsalted butter
- 1 cup pecan halves and pieces
- 1 teaspoon kosher salt
- 2¼ cups whole milk
- 2¼ cups heavy cream
- 1 whole vanilla bean (about 15 cm in length)
- 4 large eggs
- 2 large egg yolks
- 1⅛ cups sugar
- 2 teaspoons pure vanilla extract

Melt the butter in a 25 cm skillet. Add the pecans and kosher salt. Cook over medium-low heat until pecans are toasted and golden, stirring frequently, about 4 to 6 minutes. Remove from the heat, strain (the butter will have a pecan flavour and can be strained and reserved for another use). Chill the nuts.

Combine the milk and cream in a Cuisinart® medium saucepan. Use a sharp knife to split the vanilla bean in half lengthwise. Use the blunt edge to scrape out the “seeds.” Stir the seeds and bean pod into the milk/cream mixture. Bring the mixture to a slow boil over medium heat, reduce the heat to low, and simmer for 30 minutes, stirring occasionally.

Combine eggs, egg yolks, and sugar in a medium bowl. Use a hand mixer on medium speed to beat until the mixture is thick, smooth, and pale yellow in colour (similar to mayonnaise), about 2 minutes. Remove

the vanilla bean pod from the milk/cream mixture and discard it. Pour out 1 cup of the hot liquid. With the mixer on low speed, add the cup of hot milk/cream to the egg mixture in a slow, steady stream. When thoroughly combined, pour the egg mixture back into the saucepan and stir to combine. Cook, stirring constantly, over medium low heat until the mixture is thick enough to coat the back of a spoon. Transfer to a bowl, cover with a sheet of plastic wrap placed directly on the custard, and chill completely.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 20 to 25 minutes. Five minutes before mixing is completed, add the reserved pecans, and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 329 (70% from fat) • carb. 21g • pro. 5g • fat 26g  
• sat. fat 13g • chol. 158mg • sod. 149mg • calc. 86mg • fibre 1g

## GELATO

### RED RASPBERRY GELATO

Makes about fourteen ½-cup servings

- 4 cups red raspberries (thawed if frozen)
- 1 cup granulated sugar
- 2¼ cups half-and-half\*, divided
- 6 large egg yolks
- ¼ cup fat free powdered milk
- 1 cup heavy cream
- 2 teaspoons pure vanilla extract
- 1-2 drops red food colouring, optional (will enhance colour)

\*Half-and-half is a term used for milk and cream.

Place raspberries in a food processor fitted with the metal “s” blade or in a blender (if using a blender, 2 cups at a time for best results). Process until completely puréed and smooth. Press raspberry purée through a fine mesh sieve or chinois with a wooden spoon or spatula. Discard seeds – you will have approximately 2 cups red raspberry purée; reserve.

Place the sugar and 1¼ cups of the half-and-half in a 2½ litre saucepan with a heavy bottom. Bring to a simmer over medium heat and stir to dissolve the sugar. Keep warm over low heat. Place the egg yolks in a medium bowl and whisk until thickened, about 2 minutes (can use a hand or stand mixer fitted with the whip on low speed). While whisking, add ½ cup of the hot half-and-half/sugar mixture and whisk until blended. Stir the egg mixture back into the saucepan; increase

heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 82°C when checked with an instant-read thermometer. Stir in remaining half-and-half, powdered milk and heavy cream. Strain the mixture through a fine mesh strainer; stir in reserved raspberry purée, vanilla, and food colouring. Cover and refrigerate at least 6 hours before continuing.

Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

\*Half-and-half is a term used for milk and cream.

**For Raspberry Lavender Gelato:** Add 2 tablespoons dried edible lavender flowers to the half-and-half/sugar mixture when heating.

*Nutritional information per serving:*  
Calories 214 (54% from fat) • carb. 22g • pro. 4g • fat 13g  
• sat. fat 7g • chol. 129mg • sod. 37 mg • calc. 96mg • fibre 2g

### BLUEBERRY CASSIS GELATO

Makes about fourteen ½-cup servings

- 5 cups blueberries (thawed if frozen)**
- ¼ cup crème de cassis, divided**
- 1 cup granulated sugar**
- 2½ cups half-and-half\*, divided**
- 6 large egg yolks**
- ½ cup fat free powdered milk**
- 1 cup heavy cream**
- 1 cup whole milk**
- 2 teaspoons pure vanilla extract**

\*Half-and-half is a term used for milk and cream.

Place blueberries in a food processor fitted with the metal “s” blade or in a blender (if using a blender, 2 cups at a time for best results). Process until completely puréed and smooth. Press blueberry purée through a fine mesh sieve or chinois with a wooden spoon or spatula. Discard seeds – you will have approximately 3 cups blueberry purée. Combine the blueberry purée with 3 tablespoons of the crème de cassis in a 2 litre non-reactive saucepan and place over medium-low heat. Cook until the mixture is reduced by half. Remove from pan and chill.

Place the sugar and 1½ cups of the half-and-half\* in a 2½ litre saucepan with a heavy bottom. Bring to a simmer over medium heat and stir to dissolve the sugar. Keep warm over low heat. Place the egg

yolks in a medium bowl and whisk until thickened, about 2 minutes (may use a hand or stand mixer fitted with the whip on low speed). While whisking, slowly add ½ cup of the hot half-and-half\*/sugar mixture and whisk until blended. Stir the egg mixture back into the saucepan; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 82°C when checked with an instant-read thermometer. Stir in remaining half-and-half, powdered milk, heavy cream and whole milk. Strain the mixture through a fine mesh strainer; stir in reserved chilled blueberry purée, remaining tablespoon of crème de cassis and vanilla. Cover and refrigerate at least 6 hours before continuing.

Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 215 (54% from fat) • carb. 22g • pro. 4g • fat 13g  
• sat. fat 7g • chol. 129mg • sod. 37mg • calc. 96mg • fibre 2g

### MANGO GELATO

Makes about fourteen ½-cup servings

- 700 g 2.5 cm mango cubes (thawed, if frozen)**
- ½ cup mango nectar**
- 2 cups whole milk**
- 1 cup sugar**
- ¼ cup fat free powdered milk**
- 8 large egg yolks**
- 1 cup light cream**
- 1 teaspoon pure vanilla extract**

Place mango cubes in a food processor fitted with the metal “s” blade or in a blender (if using a blender, 2 cups at a time for best results). Process until completely puréed and smooth – you will have about 2½ cups mango purée. Stir in mango nectar and refrigerate while continuing with recipe.

Place the milk, sugar and powdered milk in a 3½ litre saucepan with a heavy bottom. Bring to a simmer over medium heat and stir to dissolve the sugar. Keep warm over low heat. Place the egg yolks in a medium bowl and whisk until thickened, about 2 minutes (may use a hand or stand mixer fitted with the whip on low speed). While whisking, slowly add 1 cup of the hot milk/sugar mixture and whisk until blended. Stir the egg mixture back into the saucepan; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 82°C when checked with

an instant-read thermometer. Strain the custard through a fine mesh strainer into a medium bowl. Stir in light cream, reserved mango purée and vanilla. Cover and refrigerate at least 6 hours before continuing. Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 188 (35% from fat) • carb. 27g • pro. 4g • fat 8g  
• sat. fat 4g • chol. 138mg • sod. 41mg • calc. 104mg • fibre 1g

### GREEN TEA GELATO

Makes about fourteen ½-cup servings

- 3¼ cups whole milk
- 8 green tea bags
- ¼ cup powdered fat free milk
- 8 large egg yolks
- 1 cup granulated sugar
- 1 cup heavy cream

Place the milk in a medium saucepan and heat to a simmer. Pour half over the tea bags in a medium bowl and let steep for 30 minutes; strain, pressing all the liquid from the tea bags. Stir powdered milk into remaining milk and keep warm over low heat. Place egg yolks and sugar in a medium bowl. Using a hand mixer or whisk, beat until thick and pale yellow (the consistency of mayonnaise). While mixing, slowly add the hot milk and whisk until blended. Stir the egg mixture back into the saucepan and add the tea-infused milk; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 82°C when checked with an instant-read thermometer. Strain the custard through a fine mesh strainer into a medium bowl. Stir in cream, cover and refrigerate at least 6 hours before continuing.

Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 190 (52% from fat) • carb. 19g • pro. 5g • fat 11g  
• sat. fat 6g • chol. 153mg • sod. 50mg • calc. 119mg • fibre 0g

## FROZEN YOGHURT

### VANILLA FROZEN YOGHURT

Makes about fourteen ½-cup servings

- 1⅔ cups whole milk
- ¾ cup granulated sugar
- 4 cups fat free vanilla yoghurt
- ¼ cup heavy cream
- 1 tablespoon pure vanilla extract

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the yoghurt, heavy cream, and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The frozen yoghurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yoghurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 130 (22% from fat) • carb. 21g • pro. 5g • fat 3g  
• sat. fat 2g • chol. 14mg • sod. 62mg • calc. 145mg • fibre 0g

### CHOCOLATE CHERRY FROZEN YOGHURT

Makes about fourteen ½ cup servings

**270 g bittersweet or semisweet chocolate,  
cut into 2.5 cm pieces**

- 1½ cups whole milk, heated to a simmer
- 4 cups lowfat vanilla yoghurt
- ⅓ cup granulated sugar
- ¼ cup maraschino cherry juice
- 1 cup drained maraschino cherries, roughly chopped

Place the chocolate in a food processor fitted with the metal “s” blade. Pulse to chop. With the machine running, add the warmed milk in a slow, steady stream and process until the chocolate is melted. Add the yoghurt, sugar, and cherry juice; process until smooth. Refrigerate until well chilled, at least 2 hours.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. During the last 5 minutes of freezing, add the chopped cherries. The frozen yoghurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yoghurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 203 (36% from fat) • carb. 30g • pro. 6g • fat 9g  
• sat. fat 5g • chol. 7mg • sod. 56mg • calc. 156mg • fibre 1g



## VERY BERRY FROZEN YOGHURT

Makes about fourteen ½-cup servings

- ¾ **cup whole milk**
- ⅓ **cup granulated sugar**
- 4 cups lowfat vanilla yoghurt**
- 480 g frozen mixed berries, thawed, puréed and strained to remove seeds**
- 1 teaspoon pure vanilla, almond, or lemon extract**

In a medium mixing bowl, use a hand mixer to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes on low speed. Stir in the yoghurt, berry purée and extract. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The frozen yoghurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yoghurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*

*Calories 98 (11% from fat) • carb. 18g • pro. 4g • fat 1g  
• sat. fat 1g • chol. 5mg • sod. 49mg • calc. 134mg • fibre 1g*

## COFFEE LATTE FROZEN YOGHURT

Makes about fourteen ½-cup servings

- 1 cup whole milk**
- 1 packet plain gelatin**
- ½ cup granulated sugar**
- 3 tablespoons instant espresso powder**
- 1 litre (about 3½ cups) lowfat vanilla yoghurt**
- ½ cup half-and-half\* (can use fat free)**

\*Half-and-half is a term used for milk and cream.

Place milk in a 2 litre saucepan; sprinkle with gelatin and let stand 1 minute.

Heat milk and gelatin and stir until smooth. Stir in sugar and espresso powder; cook until sugar is dissolved. Transfer to a medium bowl and cool. Add yoghurt and half-and-half\*, stir until completely blended. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The frozen yoghurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yoghurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*

*Calories 109 (19% from fat) • carb. 18g • pro. 5g • fat 2g  
• sat. fat 2g • chol. 9mg • sod. 56mg • calc. 143mg • fibre 0g*

## SORBET

Bits of fresh citrus zest add a burst of flavor to these refreshing sorbets.

### FRESH LEMON SORBET

Makes about fourteen ½-cup servings

- 3 cups granulated sugar**
- 3 cups water**
- 2¼ cups freshly squeezed lemon juice**
- 1½ tablespoons finely chopped lemon zest \***

Combine the sugar and water in a large saucepan and bring to a boil over medium-high heat. Reduce heat to low and simmer without stirring until the sugar dissolves, about 3 to 5 minutes. Cool completely. This is called a simple syrup, and may be made ahead in larger quantities to have on hand for making Fresh Lemon Sorbet. Keep refrigerated until ready to use.

When cool, add the lemon juice and zest; stir to combine. Turn the machine on. Pour the lemon mixture into the freezer bowl, and mix until the mixture thickens, about 25 to 30 minutes. The sorbet will have a soft texture similar to a freshly scooped Italian ice. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

\* When zesting a lemon or lime use a vegetable peeler to remove the coloured part of the citrus rind.

*Nutritional information per serving:*

*Calories 339 (0% from fat) • carb. 89g • pro. 0g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 3mg • calc. 5 mg • fibre 0g*

**For Fresh Lime Sorbet:** Substitute 2¼ cups freshly squeezed lime juice for the lemon juice and 1¼ tablespoons finely chopped lime zest for the lemon zest.

**For Fresh Lemon-Lime Sorbet:** Use half lemon juice and half lime juice and ¾ tablespoon each of finely chopped lemon and lime zest.

### CRANBERRY SORBET

Makes about fourteen ½-cup servings

- 4½ cups fresh cranberries, washed and drained, stems removed and discarded**
- 2¼ cups granulated sugar**
- 2¼ cups white cranberry juice**
- 1½ cups water**
- ¼ teaspoon salt**

- 3 tablespoons light corn syrup**  
**2 teaspoons chopped fresh lime or orange zest**

Place cranberries, sugar, white cranberry juice, water, and salt in a 3¼ litre saucepan. Bring to a boil over high heat. Reduce heat to medium low and simmer for 15 minutes, until berries have popped and sugar has dissolved. Cool 10 to 15 minutes. Drain cranberries (reserve cooking liquid) and place in work bowl of food processor fitted with metal “s” blade or in a blender – you may need to do this in 2 batches. Add 1 cup cooking liquid. Cover and process until completely puréed and smooth. Press through a fine mesh strainer to remove seeds and pulp; discard seeds and pulp. Stir in remaining cooking liquid, corn syrup and zest. Cover and refrigerate until totally chilled – 6 hours or longer.

Turn the machine on. Pour the chilled mixture into the freezer bowl, and mix until the mixture thickens, about 25 to 30 minutes. The sorbet will have a soft texture similar to a freshly scooped Italian ice. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

**For Cranberry Ginger Sorbet:** Add 1 tablespoon chopped fresh ginger to the cranberries, sugar and juice to cook. Finely chopped zest of 1 orange or lime may also be added.

*Nutritional information per serving:*  
 Calories 164 (0% from fat) • carb. 42g • pro. 0g • fat 0g  
 • sat. fat 0g • chol. 0mg • sod. 69mg • calc. 5mg • fibre 1g

### ROCKMELON SORBET

Makes about fourteen ½-cup servings

- ¾ cup granulated sugar**  
**¾ cup water**  
**1.1 kg rockmelon cubes**  
**⅔ cup tangerine or orange juice**  
**1 tablespoon corn syrup**

Place sugar and water in a 1½ litre saucepan. Bring to a boil over medium high heat, reduce heat to medium and cook until the sugar is completely dissolved to make a simple syrup – you will have 1¼ cups simple syrup. Transfer to a bowl and cool completely.

Place the melon cubes in a food processor fitted with the metal “s” blade. Pulse to chop, then process until completely puréed – you will have about 6 cups rockmelon purée. Stir in the tangerine juice, corn syrup and cooled simple syrup. Cover and chill for 2 hours or longer.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The sorbet will have a soft,

slushy texture, similar to a freshly scooped Italian ice. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
 Calories 81 (3% from fat) • carb. 20g • pro. 1g • fat 0g  
 • sat. fat 0g • chol. 0mg • sod. 8mg • calc. 10mg • fibre 1g

### DARK CHOCOLATE SORBET

Makes about fourteen ½-cup servings

- 4 cups water**  
**1⅔ cups granulated sugar**  
**⅓ cup brown sugar, packed**  
**2 cups unsweetened cocoa powder**  
**1 tablespoon pure vanilla extract**

Combine the water and sugars in a 3¼ litre non-reactive saucepan and place over medium heat. Stir until the sugar dissolves. Whisk in the cocoa and bring the mixture to a simmer. Simmer for 2 minutes, stirring constantly. Remove from the heat and transfer to a medium bowl. Stir in the vanilla. Chill in the refrigerator for 2 hours.

Stir the chilled mixture. Turn the machine on; pour mixture into the freezer bowl and let mix until thickened, about 25 to 30 minutes.

The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
 Calories 138 (9% from fat) • carb. 35g • pro. 2g • fat 2g  
 • sat. fat 1g • chol. 0mg • sod. 6mg • calc. 19mg • fibre 4g

### SWEET DARK CHERRY SORBET

Makes about fourteen ½-cup servings

- ½ cup granulated sugar**  
**½ cup water**  
**1.4 kg pitted sweet dark cherries**  
**¼ cup fresh lemon juice**  
**½ cup orgeat syrup**

Place sugar and water in a 1½ litre saucepan. Bring to a boil over medium-high heat, reduce heat to medium, and cook until the sugar is completely dissolved to make a simple syrup – you will have about ⅔ cups simple syrup. Transfer to a bowl and cool completely.

Place the cherries in a food processor fitted with the metal “s” blade. Pulse to chop, then process until completely puréed – you will have

about 6 cups purée. Stir in the lemon juice, orgeat, and cooled simple syrup. Cover and chill for 2 hours or longer.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The sorbet will have a soft, slushy texture, similar to a freshly scooped Italian ice. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving:*  
Calories 66 (1% from fat) • carb. 17g • pro. 0g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 1mg • calc. 6 mg • fibre 0g

## DRINKS

### RASPBERRY 'RITAS

Makes six servings

**480 g chilled fresh or frozen, thawed raspberries**  
**360 ml frozen limeade, thawed**  
**90 ml chilled Triple Sec**  
**240 ml chilled tequila**  
**thin lime slices for garnish**

Combine raspberries and limeade in a blender or food processor fitted with the metal “s” blade. Process until smooth. Press through a fine mesh strainer to remove seeds. Turn machine on. Pour the juice mixture into the freezer bowl and mix until thickened, about 20 to 25 minutes (mixture should be very thick as liquors will thin it out). Add chilled Triple Sec and tequila during the last 2 to 3 minutes of mixing. Serve immediately in stemmed glasses with straws, or freeze until ready to serve. Garnish with a thin slice of lime.

**For Peachy 'Ritas:** substitute sliced peaches for the raspberries.

*Nutritional information per serving:*  
Calories 286 (1% from fat) • carb. 37g • pro. 1g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 1mg • calc. 19mg • fibre 5g

### BROWN COW SLUSHY

Makes six servings

**1½ cups fat free half-and-half\***  
**½ cup granulated sugar**  
**360 ml bottles of best quality sarsaparilla**

\*Half-and-half is a term used for milk and cream.

In a medium mixing bowl, use a hand mixer on low speed to combine the half-and-half\* and granulated sugar until the sugar is dissolved,

about 1 to 2 minutes. Stir in root beer. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened and slushy, about 12 to 20 minutes, depending on thickness preferred. Transfer to tall glasses and serve with straws and a maraschino cherry garnish.

*Nutritional information per serving:*  
Calories 218 (28% from fat) • carb. 39 g • pro. 2g • fat 7g  
• sat. fat 4g • chol. 22mg • sod. 49mg • calc. 73mg • fibre 0g

## SLUSHIES

Makes six servings

**6 cups cola or other soda, lemonade, cranberry juice, white grape juice, chilled\***

Pour into freezer bowl, turn the machine on and let mix until thick and slushy, about 15 to 20 minutes. Serve immediately, or if desired, transfer to an airtight container and store in the freezer. Remove from freezer at least 20 minutes before serving.

\* Do not use sugar-free products to make slushies.

*Nutritional information per cola serving:*  
Calories 43 (0% from fat) • carb. 11g • pro. 0g • fat 0g  
• sat. fat 0g • chol. 0mg • sod. 4mg • calc. 3mg • fibre 0g

## SLUSHY JULIUS

Makes six servings

**2 cups water**  
**⅓ cup granulated sugar**  
**360 ml frozen orange juice concentrate, thawed**  
**2½ cups milk or coconut milk (unsweetened, can use lowfat)**  
**2 teaspoons pure vanilla extract**

Combine water and sugar and stir until sugar is completely dissolved. Stir in remaining ingredients. Turn the machine on; pour the mixture

into freezer bowl, and let mix until thickened and slushy, about 12 to 20 minutes, depending on thickness preferred. Transfer to tall glasses and serve with straws and a maraschino cherry garnish.

For an “adult” drink, use the coconut milk version and add ½-¾ cup rum.

*Nutritional information per serving:*  
Calories 195 (16% from fat) • carb. 37g • pro. 5g • fat 4g  
• sat. fat 2g • chol. 14mg • sod. 54mg • calc. 141mg • fibre 0g