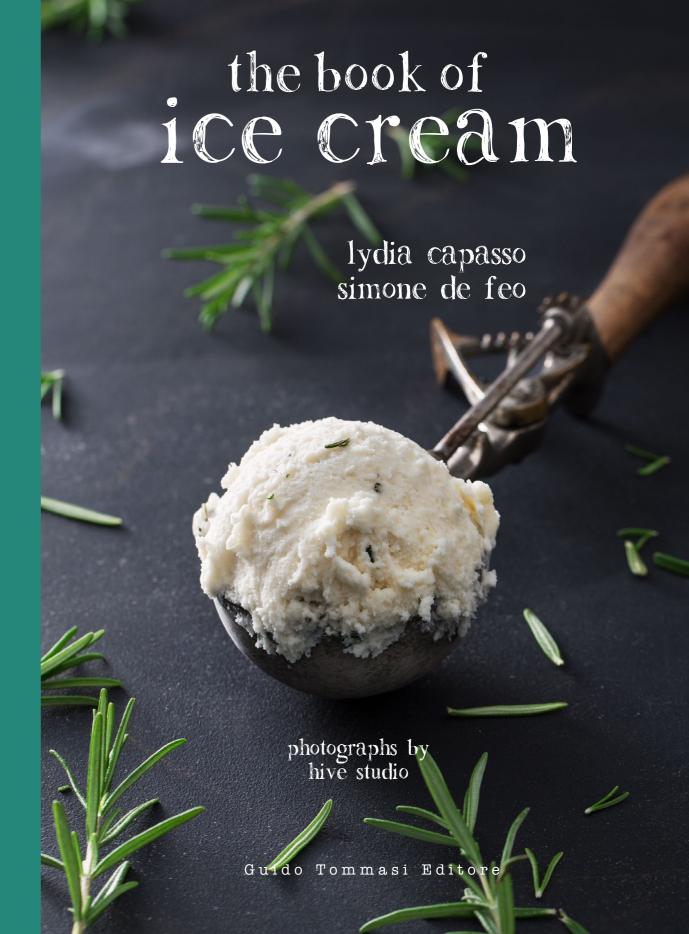
lydia capasso imone de feo

cream book







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Milk ice cream



Ingredients

 $690~{\rm G}/23~{\rm FL}~{\rm oz}/2.5~{\rm cups}$ fresh whole milk $100~{\rm G}/3.5~{\rm fl}~{\rm oz}/\frac{1}{2}~{\rm cup}$ fresh cream $200~{\rm g}/8~{\rm oz}/1~{\rm cup}$ caster sugar $2~{\rm g}/0.1~{\rm oz}$ carob seed flour

Mix the cream with the milk in a saucepan and place it over the heat. Add the sugar and carob seed flour. Check the temperature with a thermometer and wait for the mixture to reach 85°C/185°F. Cool quickly and put it in the ice cream maker.

MILK ICE CREAM HAS MANY VARIATIONS AND INTERPRETATIONS.

IT IS A NEUTRAL BASE THAT CAN BE ENRICHED WITH LEMON ZEST AND BASIL LEAVES, CINNAMON, VANILLA AND ORANGE OR WITH STAR ANISE AND MINT, BLENDED AND MIXED WITH THE MILK.









Strawberry and mint sorbet

INGREDIENTS

600 g/1.3 lb strawberries 10 small mint leaves

FOR THE SYRUP

220 g/just under 9 oz caster sugar 2 g/0.1 oz carob seed flour 180 g/6 fl oz/0.7 cups water

Prepare the syrup: place all the ingredients in a saucepan and warm them over a medium heat until they reach 82°C/180°F, stirring from time to time. Cool the syrup.

For the sorbet, blend the strawberries, mint and syrup. Pour the mixture into the ice cream maker and work until the desired consistency is obtained.





Sicilian cannolo ice cream

INGREDIENTS

150 g/6 oz sheep's milk ricotta cheese 180 g/just over 7 oz caster sugar 680 g/23.1 fl oz/2.8 cups fresh whole milk 2 g/0.1 oz carob seed flour 1 cannolo tube

Crush the cannolo tube into pieces and put aside. Place the milk, ricotta, sugar and carob seed flour into a saucepan and mix well. Measure the temperature; once it has reached 85°C/185°F, remove from the heat and cool rapidly. Transfer the mixture to the ice cream maker and complete the process. When it is ready, add the pieces of cannolo cone.





How to make nut brittle

Place the sugar in a saucepan over a low heat and caramelize dry until it becomes a blonde colour. Heat the nuts in the oven at 120°C/250°F for about 7 minutes and add the sugar; stir to obtain a homogenous mixture. Add a knob of butter to loosen the caramel from the frying pan then spread it over oven paper, with the help of a lemon.