


The idea of this book is to combine skills and professionalism with passion for food and experimenting, to show how anyone can make good ice cream at home.

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Guido Tommasi Editore
www.guidotommasi.it

lydia capasso
simone de feo

the book of ice cream



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Milk ice cream



INGREDIENTS

690 G/23 FL OZ/2.5 CUPS FRESH WHOLE MILK

100 G/3.5 FL OZ/1/2 CUP FRESH CREAM

200 G/8 OZ/1 CUP CASTER SUGAR

2 G/0.1 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.





*White chocolate with sugared pistachio
nuts and passion fruit*



INGREDIENTS

- 150 G/6 OZ PASSION FRUIT PULP
- 150 G/6 OZ WHITE CHOCOLATE
- 140 G/JUST UNDER 6 OZ CASTER SUGAR
- 600 G/20.5 FL OZ/2.5 CUPS FRESH WHOLE MILK
- 2 G/0.1 OZ CAROB SEED FLOUR
- 100 G/4 OZ SHELLLED PISTACHIO NUTS
- 15 G/0.5 FL OZ/0.05 CUPS WATER

Heat 40 grams/just under 2 oz of sugar with the water and bring to 110°C/230°F. Then add the pistachio nuts, and stir over a medium heat (p. 201). In another saucepan melt the chocolate in the milk and add the passion fruit pulp, sugar and carob seed flour. When the mixture reaches 85°C/185°F, cool rapidly. Pour the mixture into the ice cream maker. When it is ready, add the sugared pistachio nuts and mix well.



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.