

Making Ice Pops

Who doesn't recall cooling down on a hot summer day with an ice pop, trying to lick the frozen treat quickly before it melted and dripped down your chin? A favorite among kids, ice pops are a decidedly adult refreshment as well when created with sophisticated flavors, such as coffee or tea. These treats-on-a-stick make a festive ending to a backyard barbecue.

Ice pops are simple and fun to prepare. You can freeze just about any liquid, including fruit juices and even mixed drinks like margaritas, with or without the alcohol. Keep in mind that sugar and alcohol both lower the freezing point of water, so the more sugar or alcohol you add, the less solid the ice pop will be.

Strawberry-Banana Pops

Slices of fresh banana are frozen inside these cool strawberry pops.

In a bowl, whisk together the strawberry juice, yogurt and honey until the honey is dissolved.

Prepare an ice pop mold according to the manufacturer's instructions. For 2-oz. pops, place about 5 banana slices along the sides of each slot, then insert the sticks. Slowly pour about 1½ fl. oz. of the juice mixture into each slot, reaching just to the fill line. Tap the pop mold on the countertop to release any air bubbles. Freeze according to the manufacturer's instructions until the mixture is solid, 7 to 20 minutes. To test, insert a toothpick near a stick.

Remove the ice pops from the mold according to the manufacturer's instructions. Repeat to make the remaining ice pops. Makes six 2-oz. pops.

Williams-Sonoma Kitchen

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Great Ice Cream Tools

Homemade ice cream certainly has its advantages: you can combine your favorite choice of flavorings, control the quality of the ingredients and, of course, enjoy the scrumptious results of your work! These tools make it easy to prepare and serve ice cream at home:

- Electric ice cream maker
- Fruit tools, including strawberry hullers, mango pitters and more
- Whisk
- Tempered-glass mixing bowls
- Fine-mesh strainer
- Ice cream scoops in a variety of sizes for fun presentations
- Fun ice cream bowls and spoons
- Great toppings

Ingredients for Strawberry-Banana Pops

1 cup strawberry juice

3 oz. plain yogurt

1½ oz. honey

1 large banana, cut into ¼-inch rounds

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Technique Class: Fresh to Frozen—Summer Desserts

Children and adults alike look forward to fresh fruits in season. Juicy, sweet and boldly flavored, berries, melons, stone fruit and tropical fruits can be made into delicious ice creams, granitas and sorbets. In fact, you can transform almost any ripe fruit into a superb frozen confection—from old-fashioned peach ice cream to mango and pineapple sorbet.

The Scoop on the Scoops

The presence or absence of a dairy product, or even the type of dairy used, can mean the difference between sorbet and sherbet or ice and gelato.

Ice Cream: Traditional ice cream is made from a mixture of a dairy product (cream or a combination of cream and milk), a sweetener (usually granulated or brown sugar) and flavorings (like chocolate, fruit or nuts). French-style, or custard-style, ice cream is often called classic ice cream. Egg yolks, cream and flavorings are cooked to make a custard, which is then churned and frozen in an ice cream maker. Philadelphia-style ice cream is prepared without egg yolks, so it's less rich than French-style ice cream. This lighter base works especially well for fruit ice creams because it allows the fruits' fresh flavors to shine through.

Gelato: Soft and creamy, this Italian-style treat is traditionally made with milk, not cream, and egg yolks, though some versions include cream and exclude eggs. The signature silky texture of gelato is due less to the ingredients used and more to the way it is churned: a gelato machine incorporates less air and freezes at a higher temperature than an ice cream maker.

Frozen Yogurt and Sherbet: Frozen yogurt is a softer, tangier alternative to ice cream. It can be made using nonfat, low-fat or full-fat yogurt. For creamier results, you can use Greek-style yogurt, which is higher in fat than regular yogurt. Sherbet is prepared with a base of fruit puree and sugar; a dairy product, such as buttermilk or cream, is added for creaminess.

Sorbet: Sorbet is usually made with a mixture of a fruit puree, water and sugar, which can then be frozen in a standard ice cream maker. Because sorbet has few other ingredients, the flavor is often quite intense.

Granita and Ice: Granita is an Italian-style dessert made with a sugar syrup and flavorings that is frozen in a shallow pan. During the freezing process, the mixture is scraped periodically with a fork to create a granular texture. Flavored ices are similar to granitas but are often finer in texture. Both granitas and ices can be frozen into ice pops or ice cubes.

Summer Fruits

Following is a list of fruits to enjoy during the summer months. Frozen confections are a great way to showcase seasonal fruits, whether you puree them, cut them into chunks or simply serve them atop a frozen dessert. Keep in mind that fruits don't watch a calendar, and that their availability will vary with location and weather.

Apricots	Gooseberries	Nectarines	Plums
Bananas	Grapes	Oranges (Valencia)	Raspberries
Blackberries	Limes (Persian and Key)	Papayas	Strawberries
Blueberries	Mangoes	Peaches	Watermelons
Cherries	Melons	Pineapples	

Fresh Peach Ice Cream

For the best possible flavor, use only the ripest, juiciest peaches for this summertime treat. To peel peaches, cut a shallow X on the blossom end of each one, then immerse in a pot of boiling water for about 30 seconds. Using a slotted spoon, transfer them to a work surface. When the peaches are cool enough to handle, slip off the skins with your fingertips or a small, sharp knife.

In a saucepan over medium heat, combine the peaches, ¼ cup of the sugar and the corn syrup. Cook, stirring, until the sugar melts and the peaches are heated through, 3 to 5 minutes. Pour into a large bowl and set aside.

In the same saucepan over medium-high heat, combine the half-and-half and ½ cup of the cream, bring to a simmer and remove from the heat. In a metal bowl, whisk the egg yolks and the remaining ¼ cup sugar until blended. Gradually pour the hot cream mixture into the yolk mixture, whisking constantly. Return the mixture to the saucepan and set over medium-low heat. Cook, stirring constantly with a wooden spoon, until the custard is thick enough to coat the back of the spoon and leaves a clear trail when a finger is drawn through it, 4 to 6 minutes. Do not allow the custard to boil.

Pour the custard through a fine-mesh sieve into the peach mixture. Transfer three-fourths of the mixture to a food processor or blender and puree until smooth. Pour the puree back into the remaining peach mixture. Add the vanilla and the remaining ½ cup cream and whisk to blend. Refrigerate for about 1 hour.

Transfer the custard to an ice cream maker and freeze according to the manufacturer's instructions. Transfer the ice cream to a freezer-safe container, cover and freeze until firm, at least 4 hours or up to 3 days, before serving. Serves 8.

Adapted from Williams-Sonoma Kitchen Library Series, *Ice Creams & Sorbets*, by Sarah Tenaglia (Time-Life Books, 1996).

Mango-Pineapple Sorbet

No pairing of fruits is more Southeast Asian than mango and pineapple. In this Western-influenced recipe, the fruits are accented with lime and made into a sorbet. Ices are not as foreign to Asia as you might think. According to history, the ancient Chinese made flavored ices long before the Italians perfected the popular dessert.

In a blender or food processor, puree the 2 mangoes. You should have about 3 cups. Add the sugar and lime juice and process to combine. Transfer to a large bowl and stir in the pineapple.

Transfer the mixture to an ice cream maker and freeze according to the manufacturer's instructions until firm, about 30 minutes. Transfer the sorbet to a freezer-safe container, cover and freeze until ready to serve.

To serve, scoop the sorbet into chilled bowls and garnish with the mango slices. Serves 8.

Adapted from Williams-Sonoma Lifestyles Series, *Asian Flavors*, by Joyce Jue (Time-Life Books, 1999).

Vanilla Frozen Yogurt with Summer Berry Swirl

High-quality yogurt enhanced with just the right amount of sweetener and pure vanilla extract provides the base for this summery delight. Here, instead of spooning berries on top, the berries are crushed and then swirled into the yogurt to spread their fruit flavor throughout.

In a bowl, whisk together the yogurt, the ⅔ cup sugar, the corn syrup, vanilla and salt. Cover and refrigerate until very cold, at least 2 hours or up to 1 day.

In another bowl, combine the raspberries, blueberries, blackberries, lemon juice and the 2 Tbs. sugar. Using a fork, lightly crush the berries until they release some of their juices. Cover the berry mixture and refrigerate until ready to use.

Transfer the cold yogurt mixture to an ice cream maker and freeze according to the manufacturer's instructions. As soon as the frozen yogurt has finished churning, spoon half of it into a freezer-safe container. Top with dollops of the berry mixture, using about half of it, and stir gently in a figure-eight motion to swirl the mixture into the yogurt. Repeat to swirl together the remaining frozen yogurt and berry mixture. Place parchment or waxed paper directly on the surface. Cover tightly and freeze until firm, at least 2 hours or up to 3 days. Makes 1½ quarts.

Serving Suggestion: To create a dessert that's perfect for a weekend brunch, layer this frozen yogurt with your favorite granola in tall, narrow glasses. The parfaits can be assembled up to 4 hours ahead of time, covered and kept in the freezer. Top with whipped cream and fresh berries just before serving.

Adapted from *Sweet Scoop*, by Shelly Kaldunski (Weldon Owen, Inc. 2009).

Ingredients for Mango-Pineapple Sorbet

2 mangoes, peeled and pitted, plus thin slices for garnish

⅔ cup sugar

3 Tbs. fresh lime juice

1 cup finely chopped fresh pineapple

Ingredients for Vanilla Frozen Yogurt with Summer Berry Swirl

4 cups plain whole-milk yogurt

⅔ cup plus 2 Tbs. sugar

¼ cup light corn syrup

2 Tbs. vanilla extract

Pinch of salt

½ cup raspberries

½ cup blueberries

½ cup blackberries

1 tsp. fresh lemon juice