

*Making a Difference for Dairy*

# The History of Ice Cream

## The Evolution of Ice Cream

Ice cream's origins are known to reach back as far as the second century B.C., although no specific date of origin nor inventor has been undisputedly credited with its discovery. We know that Alexander the Great enjoyed snow and ice flavored with honey and nectar. Biblical references also show that King Solomon was fond of iced drinks during harvesting. During the Roman Empire, Nero Claudius Caesar (A.D. 54-86) frequently sent runners into the mountains for snow, which was then flavored with fruits and juices.

Over a thousand years later, Marco Polo returned to Italy from the Far East with a recipe that closely resembled what is now called sherbet. Historians estimate that this recipe evolved into ice cream sometime in the 16th century. England seems to have discovered ice cream at the same time, or perhaps even earlier than the Italians. "Cream Ice," as it was called, appeared regularly at the table of Charles I during the 17th century. France was introduced to similar frozen desserts in 1553 by the Italian Catherine de Medici when she became the wife of Henry II of France. It wasn't until 1660 that ice cream was made available to the general public. The Sicilian Procopio introduced a recipe blending milk, cream, butter and eggs at *Café Procope*, the first café in Paris.

## Ice Cream for America

The first official account of ice cream in the New World comes from a letter written in 1744 by a guest of Maryland Governor William Bladen. The first advertisement for ice cream in this country appeared in the *New York Gazette* on May 12, 1777, when confectioner Philip Lenzi announced that ice cream was available "almost every day." Records kept by a Chatham Street, New York, merchant show that President George Washington spent approximately \$200 for ice cream during the summer of 1790. Inventory records of Mount Vernon taken after Washington's death revealed "two pewter ice cream pots." President Thomas Jefferson was said to have a favorite 18-step recipe for an ice cream delicacy that resembled a modern-day Baked Alaska. Check out President Jefferson's vanilla ice cream recipe here. In 1813, Dolley Madison served a magnificent strawberry ice cream creation at President Madison's second inaugural banquet at the White House.

Until 1800, ice cream remained a rare and exotic dessert enjoyed mostly by the elite. Around 1800, insulated ice houses were invented. Manufacturing ice cream soon became an industry in America, pioneered in 1851 by a Baltimore milk dealer named Jacob Fussell. Like other American industries, ice cream production increased because of technological innovations, including steam power, mechanical refrigeration, the homogenizer, electric power and motors, packing machines, and new freezing processes and equipment. In addition, motorized delivery vehicles dramatically changed the industry. Due to ongoing technological advances, today's total frozen dairy annual production in the United States is more than 1.6 billion gallons.

Wide availability of ice cream in the late 19th century led to new creations. In 1874, the American soda fountain shop and the profession of the "soda jerk" emerged with the invention of the ice cream soda. In response to religious criticism for eating "sinfully" rich ice cream sodas on Sundays, ice cream merchants left out the carbonated water and invented the ice cream "Sunday" in the late 1890's. The name was eventually changed to "sundae" to remove any connection with the Sabbath.

## Ice Cream Types and other Frozen Desserts

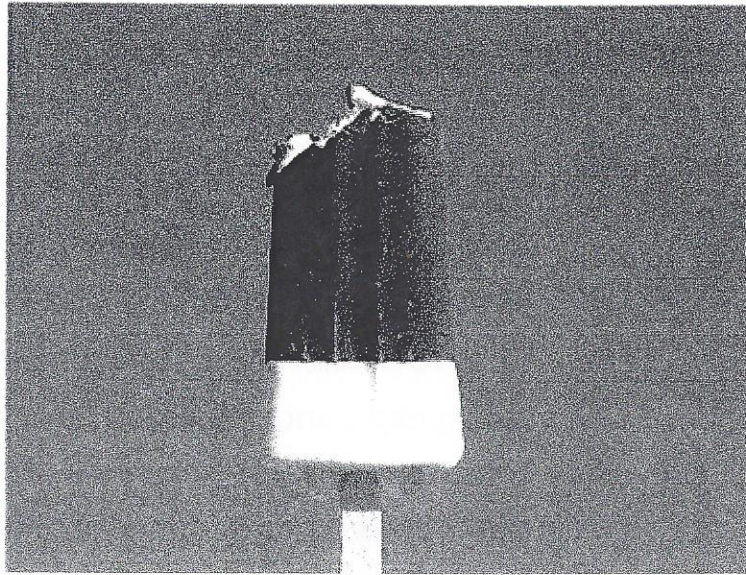
### Types of Ice Cream by Recipe

**Ordinary (Hard) Ice Cream** – Traditional recipe that is best known around the world. Made with no less than 10% milk fat, 12-16% of sweeteners, cream, sugar, eggs, and stabilizers, this type of ice cream was tried by almost everyone who ever consumed this perfect summertime treat. Countless toppings and flavors have ensured that this ice cream type will live forever.



**French Ice Cream** – Made with the base of custard that contains cream, milk, egg yolks or whole eggs. Popular not only in France, but also all around the world.





**Buckets** – Industrial ice cream that is poured directly into plastic bucket, with sizes ranging from very small to large (family sized) ones.

**Sundae** – One of the most popular ice cream based deserts. It consists of the tall glass, few scoops of ice creams and many additional syrups and toppings.

**Floats** – Liquid desert that uses carbonated bubbles to ensure that one scoop of ice cream floats on the top of the glass.

#### Frozen Desserts

**Frozen Custard** – At least 10%R milk fat ant 1.5% egg yolk, with very small amount of air present in the final mix.

**Frozen Yogurt** – Low fat and fat-free frozen treat.

**Dondurma** – Traditional Turkish ice cream made from salep and mastic resin.

**Gelato** – Popular Italian frozen desert.

**Sherbet** – Ice cream variation which uses only 1-2% milk fat and is very sweet.

**Snow cones** – Frozen balls of flavored ice, crushed so that it remains in preferred shape.

**Frozen Soufflé** – Cold desert that whose base (usually frozen custard) has been enhanced with whipped cream and a Soufflé dish. All is frozen and decorated with various toppings (chocolate, fruits).

**Reduced Fat Ice Cream** – People who take care about their shape and diet can also enjoy their summer days with ice cream that uses low-fat ingredients which are clearly declared on label.

**Light Ice Cream** – Low fat ice cream that has only one different ingredient than regular recipe – its base uses 25% less milk fat.

**Soft Ice Cream** – Made from similar ingredients as regular ice cream, but one step of the production is different. Freezing process is done at higher temperatures in a machine that keeps the mixture smooth, creamy and soft.

**No Sugar Added Ice Cream** – Made by using only artificial sweeteners or natural sugar substitutes.

**Lactose-free Ice Cream** – Ice creams that have no detectable lactose are perfect for people who cannot digest this enzyme.

**Gluten-Free Ice Cream** – Same as with lactose, several brands of ice cream are targeted for people who have problems digesting gluten.

**Organic Ice Cream** – Produced solely from natural ingredients.

### Types of Ice Cream by Shape

**Cones** – Edible hollow cone in which ice cream is poured. After the invention of ice cream cones in 1904, this type of ice cream became absolute most favorite of them all.

**Sticks (bars)** – Industrially made ice cream, which are frozen and solidified with small wooden sticks protruding from their bodies. Very popular across the entire world.

**Cakes** – Frozen cakes that incorporate ice cream fully or sometimes only partly.



## Is healthy ice cream as tasty?

A PhD student at the University of Missouri is trying to find out by using a mechanical mouth. The flavor of ice cream is from the fat, that is why the full -fat version tastes better.

The mechanical mouth is made of glass and a piece of moving metal that moves like the human tongue. The mouth is fed ice cream and a substance that is like human saliva. In this study the student is using low-fat strawberry ice cream and so a material that carries the strawberry flavor is forced out of the mouth with a jet of gas and this gas is caught. The gas is then analyzed by a computer which shows how tasty the strawberry ice cream is!

## The Ice Cream Cone

Ernest E. Hamwi, a Syrian, is thought to have devised the ice cream cone during the St. Louis World's fair of 2004. Mr. Hamwi's booth was next to an ice cream vendor and the ice cream vendor ran out of bowls so Mr. Hamwi rolled up one of his waffles in place of the bowls!

The original design has been tweaked over the years only to make it drip free! A dripless cake cone and paper aprons designed to catch the drips were designed over the years but never caught on!

The shape of the cone is very environmentally friendly container, as you eat all of it. Cones can be stacked very high and requires very little storage area.



## **Sue's Sherbet**

1 Bottle Orange Soda

1 or 2 Cans of Sweetened Condensed Milk

1 Can of Mandarin Oranges

Mix together and freeze in the ice cream freezer using your normal method of freezing.

Variations: Pineapple soda with crushed pineapple

Strawberry soda with strawberries

## **Chocolate Frosty (similar to Wendy's)**

½ Gallon Chocolate Milk

1 Container of Cool Whip

1 Can Eagle Brand Condensed Milk

Put ingredients in freezer and freeze using your normal method of freezing.

## **Bill's Ice Cream**

(The following recipe is probably not approved by nutritionist as it has raw eggs in it but it sure is good and we have been eating it for years with not side effects!)

Makes 1 ½ gallon

12 or 13 Eggs

3 ½ Tbsp. of Vanilla

3 ½ Cups of Sugar

¼ Tsp. of Salt

2 Containers of Whipping Cream

Finish off with milk.

Blend the ingredients in a mixer until mixture is smooth and not grainy. Add milk until mixture is touching the top of the paddle in freezer. Proceed to freeze in your normal freezing method.

## Ice Cream in a Bag

### Vanilla Flavored;

¼ Cup milk                      ¼ Cup Half and Half                      1Tbsp of Sugar  
¼ Tsp. of Vanilla extract                      1 Cup Ice Cubes or as needed  
3 Tbsp. of Ice Cream Rock Salt

Combine milk, half-and-half, sugar and vanilla in a pint-size zip-lock bag. Seal tightly.

Put a scoop of ice, 3 tablespoons of ice cream rock-salt, and the bag containing the milk mixture into a gallon-sized zip-lock bag. Seal tightly.

Rock the bag back and forth (do not shake) until contents thicken into ice cream, about ten minutes. Wipe salt from top of pint-size bag before opening to prevent salt from getting into ice cream.

### Chocolate Flavored:

2 Cups Whole Milk                      1 Tsp. Vanilla  
1Tbsp, Sugar or other sweetener of choice like agave or honey  
Chocolate Syrup to taste  
2 Cups of Ice Cream Rock Salt

Put milk, vanilla, and chocolate in quart-size zip-lock bag and seal

Add some ice to a gallon-sized zip-lock bag and a layer of the rock salt. Put the quart-size bag filled with the ice cream mixture into the gallon bag. Add more ice and balance of rock salt.

Shake, rattle, and roll the bag for about 10 minutes or until milk turns into ice cream.

### Strawberry Flavored:

1/2 Cup Heavy Cream                      ½ Cup of Half-and-Half                      ½ Tsp. Vanilla  
3 Tbsp. of Pureed Strawberries                      3 Tbsp of Sugar  
Rock Salt

Mix together milk, Half-n-Half, vanilla, sugar, and pureed strawberries. Pour this mixture into a quart-size zip-lock bag and seal tightly.

Fill a gallon-size zip-lock bag ¾ the way full of ice and add about ¼ cup rock salt.

Place the smaller zip-lock bag with mixture into the gallon bag and seal tightly.

Wrap a kitchen towel around bag and shake bag like crazy for 5 to 10 minutes or until ice cream is ready.

Open bags carefully, so not to get the salty ice water into the ice cream.

## **A Little Topping on Your Ice Cream?**

**Hot Fudge Sauce:** (Taste of Homes – Dessert Lovers Cookbook)

1 Can Sweetened Condensed Milk

4 Ounces of Semisweet Chocolate

2 Tbsp. Butter

1 Tsp. Vanilla Extract

In heavy saucepan, combine milk, butter, and chocolate. Cook and stir over medium-low heat until chocolate is melted. Remove from heat and add vanilla.



# 1 Bowl, 7 Ways

Here's the scoop: You can enjoy delicious ice cream topped with crunchy, savory, and sweet toppers that won't bust your sugar budget.

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PHOTO BY Blaine Moats | FOOD STYLING BY Nicole Faber Peterson

Start with  $\frac{1}{2}$  cup light ice cream (we used vanilla, but mix it up with a scoop of chocolate or your favorite), then add any of these delicious themed toppings. (See full nutrition information for each bowl on page 109.)

**1. Toasty Apple Streusel Ice Cream**  $\frac{1}{4}$  cup chopped apple, 2 tablespoons naturally sweetened multigrain clusters cereal, 2 tablespoons toasted sliced almonds,  $\frac{1}{4}$  teaspoon apple pie spice (198 calories)

**2. Rainbow Rocky Road Ice Cream** 1 tablespoon miniature marshmallows, 2 tablespoons fruit-flavor rice cereal, 1 tablespoon sugar-free chocolate syrup (139 calories)

**3. Have-Your-Cake Ice Cream**  $\frac{1}{2}$  cup angel food cake cut into 1-inch cubes; 1 tablespoon reduced-sugar vanilla frosting, melted; 1 teaspoon multicolor sprinkles (207 calories)

**4. Berry Blast Ice Cream** 2 tablespoons raspberries; 2 tablespoons blueberries; 2 tablespoons blackberries; 1 tablespoon sugar-free raspberry jam, melted; 1 teaspoon orange peel (138 calories)

**5. Confetti Trail Mix Ice Cream** 1 tablespoon vanilla yogurt-covered raisins, chopped; 1 tablespoon low-fat granola; 1 tablespoon mixed dried fruit bits; 1 tablespoon toasted walnuts, chopped (220 calories)

**6. Smashed Espresso Ice Cream** 1 tablespoon chopped chocolate-covered espresso beans, 1 tablespoon sugar-free frozen whipped topping (thawed),  $\frac{1}{2}$  teaspoon instant espresso powder (154 calories)

**7. Strawberry Cookies and Cream Ice Cream**  $\frac{1}{4}$  cup sliced strawberries; 1 chopped vanilla sandwich cookie; 1 tablespoon sugar-free strawberry jam, melted (170 calories)

