

Angelo Corvito

THE SECRETS OF ICE CREAM. Ice cream without secrets

Grupo Vilbo launches the second edition, completely updated, of the successful book by Angelo Corvito "The secrets of ice cream. Ice cream without secrets" in Spanish and English.

'The secrets of ice-cream. Ice-cream without secrets' is much more than just a simple ice-cream making manual for ice-cream makers. It is an essentially practical book so that every gastronomy professional in general (cooks, pastry makers, ice-cream makers, catering...) can make the best ice-cream possible, adapted to their own needs and their own means. This work provides a great amount of really innovative elements. A thorough analysis of each of the questions in relation to the ingredients, elaboration processes, serving temperatures, conservation, transport, display and sale, all the ice-creams perfectly grouped in different families, a totally understandable use of language, an agile and dynamic design, make this book a truly priceless tool.



TECHNICAL DETAILS

Language: spanish /english

Pages: 392

Size: 245x297 mm

125 balanced formulas for ice-cream shops and restaurants.

Preparation of raw materials and processing of step by step elaboration.

Composition and parameters of all the ingredients used in the elaboration of ice-creams.

Elaboration of ice-creams with small machines like the "roner" or "pacojet".

Professional advices and recourses.



SUMMARY

prologues

the passionate game of ice cream. alberto ruiz vicente
from professional to professional. angelo corvitto

biography
very brief history
definition of ice cream
the quality of the ingredients
selecting the best ingredients

technique

the balance of the mixture
basic ingredients
air
water
fats
skimmed milk powder
sugars
emulsifiers and stabilizers

methods

elaboration process
other elaboration processes 1
roner 1
pacojet 1
preliminary preparation of some raw materials 1

formulation ice cream families

white creams
yogurt creams

egg yolk creams
fruit sherbets
fruit creams
chocolate creams
nut creams
tea, spice, herb and aromatic plant cream
tea, spice, herb and aromatic plant sherbets
'savory' creams
'savory' sherbets

alcohols in ice cream
liquor creams
liquor sherbets
champagne or cava fruit sherbets

appendixes

diet creams and sherbets
ice cream making clichés
ice cream defects
general table of ingredients
glossary
index of formulas

TECHNIQUE

The balance of the mixture Basic ingredients

'What we propose to do is make the best ice cream possible, or rather, the best quality ice cream that complies with the strictest requirements regarding flavor, texture and temperature when tasted. Our ice cream has to have the best conditions for the consumer, as it is exposed in an ice cream cabinet, or on a restaurant table.'

'In the mixture or mix that finally turns into ice cream there are many different types of ingredients such as sugars, fats, non-fat milk solids, neutral emulsifiers or stabilizers, water or air itself among others. And they all have to be perfectly blended together so that there is nothing left behind that may reduce the quality of the final product.'

AGUA LIBRE Y AGUA CAPTURADA O "ATADA"

FREE WATER AND BOUND OR "TIED" WATER

COMPOSICIÓN DEL MIX

SOLUCIÓN VERDADERA

TRUE SOLUTION

EMULSIÓN

EL OVERRUN

THE OVERRUN

FAVORECE

LA INCORPORACIÓN DE AIRE AL HELADO

WHAT HELPS

INCORPORATION OF AIR INTO ICE CREAM

OBSTACULIZA

LA INCORPORACIÓN DE AIRE AL HELADO

WHAT PREVENTS

INCORPORATION OF AIR INTO ICE CREAM

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AZÚCARES DERIVADOS DEL MAÍZ / CORN SUGARS

Origen del maíz

Origen	Nombre	Abreviatura	Uso
Maíz	Glucosa	D40	Edulcorante
Maíz	Fructosa	D50	Edulcorante
Maíz	Sacarosa	D60	Edulcorante
Maíz	Galactosa	D90	Edulcorante
Maíz	Maltosa	D100	Edulcorante
Maíz	Almidón	D120	Estabilizante
Maíz	Almidón modificado	D130	Estabilizante
Maíz	Almidón de alto poder absorbente	D140	Estabilizante
Maíz	Almidón de alto poder gelificante	D150	Estabilizante
Maíz	Almidón de alto poder espesante	D160	Estabilizante
Maíz	Almidón de alto poder estabilizante	D170	Estabilizante
Maíz	Almidón de alto poder estabilizante y espesante	D180	Estabilizante
Maíz	Almidón de alto poder estabilizante y gelificante	D190	Estabilizante
Maíz	Almidón de alto poder estabilizante y gelificante y espesante	D200	Estabilizante

Electrolitos

Maltodextrina

Almidón de maíz

LOS EMULSIONANTES

EMULSIFIERS

LA YEMA DE HUEVO

EGG YOLK

LAS PRINCIPALES FUNCIONES DE LOS EMULSIONANTES SON

THE MAIN FUNCTIONS OF EMULSIFIERS ARE



METHODS

Elaboration process

'After selecting the best products, balancing the formula and weighing all the ingredients contained in it, we will start the ice cream elaboration process, which includes the following phases: pasteurization, homogenization, maturing, creaming, blast chilling, preservation, transportation and display'

Other processes

RONER AND PACOJET

Nowadays in modern kitchens there are compact machines, which are very handy for doing different jobs. Knowing what they can be used for and using them properly can help us to make an excellent quality ice cream. This chapter deals with recently designed appliances that are very well-known and used in restaurant business.

The exclusive technical characteristics of these machines oblige us to refer to them by their brand names or commercial names.

Preliminary preparations of some raw materials

There are some ingredients that we are certainly going to use during the whole ice cream elaboration process. Therefore, we can prepare them beforehand and use them when required.

There are ingredients that, when prepared beforehand, improve their flavor and will also save us time and make the job easier.

1. Crushing ingredients with sucrose
2. Hot infusion
3. Cold maceration
4. Maceration of dried fruit
5. Caramel



FORMULATION

As we have already indicated when defining ice cream, we can mention two large groups: those containing fats (cream-type ice creams), and those in which fat is not present (sherbet-type ice creams). Each of these groups is then divided into 'families'.

Ice cream families

- White creams
- Yogurt creams
- Egg yolk creams
- Fruit sherbets
- Fruit creams
- Chocolate creams
- Nut creams
- Tea, spice, herb and aromatic plant creams
- Tea, spice, herb and aromatic plant sherbets
- Savory creams
- Savory sherbets
- Liquor creams
- Liquor sherbets
- Fruit sherbets with cava



CREMAS DE FRUTAS A PARTIR DE UN MIX PREVIAMENTE PREPARADO
FRUIT CREAMS BASED ON PREVIOUSLY PREPARED MIXES

min 15-11°C

Ingredient	kg	lb
Mix de frutas	100	220
Crema de leche	100	220
Azúcar	100	220
Estabilizantes	100	220
Levadura	100	220
Sal	100	220

CON INSTRUCCIONES

1. Mezclar todos los ingredientes en un mezclador con paleta plana durante 5 minutos a velocidad media.

2. Verter la mezcla en moldes de helado y congelar durante 4 horas a -18°C.

3. Desmoldar y servir inmediatamente.

LAS COBERTURAS DE CHOCOLATE
CHOCOLATE COUVERTURES

Los diferentes tipos de couverture que se pueden encontrar en el mercado son:

- Dark couverture: 70% cacao.
- Milk couverture: 30% leche.
- White couverture: 100% leche.




partes por ciento de algunos de los ingredientes de las cremas "dulces"

Ingredient	kg	lb
Crema de leche	100	220
Levadura	100	220
Sal	100	220

cantidad recomendada en gramos de los ingredientes y sal por kg de mix

Ingredient	kg	lb
Crema de leche	100	220
Levadura	100	220
Sal	100	220

LOS ALCOHOLES EN EL HELADO
ALCOHOL IN ICE CREAM

CREMAS DE LICOR
SORBETES DE LICOR
SORBETES DE FRUTAS AL CAVA

LIQUOR CREAMS
LIQUOR SHERBETS
FRUIT SHERBETS WITH CAVA



CREMA DE ERIZOS
SEA URCHIN CREAM

para servir desde una cámara refrigerada: 15-11°C
for serving from a refrigerated chamber: 15-11°C

Ingredient	kg	lb
Crema de leche	100	220
Levadura	100	220
Sal	100	220



SORBETES DE TEE, ESPECIAS, HIERBAS Y PLANTAS AROMÁTICAS
TEA, SPICE AND AROMATIC HERB SHERBETS



CACAO SECO EN POLVO
DRY COCOA POWDER

composición del cacao en polvo
composition of cocoa powder

kg	lb
1	2.2



APPENDIXES

Diet creams and sherbets

'Our idea of a diet or hypocaloric ice cream is a product with less calories and cholesterol. But it is the sugars, the dairy fat, the egg yolks and all the other specific ingredients that give flavor to the ice cream that are responsible for these calories or cholesterol. If we eliminated these ingredients or reduced them to a minimum, we would end up with a tasteless ice cream.'

Ice cream making clichés

'... there are certain methods used in ice cream making that are still used nowadays but which I consider to be mere clichés. Well, the objective of this short chapter is to question these clichés and submit them to debate within the profession...'



FÓRMULA DE LOS HELADOS DIETÉTICOS
DIETETIC ICE CREAMS

SORBETE DIETÉTICO DE FRESAS
STRAWBERRY DIET SHERBET

para servir desde una vitrina expositora. TS: 11°C
for service from a display cabinet. 11°C

Ingredientes	cantidad	Unidad	Porcentaje	TS
Agua	1000	g	100	0
Glucosa	100	g	10	0
Fructosa	100	g	10	0
Ácido ascórbico	10	g	1	0
Sal de sodio	10	g	1	0
Estabilizante	10	g	1	0
Colorante	10	g	1	0
ESPECIAS	100	g	10	0
ESPECIAS	100	g	10	0

CREMA DIETÉTICA DE YOGUR
YOGURT DIET CREAM

para servir desde un envase al momento de consumo. TS: 14°C
for service from a container at the moment of consumption. 14°C

Ingredientes	cantidad	Unidad	Porcentaje	TS
Yogur	1000	g	100	0
Glucosa	100	g	10	0
Fructosa	100	g	10	0
Ácido ascórbico	10	g	1	0
Sal de sodio	10	g	1	0
Estabilizante	10	g	1	0
Colorante	10	g	1	0
ESPECIAS	100	g	10	0
ESPECIAS	100	g	10	0

