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# GELATO FIASCO

RECIPES

AND

STORIES

FROM

*america's*

BEST

GELATO  
MAKERS



# THE GELATO

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# INTRODUCTION

One of the most interesting phenomenons about being a gelato maker is having people apologize when they refer to your craft as “ice cream.” It happens to me constantly. People will say to me, “Hey Josh, I stopped by your shop and had some of your delicious ice cream . . . um . . . gelato!”

I have considered this phenomenon over the last several years and actually appreciate exactly the origin of this Freudian slip—first of all, gelato *is* ice cream in Italy. In Rome, if you say to your friends, “Let’s go get ice cream,” they assume you mean gelato. If you meant American-style ice cream, your Italian friends would probably just stay home. However, in Brunswick, Maine, (where I typically have this conversation) gelato *and* ice cream are available. Gelato Fiasco has made gelato just as approachable as ice cream; in its proper place as just one of dozens of styles of frozen desserts we all enjoy. That’s something I am proud of! So, I choose to assume that’s what people mean when they say they love my “ice cream.”

## SO WHAT MAKES GELATO DIFFERENT ANYWAY?

Most people know that gelato is a style of ice cream that dates back several centuries to Italy. Gelato is different from American-style ice cream basically because of two things: butterfat and density. Gelato is denser (meaning it has less air in it) and is made with milk as the first ingredient, instead of cream. This means it has a lower butterfat content, giving gelato a wonderfully dense texture that is not dominated by the flavor of butterfat. The flavors come through cleanly, with more range of expression on the palate than traditional ice cream.

The intensity of flavor and the density make gelato’s texture the thing that people write home about. Anyone who has tried gelato knows what I mean—a dense, pudding-like quality that is just different than ice cream. There are all kinds of scientific implications of the lower density in terms of impact on other qualities of the gelato, but just know that density is good and key to excellent gelato.

# METHODS

## *How to Use this Cookbook*

### A RIGHT SMART AMOUNT

In the world of gelato making we rely on weights rather than volume measurements. Did you know 1 cup of cocoa weighs 3 ounces? 1 cup of flour and 1 cup of cocoa and 1 cup of milk all weigh different amounts. Think of a pound of rocks and a pound of feathers—very different in terms of actual mass. With that in mind, at Gelato Fiasco, and we believe at home, the only way to get a consistent result from a recipe is by accurate measurement of ingredients. Online and in stores you can find good digital kitchen scales for less than \$10. Investing more than that in ingredients makes the scale the cheapest insurance policy you'll find. Once you get used to trusting weight as your measure, you'll get spectacular results that you can count on every time.

### SIMPLE TO SNAZZY EQUIPMENT

Getting ready to make gelato, you'll need some basic tools and equipment in your kitchen. Sauce pans, whisks, spoons, and bowls are standard fare. A kitchen scale (we like digital), candy thermometer, and ice cream maker will take you to the brink of perfection. All you have to do is trust the recipes, follow the directions, and throw caution to the wind. We'll be rooting you on, hoping you post pictures of your triumphs on Instagram: @GelatoFiasco! Can't wait to see how your imagination transforms our creations!

### BUILDING FLAVORS

All of our recipes in this book are scaled down to make it easy for you at home. They generally will fit in the bowl of a standard home ice cream maker. The recipes can be multiplied in most cases with great success. The bases are the foundations for creating extraordinary gelato. There are a few to choose from and the different flavors that follow all begin with one of the mother bases. Regardless of which one you choose, the base plus the flavor ingredients all need to be chilled completely before pouring them into your ice cream maker. If you have a kitchen thermometer, it's best to start with the base at 45 degrees or cooler. A cooled base will make freezing and churning a

breeze. Depending on the machine it may take only 20 minutes to transform the liquid into frozen gelato deliciousness. In every case, you can eat the gelato right out of the machine or spoon it into sealable jars or containers and place it in the freezer to enjoy later.

## FREEZING

The key to the freezing process is to freeze the mix as quickly as possible. Speed is your friend for two major reasons: 1) the quicker the freezing process the smaller the ice crystals that form. 2) less freezing time means there is less time for air to be incorporated into the mix. These are important when making ice cream but are critical when making gelato. Your tongue is a sophisticated tasting sensor which can detect ice crystals as small as 20 microns (.0008 inches!). If large crystals exist in the product it tastes icy, gritty, sandy, or coarse. If there is too much air than the product will taste fluffy and possibly flat—more like whipped cream instead delicious gelato. In our shops we use

## FLAVOR ALERTS

One of the tough things about having made more than 1,500 flavors over ten years—but only 40 flavors on any given day—is that invariably, somebody always wants a flavor that isn't there that moment! We came up with several ways to help smooth out this problem.

First, almost since the beginning, we've posted the daily flavors to our website every morning. Later, we worked with a computer programmer to create a system called Flavor Alerts. People can register for the alerts and then we email them the moment it's made! Lots of people subscribe to this service, and we like to think we're the only gelato shop in the world that offers this.

Finally, each week, we create a special Featured Flavor—something especially seasonal, fun, or interesting—that we share with our Facebook and Instagram followers. By featuring it for a week, customers can be sure that they'll be able to find it. All these tools allow us to combine spur-of-the-moment surprises with reliable processes that customers can trust; that's the sweet spot of hospitality.



fancy machines to ensure the freezing happens as quickly as possible. A gallon of mix and be frozen in as little as 6 minutes. At home this is usually not possible—it usually takes about 30. So it's critical to keep all the ingredients and parts as cold as you can get them. Each flavor element should be chilled before it is incorporated into the base.

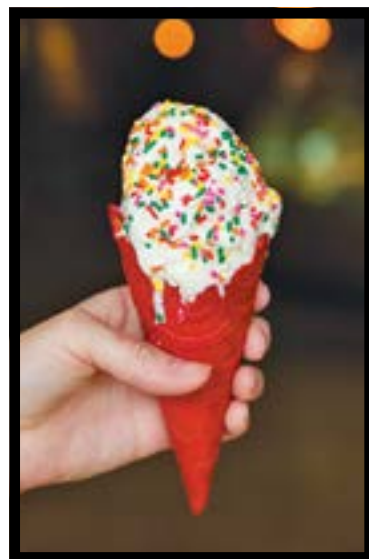
### A WORD ABOUT SUGAR

Sugar in gelato not only provides the sweetness necessary to qualify as dessert, sugar is also critical to achieving right texture. Sugar depresses the freezing point of water and helps keep some of it unfrozen, so the final product has the incredible texture we associate with great gelato. If you add too much sugar, not only will the final taste be too sweet, it will have a coarse and sandy texture. If you don't have enough sugar in the mixture, the final texture will be icy or too hard. Balancing the right amount of sugar, so the right amount of water remains unfrozen, is a science because sugar comes into the recipe via two ways: what you scoop in yourself and what is present in the ingredients you are adding. If you're using molasses or honey as flavoring, you need to account for that and reduce the amount of sugar you add to the base. Another complication comes from using fruit. All fruit has varying amounts of both sugar and water which need to be considered. We have determined the proper amounts of each to add to the recipe to perfectly balance the sugar and water, to achieve the best consistency and right amount of sweetness.

Honey, maple syrup, agave nectar, and other liquid sugars don't work well in place of sugar in gelato recipes and can't be used as a substitute cup for cup. Their place in the gelato maker's pantry is as a flavoring not solely as a sweetener.

And in case you're wondering: Not all sugar is created equal. You'll find corn syrup and sugar alcohols in a lot of frozen desserts. Corn syrup is a really helpful (albeit probably unfairly controversial) ingredient in the gelato maker's pantry. It delivers about 80% of the sweetness of regular white cane sugar, but depresses the freezing point in a similar way and actually provides superior texture support for a better mouth-feel. We don't generally use corn syrup at the shop because of its bad rap, but do draw a very hard line at using high fructose corn syrup. It deserves all of its negative attention for being unnatural and highly processed. We do like good old corn syrup for home use. My grandmother certainly loved using it and I don't see any reason we should treat the juice from cane plants any different than the juice from corn plants.

Fake sugars, sugar alcohols, etc.? Just don't.



# RICH YELLOW GELATO BASE

Gloriously rich, liquid gold custard is the first base to master in your gelato repertoire. Its versatility allows you to elevate any gelato to stellar heights. The Rich Yellow Gelato Base can be substituted for the Classic White Gelato Base in any of the following recipes if you're in the mood for a custard-y variation.

## INGREDIENTS:

- ¼ cup (2 oz. or 72g) heavy cream**
- 3 cups (25½ oz. or 750g) whole milk**
- 1¼ cup (8½ oz. or 240g) sugar**
- 2⅞ cups (2¼ oz. or 63g) skim milk powder**
- 1 teaspoon (4g) sea salt**
- 10 egg yolks (5 oz. or 142g)**

In a medium-sized pot, combine the cream, milk, sugar, skim milk powder, and salt over low heat. Gently bring the mixture up to a simmer, whisking to incorporate all of the ingredients. Cook until the sugar and skim milk powder dissolve completely. This should take about 5 minutes, once the mixture has started simmering. Remove the pot from the heat.

In a separate bowl, whisk the egg yolks for about 30 seconds, until they are homogenous.

While constantly whisking (so that the eggs don't cook), slowly pour about a third of the hot cream mixture into the yolks. Then, carefully but quickly, whisk the yolk mixture back into the pot with the remaining cream.

Return the pot to the heat and turn the

burner to medium-low. Keep an eye on the mixture and continue to stir with a spoon instead of the whisk (no need to be too vigorous — you are just trying to keep the mixture moving). Once the mixture is thick enough to coat the back of a spoon, which will be about 180 degrees F on an instant-read thermometer — you will be ready to strain it.

Pour the mixture through a fine mesh strainer into a bowl. Cool to room temperature as fast as possible and then cover and chill in the refrigerator for at least 4 hours or overnight.

If you just can't wait, you can pour the warm mixture into a zip top freezer bag. With the bag securely sealed, submerge the liquid into a large bowl filled with ice water. Manipulate the liquid (squish it around) so it cools quickly. Pour out some of the water and add more ice to the bowl as the water bath warms. For us, this took about 25 minutes.

Once the base has chilled, churn it in your home ice cream maker according to the manufacturer's instructions.

*Yield: 42 oz. (about 3 pints).*



## Fruit Swirls or Fruit Variegate

At Gelato Fiasco, we call fruit additions to a recipe a variegate. It's just a technical term for a swirl. The variegates below use different amounts of sugar to best match the fruit in the recipe. As you get your fruity, creative groove going in the kitchen, feel free to mix up the flavors and find a new favorite. Start here, swirl anywhere.

### RASPBERRY VARIEGATE

Using pureed and whole fresh raspberries gives the variegate a wonderful texture. The whole berries will break down some, but they will still give you big bursts of raspberry in your gelato.

#### INGREDIENTS:

**½ cup (6 oz. or 170g) raspberry puree or  
mashed fresh raspberries**  
**¾ cup (3 oz. or 85g) fresh raspberries**  
**⅞ cup (7 oz. or 200g) sugar**  
**2 tablespoons (1 oz. or 28g) fresh lemon juice**  
**1 teaspoon (5g) sea salt**

Place all of the ingredients in a small saucepan. Over medium heat, stirring constantly, cook the raspberry mixture until it has thickened and reduced, about 10 minutes. Remove from heat and place in a covered container. Cool completely before incorporating. This makes a wonderful jam, topping for a dish of gelato or swirled into your favorite frozen flavor.

*Yield: 14 oz.*





## ESPRESSO CHIP

This flavor combines smooth, strong Sumatran coffee beans with spangled dark chocolate slivers. It's a coffee lover's delight. It's the most memorable coffee-and-chocolate dessert you'll ever try. Guaranteed.

### INGREDIENTS:

**4 cups (32 oz. or 907g) Classic White Gelato Base**

**1 cup (3 oz. or 85g) ground coffee (we love Sumatra roast from Wicked Joe Organic Coffee Co. in Maine, but choose your favorite beans)**

**½ cup (3 oz. or 85g) semi sweet chocolate chips**

**⅓ cup (1 oz. or 28g) bittersweet chocolate chips**

Stir the coffee into the warm gelato base. Place in a covered container. Allow it to steep as it cools in the refrigerator for two hours. Strain the mixture through a fine mesh sieve and return it to the refrigerator. Discard the solids/coffee grounds. Continue to chill until cold, another 2 hours or overnight.

Once the base has chilled, churn it in your home ice cream maker.

While the gelato is churning, in a double boiler set over simmering water, melt the semi-sweet and bitter-sweet chocolate bits together. Allow chocolate to cool to room temperature, while it still remains fluid. If you prefer using only semi sweet or bittersweet, feel free to use 4 ounces of either.

When the gelato is finished churning, Drizzle the cooled, fluid, melted chocolate over the frozen gelato and as it firms, using two spoons, break the pieces of chocolate up into small chunks. Stir the chocolate chunks into the finished gelato.

*Yield: 36 oz. (about 3 pints)*

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