Cuisinart®

# Automatic Frozen Yogurt-Ice Cream & Sorbet Maker

ICE-21 SERIES

## Instruction & Recipe Booklet

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

# IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against risk of electric shock, do not place cord, plug, or base of appliance in water or any other liquid.
3. This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are closely supervised and instructed concerning use of the appliance by a person responsible for their safety. Close supervision is necessary when any appliance is used by or near children. Children should be supervised to ensure that they do not play with the appliance.
4. **Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.**
5. Avoid contact with moving parts. Keep hands, hair and clothing, as well as spatulas and other utensils, away during operation to reduce the risk of injury and/or damage to the appliance.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock or risk of injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Keep hands and utensils out of freezer bowl while in use to reduce the risk of injury to persons or to the appliance itself. **DO NOT USE SHARP OBJECTS OR UTENSILS INSIDE THE FREEZER BOWL!** Sharp objects will scratch and damage the inside of the freezer bowl. A rubber spatula or wooden spoon may be used when the appliance is in the OFF position.
11. This appliance is for household use. Any servicing other than cleaning and user maintenance should be done only by authorized Cuisinart Repair Personnel.
12. Do not use the freezer bowl on flames, hot plates or stoves. Do not expose to heat source. Do not wash in dishwasher; doing so may cause risk of fire, electric shock or injury.
13. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet**. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

# SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

## SPECIAL CORD SET INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords may be used if care is exercised in their use.

If a long, polarized extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or tabletop, where it can be pulled on by children or animals, or tripped over.

## CAUTION

- Do not immerse base in water.
- To reduce the risk of fire or electric shock, do not disassemble the base. Note: The base does not contain any user-serviceable parts.
- Repairs should be made only by authorized personnel.
- Check voltage to be sure that the voltage indicated on the name plate agrees with your voltage.
- Never clean with scouring powders or hard implements.

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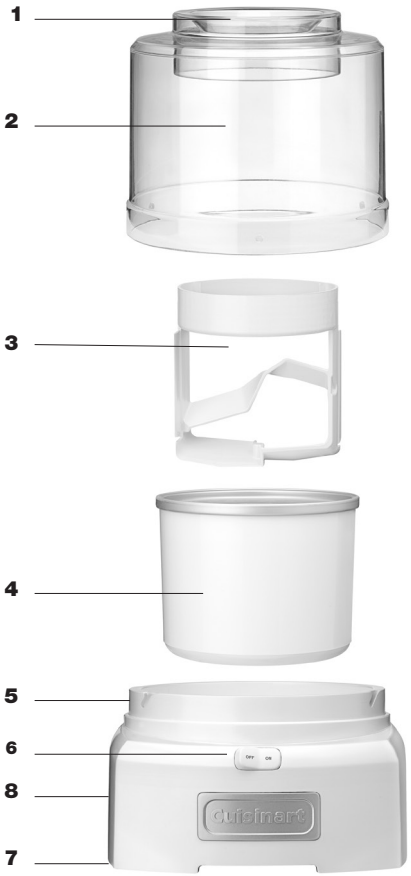


# FEATURES AND BENEFITS

1. **Ingredient Spout**
   Pour recipe ingredients through the spout. Also use to add ingredients like chips or nuts, without interrupting the freezing cycle.
2. **Easy-Lock Lid**
   Transparent to let you watch the freezing process as it progresses. Lid is designed to easily lock to the base.
3. **NEW**
   **Mixing Paddle**
   Mixes and aerates ingredients in freezer bowl to create frozen desserts or drinks.
4. **Freezer Bowl**
   Contains cooling liquid between a double-insulated wall to create fast and even freezing. Double wall keeps the bowl cool and at an even temperature.
5. **Base**
   Contains heavy-duty motor strong enough to handle ice cream, frozen yogurt, sherbet, sorbet, and frozen drinks.
6. **On/Off Switch**
7. **Rubber Feet**
   (not shown)
   Non-slip feet keep base stationary during use.
8. **Cord Storage** (not shown)
   Unused cord is easily pushed into the base to keep counters neat and safe.
9. **BPA-Free** (not shown)
   All materials that come in contact with food are BPA-free.

# BEFORE USING FOR THE FIRST TIME

DO NOT immerse the motor base in water. Wipe it with a moist cloth. Wash the lid, freezer bowl and mixing arm in warm soapy water to remove any dust or residue from the manufacturing and shipping process. DO NOT clean any of the parts with abrasive cleaners or hard implements.

# FREEZING TIME AND BOWL PREPARATION

The freezer bowl must be completely frozen before you begin your recipe. Before freezing, wash and dry the bowl. The length of time needed to reach the frozen state depends on how cold your freezer is. It is recommended that you place the freezer bowl in the back of your freezer where it is coldest. Be sure to place the freezer bowl on a flat surface in its upright position for even freezing.

Generally, freezing time is between 16 and 24 hours. Shake the bowl to determine whether it is completely frozen. If you do not hear the liquid within the bowl moving, the cooling liquid is therefore frozen. For the most convenient frozen desserts and drinks, leave your freezer bowl in the freezer at all times. Use the bowl immediately after removing from the freezer. It will begin to quickly defrost once it has been removed from the freezer.

**Reminder:** Your freezer should be set to 0°F to ensure proper freezing of all foods.

# MAKING FROZEN DESSERTS

1. Prepare recipe ingredients from pages that follow or from your own recipe. Flip booklet over for Cuisinart recipes. If you use your own recipe, be sure it yields 1½ quarts or less.
2. Remove the freezer bowl from the freezer. Place freezer bowl on the center of the base.

   **NOTE:** Bowl will begin to defrost quickly once it has been removed from freezer. Use it immediately after removing from freezer.
3. Place mixing paddle in freezer bowl. It just rests in the center of the bowl, with the circle side facing up.
4. Place lid on base and rotate clockwise until tabs on lid lock in place on base.
5. Press On/Off switch to ON position. Freezer bowl will begin to turn.
6. Immediately pour ingredients through ingredient spout.

   **NOTE: Ingredients must be added to the freezer bowl after unit is turned on.**
7. Frozen desserts will be done in less than 20 minutes. The time will depend on the recipe and volume of the dessert you are making. When the mixture has thickened to your liking, it is done. If you desire a firmer consistency, transfer the dessert to an airtight container and store in the freezer for two or more hours.

   **NOTE:** Do not store frozen desserts in the freezer bowl. Desserts will stick to the sides of the freezer bowl and may damage the bowl. Store only in a freezer-safe airtight container.

# ADDING INGREDIENTS

Ingredients such as chips and nuts should be added about 5 minutes before the recipe is complete. Once the dessert has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

# SAFETY FEATURE

The Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker is equipped with a safety feature that automatically stops the unit if the motor overheats. This may occur if the dessert is extremely thick, if the unit has been running for an excessively long period of time, or if added ingredients (nuts, etc.) are in extremely large pieces. To reset the unit, put the On/Off switch in the OFF position and unplug the unit. Let the unit cool off. After a few minutes, you may turn the unit on again and continue making the dessert.

# CLEANING, STORAGE AND MAINTENANCE

**Cleaning**

Clean the freezer bowl, mixing paddle and lid in warm soapy water. DO NOT PUT FREEZER BOWL IN THE DISHWASHER. DO NOT CLEAN WITH ABRASIVE CLEANSERS OR IMPLEMENTS. Wipe motor base clean with damp cloth. Dry all parts thoroughly.

**Storage**

DO NOT put freezer bowl in freezer if bowl is wet. DO NOT store lid, mixing paddle, or base in freezer. You may store the freezer bowl in the freezer for convenient, immediate use. Do not store frozen desserts in the freezer bowl in the freezer for more than 30 minutes at a time. Transfer frozen desserts to a freezer-safe, airtight container for longer storage in the freezer.

**Maintenance**

Any other servicing should be performed by an authorized service representative.

# WARRANTY

**Limited Three-Year Warranty**

This warranty is available only to U.S. consumers who purchase products directly from Cuisinart or an authorized Cuisinart® reseller. You are a consumer if you own a Cuisinart® Automatic Frozen Yogurt-Ice Cream & Sorbet Maker that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners or consumers who purchase from unauthorized Cuisinart® resellers. We warrant that your Cuisinart® Automatic Frozen Yogurt-Ice Cream & Sorbet Maker will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, **https://cuisinart.registria.com** for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

**CALIFORNIA RESIDENTS ONLY**

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

**HASSLE-FREE REPLACEMENT WARRANTY**

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® Automatic Frozen Yogurt-Ice Cream & Sorbet Maker should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label, please visit us at **https://www.cuisinart.com/customer-care/product-assistance/product-inquiry.** Or call our toll-free customer service department at 1-800-726-0190 to speak with a representative.

Your Cuisinart® Automatic Frozen Yogurt-Ice Cream & Sorbet Maker has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

**Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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# RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen desserts. You may create or use recipes of your own, as long as they yield no more than 1½ quarts.

- Frozen desserts from the Cuisinart® Automatic Frozen Yogurt–Ice Cream & Sorbet Maker use pure, fresh ingredients. Because of this, the desserts and drinks do not have the same characteristics as commercially prepared frozen desserts and drinks. Most store-bought versions use gums and preservatives to make them firmer. **If you desire a firmer consistency, transfer the dessert to an airtight container and store in the freezer until desired consistency is reached, usually two or more hours.**
- Some recipes use precooked ingredients. For best results, the mixture should be chilled overnight before using. Or, chill the recipe over an ice bath, until it is completely cooled, before using.
- To make an ice bath, fill a large container with ice and water. Place saucepan or other container into the ice bath. Cool precooked ingredients completely.
- Prior to freezing, most recipes may be stored in the refrigerator for up to 3 days.
- You may substitute lower fat creams (e.g., half and half), milk (reduced fat or lowfat) as well as non-dairy milks (soy, rice) for heavy cream and whole milk used in many recipes. However, keep in mind that the higher the fat content, the richer and creamier the result. Using lower fat substitutes may change the taste, consistency and texture of the dessert. When substituting, be sure to use the same volume of the substitute as you would have used of the original item. For example, if the recipe calls for two cups of cream, use a total of two cups of the substitute (such as 1 cup cream, 1 cup whole milk).
- You may substitute artificial sweeteners for sugar. If the recipe is to be precooked, add the sweetener after the heating process is complete and ingredients have cooked. Stir the mixture thoroughly to dissolve the sweetener.
- In recipes that use alcohol, add the alcohol during the last two minutes of the freezing process. Otherwise, the alcohol may impede the freezing process.
- When making sorbet, be sure to test the ripeness and sweetness of the fruit before you use it. The freezing process reduces the sweetness of the fruit so that it will taste less sweet than the recipe mixture. If the fruit tastes tart, add sugar to the recipe. If the fruit is very ripe or sweet, reduce the amount of sugar in the recipe.
- The Cuisinart recipes listed below will yield up to 1½ quarts of dessert. When pouring ingredients in through the ingredient spout, DO NOT fill the freezer bowl higher than ¼-inch from the top of the freezer bowl. The ingredients will increase in volume during the freezing process.
- When making more than one recipe at a time, be sure the freezer bowl is completely frozen before each use. Additional freezer bowls may be purchased on the Cuisinart web site (www.cuisinart.com).
- Make sure mixing paddle and lid are in place before turning on machine.

# Simple Ice Creams

## Simple Vanilla Ice Cream

*This ice cream can easily be dressed up by adding your favorite chopped candies or sprinkles at the end of churning.*

Makes about 5 cups (ten ½-cup servings)

**1** **cup whole milk**
**¾** **cup granulated sugar**
**pinch salt**
**2** **cups heavy cream**
**1** **tablespoon pure vanilla extract**

1. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
2. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

***Nutritional information per serving (based on ½ cup):***
*Calories 222 (73% from fat) • carb. 13g • pro. 2g • fat 18g • sat. fat 11g • chol. 69mg • sod. 45mg • calc. 61mg • fiber 0g*

## Simple Chocolate Ice Cream

*For a real treat, serve this with our Chocolate Sauce on page 12.*

Makes about 5 cups (ten ½-cup servings)

**¾** **cup cocoa powder, sifted**
**½** **cup granulated sugar**
**⅓** **cup packed dark brown sugar**
**pinch salt**
**1** **cup whole milk**
**2** **cups heavy cream**
**½** **tablespoon pure vanilla extract**

1. In a medium bowl, whisk together the cocoa, sugars and salt. Add the milk and, using a hand mixer on low speed or a whisk, beat to combine until the cocoa, sugars and salt are dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
2. Turn the Cuisinart® ice cream maker on; pour the mixture into the frozen freezer bowl and let mix until

thickened, about 15 to 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):Calories 268 (62% from fat) • carb. 23g • pro. 3g • fat 19g • sat. fat 11g • chol. 69mg • sod. 44mg • calc. 61mg • fiber 1g*

## Butter Pecan Ice Cream

*The butter used to toast the pecans can be saved and used over pancakes or waffles.*

Makes about 5 cups (ten ½-cup servings)

**4** **tablespoons unsalted butter**
**1** **cup pecans**
**1** **teaspoon salt**
**1** **cup whole milk**
**¾** **cup granulated sugar**
**pinch salt**
**2** **cups heavy cream**
**1** **tablespoon pure vanilla extract**

1. Melt the butter in a medium skillet. Add the pecans and 1 teaspoon of salt. Cook over medium-low heat until pecans are toasted and golden, stirring frequently, about 6 to 8 minutes. Remove from the heat, strain and reserve the pecans, allowing them to chill. The butter can be used for another use – delicious over pancakes or waffles.
2. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
3. Turn the Cuisinart® ice cream maker on; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. Five minutes before mixing is completed, add the reserved pecans and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup): Calories 330 (79% from fat) • carb. 14g • pro. 3g • fat 30g • sat. fat 15g • chol. 81mg • sod. 58mg • calc. 68mg • fiber 1g*

## S'mores Ice Cream

*All of the flavors of a s'more in one bite of ice cream.*

Makes about 6 cups (twelve ½-cup servings)

**½** **cup cocoa powder, sifted**
**⅓** **cup granulated sugar**
**¼** **cup packed dark brown sugar**
**pinch salt**
**⅔** **cup whole milk**
**1½** **cups heavy cream**
**1** **teaspoon pure vanilla extract**
**¾** **cup marshmallow cream (e.g. Fluff®)**
**2** **full graham cracker sheets, crushed**
**2** **ounces milk chocolate (⅓ cup chips), melted and reserved at room temperature**

1. In a medium bowl, whisk together the cocoa, sugars and salt. Add the milk and, using a hand mixer on low speed or a whisk, beat to combine until the cocoa and sugars are dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
2. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. Five minutes before mixing is completed, gradually add the marshmallow cream, one spoonful at a time. Once mixed, add the crushed graham crackers and melted chocolate, one at a time, through the top and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

   **Tip:** If marshmallow cream is too stiff, warm slightly in microwave before adding to freezer bowl.

*Nutritional information per serving (based on ½ cup): Calories 292 (52% from fat) • carb. 33g • pro. 2g • fat 17g • sat. fat 10g • chol. 57mg • sod. 48mg • calc. 43mg • fiber 1g*

## Fresh Strawberry Ice Cream

*Best made when strawberries are at their peak of freshness, this ice cream is light, sweet and fruity.*

Makes about 5 cups (ten ½-cup servings)

**1½** **cups fresh strawberries, hulled***
**¾** **cup whole milk**
**⅔** **cup granulated sugar**
**pinch salt**
**1½** **cups heavy cream**
**1½** **teaspoons pure vanilla extract**

1. Put the strawberries into the bowl of a food processor fitted with the chopping blade. Pulse strawberries until rough/finely chopped (depending on preference). Reserve in bowl.
2. In a medium bowl, use a hand mixer on low speed or whisk to combine the milk, sugar and salt until the sugar is dissolved. Stir in the heavy cream and vanilla. Stir in reserved strawberries with all juices. Cover and refrigerate 1 to 2 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Frozen strawberries may be substituted if fresh strawberries are not available.

*Nutritional information per serving (based on ½ cup): Calories 192 (62% from fat) • carb. 16g • pro. 1g • fat 13g • sat. fat 9g • chol. 51mg • sod. 23mg • calc. 26mg • fiber 0g*

## Peanut Butter Cup Ice Cream

*One of the easiest ice creams to make, the rich peanut butter flavors in this ice cream will have your friends and family in awe.*

Makes about 6 cups (twelve ½-cup servings)

**1 cup good quality peanut butter (not natural)**
**⅔ cup granulated sugar**
**1 cup whole milk**
**2 cups heavy cream**
**1 teaspoon pure vanilla extract**
**1 cup chopped chocolate peanut butter cup candies (about 15 miniature peanut butter cups)**

1. In a medium mixing bowl, use a hand mixer on low speed to combine the peanut butter and sugar until smooth. Add the milk and mix on low speed until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. Cover and refrigerate 1 to 2 hours, or overnight.
2. Turn on the Cuisinart® ice cream maker; pour the mixture into freezer bowl and let mix until thickened, about 15 to 20 minutes. Five minutes before mixing is completed, add the chopped candy through the top and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup): Calories 365 (68% from fat) • carb. 23g • pro. 8g • fat 29g • sat. fat 12g • chol. 58mg • sod. 153mg • calc. 58mg • fiber 2g*

## Peppermint Ice Cream

*Not your ordinary mint ice cream, our Peppermint calls for a lot of bright green fresh mint for a real natural flavor.*

Makes about 6 cups (twelve ½-cup servings)

**1 cup whole milk**
**2½ cups packed fresh mint leaves**
**¾ cup granulated sugar**
**pinch salt**
**2 cups heavy cream**
**1 tablespoon pure vanilla extract**
**1½ cup chopped peppermint patties (about 10 to 12 bite-size patties)**

1. In a medium saucepan set over medium-low heat, bring the milk just to a boil. Remove from heat and add the mint leaves; let steep for 20 to 30 minutes. If you desire a milder mint flavor, strain and discard the mint leaves after steeping, but for a more intense ice cream, blend the milk/mint mixture using an immersion blender.
2. Add the sugar and salt to the steeped milk/mint mixture. Use a hand mixer on low speed or whisk to combine, until the sugar is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate, 1 to 2 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. Five minutes before mixing is completed, add the chopped candy through the top and let mix in completely. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup): Calories 356 (45% from fat) • carb. 48g • pro. 3g • fat 18g • sat. fat 11g • chol. 58mg • sod. 50mg • calc. 68mg • fiber 1g*

## Cheesecake Ice Cream

*This ice cream is excellent all alone in a cup, or go to page 13 and make our Raspberry Sauce to top it off.*

Makes about 5 cups (ten ½-cup servings)

**12 ounces cream cheese, room temperature, cut into 2-inch pieces**

**1** **cup granulated sugar**
**½** **teaspoon salt**
**¼** **cup mascarpone, room temperature**
**1** **cup whole milk, room temperature**
**2** **teaspoons pure vanilla extract**
**¼** **cup sour cream, room temperature**

1. Put the cream cheese into the bowl of a stand mixer. Fitted with the mixing paddle. Mix the cream on medium speed until very smooth. With the mixer running, gradually add the sugar and salt; mix until homogenous. Add the mascarpone and mix until well combined. Slowly add the milk and vanilla; mix until smooth. Use the fold function to mix in the sour cream. Cover and refrigerate 1 to 2 hours, or overnight.
2. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup): Calories 240 (56% from fat) • carb. 23g • pro. 4g • fat 15g • sat. fat 10g • chol. 49mg • sod. 234mg • calc. 65mg • fiber 0g*

## Banana Walnut Chip

*Do not be intimidated by the multiple steps in this ice cream. The end result of frozen banana, toasted walnuts and flecks of chocolate makes it worth every minute.*

Makes about 6 cups (twelve ½-cup servings)

**½** **cup whole milk**
**2** **cups heavy cream**
**1** **whole vanilla bean, halved and seeds scraped**
**½** **teaspoon pure vanilla extract**
**¼** **teaspoon salt**
**⅓** **cup packed dark brown sugar**
**1** **tablespoon water**
**2** **tablespoons unsalted butter**
**2** **large bananas, cut into 1-inch pieces**
**1½** **tablespoons dark rum**
**¼** **teaspoon fresh lemon juice**
**2** **ounces bittersweet chocolate (⅓ cup chips), roughly chopped**
**½** **cup toasted walnuts, roughly chopped**

1. In a medium saucepan set over medium-low heat, bring the milk, cream, vanilla bean (including the pod), vanilla extract and the salt just to a boil. Remove from heat; let mixture steep for 30 minutes.
2. While the milk/cream mixture is steeping, heat the sugar with water in a large skillet until it begins to sizzle. Stir in the butter and heat until melted. Add the bananas; cook for about 2 minutes, or until fragrant and softened. Carefully stir in the rum and cook for an additional 2 minutes, or until slightly thickened. Remove from heat. Using a slotted spoon, strain the banana/sugar mixture, reserving the sugar syrup and bananas in separate bowls.
3. Remove the vanilla pod from the steeped milk/cream mixture; discard pod. Stir the lemon juice into the bananas and then mix the bananas into the steeped milk/cream. Cover and refrigerate mixture 1 to 2 hours, or overnight.
4. Turn on the Cuisinart® ice cream maker; pour the banana mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes.
5. While ice cream is churning, melt the bittersweet chocolate in a bowl set over a pot of simmering water; reserve.
6. When the ice cream is almost fully churned, gradually add the sugar syrup; let mix until fully combined. Once the sugar syrup has been mixed, add the walnuts through the top of the ice cream maker; let mix until combined. Right before the ice cream is done, drizzle the melted chocolate into the churning ice cream. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup): Calories 194 (64% from fat) • carb. 15g • pro. 2g • fat 15g • sat. fat 7g • chol. 34mg • sod. 58mg • calc. 32mg • fiber 1g*

# Custard-Style Ice Creams

## Vanilla Bean Ice Cream

*For the true vanilla lover. Be sure to use fresh vanilla beans to capture the intense flavor.*

Makes about 6 cups (twelve ½-cup servings)

**2** **cups whole milk**
**2** **cups heavy cream**
**1** **cup granulated sugar, divided**
**pinch salt**
**1** **whole vanilla bean, halved and seeds scraped**
**5** **large egg yolks**
**1½** **teaspoons pure vanilla extract**

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, half of the sugar, salt and the scraped vanilla bean (including the pod). Bring the mixture just to a boil.
2. While the milk/cream mixture is heating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or whisk, beat until mixture is pale and thick.
3. Once the milk/cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
4. Pour the mixture through a fine mesh strainer (discard the vanilla pod) and bring to room temperature. Stir in the vanilla extract. Cover and refrigerate 1 to 2 hours, or overnight.
5. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*
*Calories 254 (62% from fat) • carb. 20g • pro. 3g • fat 18g • sat. fat 11g • chol. 148mg • sod. 51mg • calc. 85mg • fiber 0g*

## Fresh Mint with Chocolate Cookies

*Always a winning combination, fresh mint and chocolate take the forefront in this rich and creamy ice cream.*

Makes about 6 cups (twelve ½-cup servings)

**2 cups whole milk**
**2 cups heavy cream**
**1 cup granulated sugar, divided**
**pinch salt**
**1½ teaspoons pure vanilla extract**
**2 cups packed fresh mint leaves**
**5 large egg yolks**
**1 cup crushed chocolate sandwich cookies (about 8 cookies)**

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, half of the granulated sugar, salt, and vanilla. Bring the mixture just to a boil. Remove from heat and add the mint leaves; let steep for 20 to 30 minutes. If you desire a milder mint flavor, remove and discard the mint leaves after steeping, but for a more intense ice cream we recommend blending the milk/mint mixture using an immersion blender. After steeping, return the mixture just to a boil over medium-low heat.
2. While the milk/cream mixture is reheating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or a whisk, beat until mixture is pale and thick.
3. Once the milk/cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
4. Pour the mixture through a fine mesh strainer. Bring the ice cream base to room temperature. Cover and refrigerate 1 to 2 hours, or overnight.
5. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 20 minutes. When the ice cream is almost fully churned, gradually add the crushed cookies through the top of the ice cream maker; let mix until fully combined.
6. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*
*Calories 293 (58% from fat) • carb. 27g • pro. 4g • fat 20g • sat. fat 11g • chol. 148mg • sod. 98mg • calc. 115mg • fiber 1g*

## Mexican Style Chocolate Ice Cream

*This ice cream can be spicy for some, so adjust the cayenne to your personal taste.*

Makes about 5 cups (about ten ½-cup servings)

**2 cups whole milk**
**1½ cups heavy cream**
**1½ teaspoons pure vanilla extract**
**1 teaspoon ground cinnamon**
**1 to 2 pinches cayenne**
**pinch salt**
**⅔ cup granulated sugar, divided**
**5 large egg yolks**
**6 ounces bittersweet chocolate, roughly chopped**

1. In a medium saucepan set over medium-low heat, whisk together the milk, cream, vanilla, spices, salt and half of the sugar. Bring the mixture just to a boil.
2. While the milk/cream mixture is heating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or a whisk, beat until mixture is pale and thick.
3. Place the chopped chocolate in a separate mixing bowl; reserve.
4. Once the milk/cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over the low heat until it thickens slightly and coats the back of the spoon. This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
5. Pour the mixture through a fine mesh strainer into the bowl of the reserved chocolate; whisk to combine and then bring to room temperature. Cover and refrigerate 1 to 2 hours, or overnight.
6. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup): Calories 320 (64% from fat) • carb. 26g • pro. 5g • fat 24g • sat. fat 14g • chol. 161mg • sod. 157mg • calc. 97mg • fiber 1g*

## Pistachio Ice Cream

*We love this flavor in our Ice Cream Birthday Cake on page 12, or just scoop into your favorite cone.*

Makes about 5 cups (about ten ½-cup servings)

**2½ cups whole milk**
**1 whole vanilla bean, halved and seeds scraped**
**⅔ cup granulated sugar, divided**
**2¼ cups chopped roasted, unsalted pistachios; shelled, divided**
**2 cups heavy cream**
**pinch salt**
**6 large egg yolks**
**¼ teaspoon pure almond extract**

1. In a medium saucepan set over medium-low heat, stir together the milk, vanilla bean (including the pod), half of the sugar and 1½ cups pistachios. Bring the mixture just to a boil. Remove from heat; let mixture steep for 1 to 2 hours. After steeping, add the cream and salt and gradually return the mixture just to a boil over medium-low heat.
2. When the milk/pistachio/cream mixture is reheating, combine the yolks and remaining sugar in a medium bowl. Using a hand mixer on low speed or a whisk, beat until mixture is pale and thick.
3. Once the milk/pistachio/cream mixture has come to a slight boil, whisk about ⅓ of the hot mixture into the yolk/sugar mixture. Add another ⅓ of the mixture, then return the combined mixture to the saucepan. Using a wooden spoon, stir the mixture constantly over the low heat until it thickens slightly and coats the back of the spoon.
   This mixture must NOT boil or the yolks will overcook – the process should only take a few minutes.
4. Stir in the almond extract and pour the mixture through a fine mesh strainer (discard the vanilla pods and pistachios); bring to room temperature. Cover and refrigerate 1 to 2 hours, or overnight.
5. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 20 minutes. When the ice cream is almost done churning, add the remaining toasted pistachios through the opening at the top of the ice cream maker. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup): Calories 341 (68% from fat) • carb. 21g • pro. 7g • fat 27g • sat. fat 14g • chol. 200mg • sod. 71mg • calc. 129mg • fiber 1g*

# Frozen Yogurts

## Rich Vanilla Frozen Yogurt

*While part-skim or fat-free yogurt can be substituted, to get the real flavor and richness of this frozen yogurt it is best to use the whole milk variety.*

Makes about 5 cups (ten ½-cup servings)

**1½ tablespoons light corn syrup**
**1½ tablespoons honey**
**3 tablespoons water**
**2 vanilla beans, split and seeds scraped**
**5 cups whole milk plain yogurt, strained through a cheesecloth* for 2 to 4 hours**
**1 teaspoon pure vanilla extract**
**¾ cup granulated sugar**
**pinch salt**

1. Put the corn syrup, honey, water and vanilla beans into a medium saucepan. Over medium-low heat, bring mixture to a boil, then simmer until reduced by about half. Strain (discarding vanilla pods); reserve.
2. In a large mixing bowl, whisk the strained yogurt, reserved honey/water/vanilla reduction, vanilla extract, sugar and salt together. Whisk until the

sugar has dissolved. Cover and refrigerate 2 to 3 hours, or overnight.

3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*If you do not have a cheesecloth, you can use a couple of layered paper towels.

*Nutritional information per serving (based on ½ cup): Calories 161 (22% from fat) • carb. 25g • pro. 7g • fat 4g • sat. fat 3g • chol. 15mg • sod. 67mg • calc. 176mg • fiber 0g*

## Mango Frozen Yogurt

*Be sure to use fresh, ripe mangoes. The better the mango, the better the frozen yogurt.*

Makes about 5 cups (ten ½-cup servings)

**5 cups low-fat plain yogurt, strained through a cheesecloth* for 2 to 4 hours**
**½ cup granulated sugar**
**2 mangoes, peeled, pitted and roughly chopped (about ½ to 1-inch pieces)**
**1 teaspoon fresh lime juice, about ½ lime**

1. In a large mixing bowl, whisk the strained yogurt and sugar together; reserve.
2. Using a blender, purée the mangoes with the lime juice and 1 cup of the yogurt mixture. Combine with the remaining yogurt/sugar mixture. Cover and refrigerate 1 to 2 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*If you do not have a cheesecloth, you can use a couple of layered paper towels.

*Nutritional information per serving (based on ½ cup): Calories 126 (8% from fat) • carb. 26g • pro. 5g • fat 1g • sat. fat 1g • chol. 3mg • sod. 74mg • calc. 204mg • fiber 2g*

## Chocolate Pretzel Frozen Yogurt

*The combination of the chocolate and the salt from the pretzel is a standout in this tangy and sweet dessert.*

Makes about 5 cups (ten ½-cup servings)

**4 cups whole milk plain yogurt, strained through a cheesecloth* for 2 to 4 hours**
**¾ cup granulated sugar**
**⅓ cup cocoa powder, sifted**
**pinch salt**
**1 cup lowfat milk**
**½ teaspoon pure vanilla extract**
**1 cup chopped chocolate or yogurt covered pretzels**

1. In a large mixing bowl, whisk the strained yogurt, sugar, cocoa powder, salt, milk and vanilla together. Whisk until the sugar has dissolved. Cover and refrigerate 2 to 3 hours, or overnight.
2. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. When the ice cream is almost done churning, add the chopped pretzels through the opening at the top of the ice cream maker. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*If you do not have a cheesecloth, you can use a couple of layered paper towels.

*Nutritional information per serving (based on ½ cup): Calories 281 (22% from fat) • carb. 48g • pro. 8g • fat 7g • sat. fat 3g • chol. 5mg • sod. 259mg • calc. 215mg • fiber 2g*

## Lowfat Strawberry Frozen Yogurt

*The tanginess of the yogurt comes through in this frozen treat.*

Makes about 5 cups (ten ½-cup servings)

**4 cups lowfat plain yogurt, strained through a cheesecloth* for 2 to 4 hours**
**½ cup granulated sugar**
**pinch salt**
**1 teaspoon pure vanilla extract**
**2 tablespoons light corn syrup**
**1 pound frozen mixed berries**
**1½ tablespoons honey**
**1½ tablespoons fresh lemon juice**

1. In a large bowl, whisk the strained yogurt with the sugar, salt, vanilla and corn syrup; reserve.
2. In a medium saucepan, heat the berries, honey and lemon juice on low for about 10 minutes, or until just softened. Strain, discarding liquid, and cool. Once the berries are cooled, stir into the yogurt/sugar mixture. Cover and refrigerate 2 to 3 hours, or overnight.

3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The frozen yogurt will have a soft, creamy texture. If a firmer consistency is desired, transfer the frozen yogurt to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*If you do not have a cheesecloth, you can use a couple of layered paper towels.

*Nutritional information per serving (based on ½ cup): Calories 123 (8% from fat) • carb. 27g • pro. 4g • fat 1g • sat. fat 1g • chol. 3mg • sod. 73mg • calc. 167mg • fiber 2g*

## Sorbets

### Coconut Sorbet

*Delicious when topped with toasted coconut or our Chocolate Sauce (page 12).*

Makes about 6 cups (twelve ½-cup servings)

**1½ cups water**
**1⅓ cups granulated sugar**
**1 whole vanilla bean, halved and seeds scraped**
**pinch salt**
**2 cans (13.5 ounces each) unsweetened coconut milk**

1. Combine the water, sugar, vanilla bean (including the pod) and salt in a medium saucepan set over medium-low heat. Bring mixture just to a boil and then remove from heat. Let mixture steep for 1 hour; strain (discarding pod).
2. Add the coconut milk to the strained mixture. Cover and refrigerate overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup): Calories 199 (51% from fat) • carb. 25g • pro. 1g • fat 12g • sat. fat 11g • chol. 0mg • sod. 28mg • calc. 1mg • fiber 0g*

### Dark Chocolate Sorbet

*A step away from the ordinary sorbets, our Dark Chocolate Sorbet is a real treat.*

Makes about 5 cups (ten ½-cup servings)

**3 cups water**
**1⅔ cups granulated sugar**
**pinch salt**
**1⅔ cups cocoa powder, sifted**
**1 teaspoon pure vanilla extract**

1. Prepare a simple syrup with the water, sugar and salt by combining all three in a medium saucepan set over medium-low heat. Cook mixture until the sugar is fully dissolved.
2. Gradually add the cocoa powder to the simple syrup by whisking constantly until smooth. Add the vanilla and stir to combine. Cover and refrigerate 2 to 3 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup): Calories 183 (6% from fat) • carb. 41g • pro. 3g • fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg • calc. 2mg • fiber 3g*

### Lemon Basil Sorbet

*The basil adds a nice undertone to the sorbet, but any one of your favorite herbs could be substituted.*

Makes about 5 cups (ten ½-cup servings)

**3 cups water**
**2 cups granulated sugar**
**2 tablespoons lemon zest, divided**
**1½ cups packed fresh basil (if a stronger basil flavor is wanted, use 2 cups)**
**pinch salt**
**3 cups fresh lemon juice**

1. Prepare a lemon simple syrup with the water, sugar and 1½ tablespoons of the lemon zest by combining all three in a medium saucepan set over medium-low heat. Cook mixture until the sugar is fully dissolved. Remove from heat.
2. Once the simple syrup is ready, add the basil and salt. Let the mixture steep for 30 minutes. Stir in the lemon juice. Cover and refrigerate 2 to 3 hours, or overnight.
3. Strain the chilled mixture through a fine mesh strainer. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. When the sorbet is almost done, add the reserved zest through the opening on top of the ice cream maker and let churn until combined. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container

and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*
*Calories 175 (0% from fat) • carb. 47g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 16mg • calc. 15mg • fiber 1g*

## Raspberry Sorbet

*Not only is this sorbet sweet and refreshing, but the color makes a beautiful presentation on any menu.*

Makes about 5 cups (ten ½-cup servings)

**2 cups water**
**1½ cups granulated sugar**
**pinch table salt**
**4 cups frozen raspberries, thawed**

1. Prepare a simple syrup with the water and sugar by combining both in a medium saucepan set over medium-low heat. Cook mixture until the sugar is fully dissolved.
2. Once the simple syrup is ready, add the salt and the raspberries. Using an immersion blender, blend the mixture until smooth. Strain half of the mixture through a fine mesh strainer to remove the seeds. Use a spatula to aid in passing the purée through the strainer. Remove seeds and repeat with the second half. Cover and refrigerate 2 to 3 hours, or overnight.
3. Turn on the Cuisinart® ice cream maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

*Nutritional information per serving (based on ½ cup):*
*Calories 140 (0% from fat) • carb. 37g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 14mg • calc. 9mg • fiber 2g*

## Frozen Desserts

## Ice Cream Sandwich Cookies

*A step above the traditional ice cream sandwich cookies. A perfect match for your favorite flavor. If you cannot find cocoa nibs, miniature chocolate chips can be substituted, or you can double the amount of pecans.*

Makes 24 cookies (for 12 ice cream sandwiches)

**⅓ cup cocoa powder, sifted**
**1⅓ cups bread flour**
**¾ teaspoon baking powder**
**¼ teaspoon salt**
**1 tablespoon instant espresso powder**
**½ cup unsalted butter, room temperature and cubed**
**1 cup granulated sugar**
**1 large egg**
**1 teaspoon pure vanilla extract**
**3 tablespoons cocoa nibs (These can be found in most gourmet or cooking stores. If you cannot find them, substitute with coarsely chopped, toasted pecans or miniature chocolate chips.)**
**¼ cup chopped pecans, toasted**

1. Preheat oven to 350°F.
2. Combine the cocoa powder, flour, baking powder, salt and espresso powder in a small bowl. Whisk to blend; reserve.
3. Put the butter into the bowl of a stand mixer, fitted with the mixing paddle (or use a hand mixer fitted with the mixing beaters). Using medium speed, cream until smooth. Gradually add the sugar and mix until creamy. Add the egg and vanilla and mix until combined. Add the dry ingredients and, using a low speed, mix until fully incorporated. Add the cocoa nibs and pecans and mix on low until just combined.
4. Using a small ice cream scoop (about 1½ inches in diameter) scoop the dough onto a parchment-lined cookie sheet (each round should be about 2 tablespoons). Use a cup to flatten each cookie mound down.
5. Bake in the preheated oven for about 15 to 20 minutes, or until the cookie looks dry, but not firm. Let cookies fully cool before assembling.

**To assemble:** Using a small ice cream scoop, scoop about 3 tablespoons of your favorite ice cream onto the flat part of one cookie. Place another cookie on top of the ice cream and press down until the ice cream just reaches the edge of the cookies. Continue with each set of cookies. Wrap each ice cream sandwich in plastic wrap and chill in a freezer until firm (about 20 minutes).

*Nutritional information per serving (2 cookies, not including ice cream):*
*Calories 225 (42% from fat) • carb. 31g • pro. 3g • fat 11g • sat. fat 6g • chol. 39mg • sod. 89mg • calc. 18mg • fiber 1g*

## Strawberry Chocolate Bonbons

*This decadent dessert is reminiscent of frozen chocolate-covered strawberries.*

Makes 35 bonbons

**1 recipe Chocolate Brownies (recipe follows)**

**1 recipe (about 5½ cups) strawberry ice cream (page 4)**

**12 ounces bittersweet or semisweet chocolate (about 2 cups of chips), roughly chopped**

**¼ cup unsalted butter, cubed**

**1 tablespoon light corn syrup**

1. Using a 2¼-inch round pastry cutter, cut 35 rounds out of the pan of brownies; reserve remaining brownie bits for another use (great crumbled into freshly churned ice cream). Reserve cut brownies on a wax/parchment paper-lined pan that will be able to fit in your freezer.
2. Using a 2-inch ice cream scoop, place one scoop of the ice cream on each brownie round. Cover with wax paper and freeze for about 15 minutes, or until fully hardened.
3. While the ice cream/brownies are chilling, make the chocolate glaze. In a heatproof bowl set over a pot of simmering water, melt the chocolate, butter and corn syrup together. Stir to combine and cool to room temperature.
4. Remove the ice cream/brownies from the freezer. Place a cooling rack on top of a wax/parchment lined pan. Place the ice cream/brownie pieces on top of the cooling rack, leaving about ½-inch space in between each one. Using a ladle, slowly pour the melted chocolate/butter mixture over each ice cream/brownie. Be sure that the chocolate fully covers the gelato. Let the chocolate harden and then freeze for 15 minutes, or overnight (covered with wax paper).

*Nutritional information per bonbon:*
*Calories 282 (54% from fat) • carb. 32g • pro. 3g • fat 18g • sat. fat 11g • chol. 62mg • sod. 77mg • calc. 17mg • fiber 2g*

## Chocolate Brownies

*These brownies are for our bonbons, but they can also be made in a 9-inch square pan as regular brownies.*

Makes 35 brownies

**nonstick cooking spray**

**1 cup unsalted butter, cubed**

**6 ounces unsweetened chocolate, finely chopped**

**2 ounces bittersweet chocolate, finely chopped**

**4 large eggs**

**1 large egg yolk**

**2 cups granulated sugar**

**1 cup packed light brown sugar**

**2 teaspoons instant espresso powder**

**2 teaspoons pure vanilla extract**

**1 cup unbleached, all-purpose flour**

**1 teaspoon table salt**

1. Preheat oven to 375°F. Coat a jelly roll pan (approximately 12" x 18") with cooking spray and then line with parchment; reserve.
2. Put the butter and chocolates into a heatproof bowl and place over a pot of simmering water. Once both are completely melted, set aside to cool to room temperature. Reserve.
3. In the bowl of a stand mixer fitted with the mixing paddle, or using a hand mixer fitted with the mixing beaters, mix the eggs and egg yolk on speed 3 until lightened, about 30 seconds. Add the granulated and brown sugars and beat on speed 4 until light and thickened, another 30 seconds to 1 minute. Add instant espresso and vanilla; beat until well combined. Stir the flour and salt into the chocolate mixture. Add the chocolate/flour mixture to the egg/sugars mixture and mix on speed 1 until just incorporated.
4. Pour into prepared pan. Bake for about 25 to 30 minutes, or until edges are dry.
5. When fully cooled, cut into rounds using a 2¼-inch round pastry cutter.

*Nutritional information per brownie:*
*Calories 166 (46% from fat) • carb. 22g • pro. 2g • fat 9g • sat. fat 5g • chol. 44mg • sod. 70mg • calc. 10mg • fiber 1g*

## Pistachio Birthday Cake

*We love this recipe with our pistachio ice cream, but any of your favorite flavors would work.*

Makes 12 servings

**6 tablespoons unsalted butter, cubed**

**3 ounces semisweet chocolate, chopped**

**40 chocolate wafer cookies (Nabisco® brand works well), or 8 ounces of plain chocolate cookies**

**1 recipe Pistachio Ice Cream (page 7), softened, or 5 to 6 cups of your favorite flavor**

**½ cup chopped pistachios, toasted**

1. In a heat-proof bowl set over a pot of simmering water, combine the butter and chocolate. Stirring occasionally, let heat until just melted. Reserve.
2. Put the chocolate water cookies into the bowl of a food processor fitted with the chopping blade. Pulse until finely chopped. Add the melted butter/chocolate mixture through the feed tube of the processor and pulse until completely combined. Press ⅔ of the chocolate crumb mixture into the bottom and half-way up the sides of an 8-inch spring-form pan. Place in freezer; chill 10 to 15 minutes to let crust harden.
3. Remove from freezer and spread half of the ice cream over the chilled chocolate crust. Cover

directly with plastic and return to freezer for about 30 minutes, or until just firm. Sprinkle the reserved chocolate crumb mixture over the chilled iced cream, press down gently, and return to freezer again to chill for about 30 minutes. Spread the remaining ice cream evenly over the top and smooth completely with an offset spatula. Cover and chill in the freezer for a minimum of 4 hours, or overnight to completely firm the cake.

4. Before serving, remove the ice cream cake from the pan and sprinkle the chopped pistachios on top of the cake. Serve on chilled plates.

*Nutritional information per serving:*
*Calories 483 (63% from fat) • carb. 38g • pro. 8g • fat 35g • sat. fat 17g • chol. 182mg • sod. 176mg • calc. 122mg • fiber 2g*

# Sauces

## Caramel Sauce

*While we love this sauce on our ice creams, it can also be used as a dipping sauce for fruit and cake.*

Makes about ¾ cup

**¾ cup granulated sugar**
**½ teaspoon sea salt**
**¼ cup water (enough so that the consistency when mixed with the sugar and salt is similar to wet sand)**
**1 tablespoon light corn syrup**
**⅓ cup heavy cream**
**3 tablespoons unsalted butter, cut into ½-inch cubes**

1. In a medium, heavy-bottomed saucepan, stir together the sugar, salt, water and corn syrup. Be sure to clean the inside walls of the pan if there is any sugar on the sides (a clean, wet pastry brush works best). Set over medium-low heat and cook until the sugar mixture turns a very light amber color (about 10 to 15 minutes). Keep a close eye on the caramel sauce as it can burn easily.
2. Once the sugar mixture has a light amber color, take it off the stove and slowly and carefully stir in the cream. After the cream has been incorporated, slowly whisk in the butter, one piece at a time, continually whisking to emulsify until all the butter has been added. Use immediately, or keep warm over a pot of warm water.

*Nutritional information per serving (2 tablespoons):*
*Calories 198 (46% from fat) • carb. 27g • pro. 0g • fat 10g • sat. fat 7g • chol. 33mg • sod. 184mg • calc. 9mg • fiber 0g*

## Chocolate Sauce

*So much better homemade – you will be amazed by how easy it is to make.*

Makes about 1 cup

**1 cup semisweet chocolate (about 6 ounces), chopped**
**¾ cup heavy cream**
**1½ tablespoons light corn syrup**
**½ teaspoon pure vanilla extract**
**pinch sea salt**
**pinch ground cinnamon**

1. Put the chocolate into a mixing bowl; reserve.
2. In a small, heavy-bottomed saucepan, combine the cream, corn syrup, vanilla, salt and cinnamon. Set over low heat and bring to a strong simmer. Immediately pour over the reserved chocolate and let sit for five minutes before whisking to combine. Use immediately, or keep warm over a pot of warm water.

*Nutritional information per serving (2 tablespoons):*
*Calories 229 (61% from fat) • carb. 21g • pro. 2g • fat 16g • sat. fat 10g • chol. 31mg • sod. 27mg • calc. 25mg • fiber 2g*

## Raspberry Sauce

*This works well with more than just frozen desserts. Serve over pancakes or crêpes for your loved ones.*

Makes about 1 cup

**1 12-ounce bag frozen raspberries, thawed (about 2½ cups)**
**2 to 3 tablespoons granulated sugar (depending on sweetness preference)**
**pinch sea salt**
**pinch orange zest**

1. Put the raspberries into the bowl of a food processor fitted with the metal chopping blade; process for 15 seconds. Add remaining ingredients and process for an additional 45 seconds.
2. Strain through a fine mesh strainer and discard the seeds. Taste and adjust sugar amount to personal preference.

*Nutritional information per serving (2 tablespoons):*
*Calories 36 (0% from fat) • carb. 9g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 17mg • calc. 7mg • fiber 2g*

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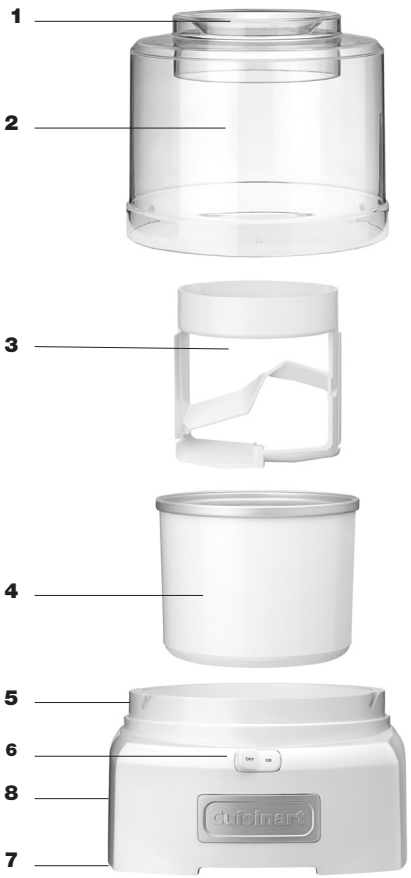


# PIEZAS Y CARACTERÍSTICAS

1. **Boca de llenado**
   Para agregar los ingredientes de la receta o agregar ingredientes secos, como chispas de chocolate o frutas secas, sin interrumpir el ciclo de preparación.
2. **Tapa fácil de cerrar**
   Transparente, para poder vigilar el proceso de preparación. Especialmente diseñada para fijarse fácilmente a la base.
3. **NUEVA paleta mezcladora**
   Mezcla los ingredientes e incorpora aire para preparar bebidas o postres helados.
4. **Tazón congelador**
   Contiene un líquido congelante en una pared con doble aislamiento para mantener el tazón a temperatura constante y lograr un congelamiento rápido y uniforme.
5. **Base**
   Equipada con un resistente motor, lo suficientemente fuerte como para preparar helados, helados de yogur, sorbetes y bebidas heladas.
6. **Botón de encendido/apagado**
7. **Pies de goma**
   (no ilustrados)
   Pies antideslizantes, para mantener el aparato estable.
8. **Espacio para guardar el cable**
   (no ilustrado)
   El cable se hunde en la base para guardarlo y así mantener la encimera limpia y segura.
9. **Sin BPA** (no ilustrado)

Ninguna de las piezas en contacto con los alimentos contiene bisfenol A (BPA).

# ANTES DEL PRIMER USO

NO sumerja la base del motor en agua. Límpiela con un paño ligeramente humedecido. Lave la tapa, el tazón congelador y la paleta mezcladora en agua jabonosa tibia para quitar el polvo o cualquier residuo que se haya acumulado durante el proceso de fabricación y envío. NO limpie ninguna de las piezas de la máquina con limpiadores o materiales abrasivos.

# PREPARACIÓN/CONGELAMIENTO DEL TAZÓN

El tazón debe estar completamente congelado antes de preparar una receta. Lave y seque el tazón antes de congelarlo. El tiempo necesario para congelar el tazón depende de que tan frío esté su congelador. Le recomendamos que coloque el tazón en el fondo del congelador, donde es más frío. Coloque el tazón sobre una superficie plana, en posición vertical.

Generalmente, el tiempo de congelación es entre 16 y 24 horas. Para saber si un tazón está completamente congelado, agítelo. Si no escucha ningún movimiento de líquido, entonces el tazón está listo. Para mayor conveniencia, deje siempre el tazón en el congelador; Use el tazón inmediatamente después de sacarlo del congelador; comenzará a descongelarse rápidamente después de haberlo sacado del congelador.

**Nota:** su congelador debe estar a una temperatura de 0 °F (-18 °C) para asegurar el congelamiento adecuado de toda comida.

# PREPARACIÓN DE POSTRES HELADOS

1. Prepare los ingredientes de la receta que desea preparar (ver nuestras recetas al dorso). Si usa sus propias recetas, asegúrese de que no rindan más de 1½ cuarto de galón (1.4 L).
2. Saque el tazón congelador del congelador. Coloque el tazón sobre la base de la máquina.

   **NOTA:** el tazón comenzará a descongelarse rápidamente después de haberlo sacado del congelador; úselo inmediatamente.
3. Coloque la paleta mezcladora en el tazón. La paleta debe descansar sobre el centro del tazón, con la parte circular hacia arriba.
4. Coloque la tapa sobre la base y gírela en sentido horario para sujetarla.
5. Ponga el botón de encendido/apagado en la posición "ON"; el tazón empezará a girar.
6. Eche los ingredientes inmediatamente por la boca de llenado.

   **IMPORTANTE: siempre encienda el aparato antes de agregar los ingredientes.**
7. Sus postres helados estarán listos en tan sólo 20 minutos. El tiempo de preparación dependerá de la receta y de la cantidad que esté preparando. Apague el aparato cuando la mezcla se haya espesado a su gusto. Si desea una consistencia más firme, ponga la preparación en un recipiente hermético y congélela por dos o más horas.

   **NOTA:** no guarde los postres helados en el tazón congelador. Los ingredientes pegarán a las paredes del tazón, lo que puede dañarlo. Guarde las preparaciones únicamente en recipientes herméticos.

# INGREDIENTES SECOS

Los ingredientes secos tales como las chispas o frutas secas deben ser agregados en los últimos 5 minutos del mezclado. Una vez que la bebida o el postre helado hayan empezado a espesarse, eche los ingredientes por la boca de llenado. El tamaño de los ingredientes secos no debe ser mayor al de chispas de chocolate.

# MECANISMO DE SEGURIDAD

La máquina para hacer helados, helados de yogur y sorbetes Cuisinart® está equipada con un sistema de seguridad que apaga automáticamente el aparato en caso de recalentamiento del motor. Esto puede ocurrir si la preparación es demasiado espesa, si la máquina ha estado funcionando por un tiempo excesivo o si el tamaño de los ingredientes que se agregan (frutas secas, etc.) es demasiado grande. Para reiniciar el aparato, apague (OFF) y desconéctelo. Permita que se enfríe. Después de unos minutos, puede encender la máquina nuevamente y continuar con su preparación.

# LIMPIEZA, MANTENIMIENTO Y ALMACENAJE

**Limpieza**

Limpie el tazón congelador, la paleta mezcladora y la tapa en agua jabonosa tibia. NUNCA LAVE EL TAZÓN CONGELADOR EN EL LAVAVAJILLAS. NO UTILICE LIMPIADORES O MATERIALES ABRASIVOS. Limpie la base con un paño ligeramente humedecido. Seque bien todas las piezas.

**Almacenaje**

NO guarde el tazón congelador en el congelador si está mojado. NO guarde la tapa, la paleta mezcladora ni la base en el congelador. Guarde siempre el tazón en el congelador para conveniencia y uso inmediato. No deje sus postres helados dentro del tazón por más de 30 minutos. Guárdelos en un recipiente hermético para optimizar su tiempo de conservación.

**Mantenimiento**

Cualquier otro servicio debe ser realizado por un técnico autorizado.

# GARANTÍA

**Garantía limitada de tres años**

Esta garantía es para los consumidores que residen en los EE. UU. solamente. Usted es un consumidor si posee un aparato Cuisinart® que fue comprado en una tienda para uso personal, familiar o casero. A menos que la ley aplicable exija lo contrario, esta garantía no es para los minoristas u otros consumidores/compradores comerciales. Cuisinart garantiza este producto contra todo defecto de materiales o fabricación durante 3 años después de la fecha de compra original, siempre que el aparato haya sido utilizado para uso doméstico y según las instrucciones.

Le aconsejamos que llene el formulario de registro disponible en **https://cuisinart.registria.com** a fin de facilitar la verificación de la fecha de compra original. Sin embargo, no es necesario registrar el producto para recibir servicio bajo esta garantía. En ausencia de prueba de la fecha de compra, el período de garantía será calculado a partir de la fecha de fabricación del producto.

**RESIDENTES DE CALIFORNIA**

La ley del estado de California ofrece dos opciones bajo el período de garantía. Los residentes del estado de California pueden regresar el producto defectuoso (A) a la tienda donde lo compraron o (B) a otra tienda que venda productos Cuisinart® de este tipo. La tienda, a su opción, reparará el producto, referirá el consumidor a un centro de servicio independiente, sustituirá el producto, o reembolsará al consumidor el precio de compra menos la cantidad directamente atribuible al uso anterior del producto por el consumidor. Si estas dos opciones no satisfacen al consumidor, podrá llevar el aparato a un centro de servicio independiente, siempre que se pueda arreglar o reparar el aparato de manera económica. Cuisinart (no el consumidor) será responsable por los gastos de servicio, reparación, sustitución o reembolso de los productos defectuosos bajo garantía. Los residentes de California también pueden, si así lo desean, mandar el aparato defectuoso directamente a Cuisinart para que sea reparado o sustituido. Para esto, deben llamar a nuestro servicio de atención al cliente al 1-800-726-0190. Cuisinart será responsable por los gastos de reparación, reemplazo, manejo y envío de los productos defectuosos durante el período de garantía.

**GARANTÍA DE REEMPLAZO SIN DIFICULTADES**

Su máxima satisfacción es nuestra prioridad, así que si su producto Cuisinart® falla dentro del generoso período de garantía, lo repararemos o, de ser necesario, lo reemplazaremos, sin costo alguno para usted. Para obtener una etiqueta de envío de devolución, envíenos un correo electrónico, visitando **https://www.cuisinart.com/customer-care/product-assistance/product-inquiry.** O llame sin cargo a nuestro servicio de atención al cliente, al 1-800-726-0190, para hablar con un representante.

Este producto satisface las más altas exigencias de fabricación y ha sido diseñado para funcionar con 120 V, usando accesorios y repuestos autorizados solamente. Esta garantía excluye expresamente los defectos o daños causados por accesorios, piezas o reparaciones no autorizados por Cuisinart, así como los defectos o daños causados por el uso de un convertidor de voltaje. Esta garantía no cubre el uso comercial o industrial del producto, y no es válida en caso de daños causados por mal uso, negligencia o accidente. Esta garantía excluye todos los daños incidentales o consecuentes. Algunos Estados no permiten la exclusión o limitación de daños incidentales o consecuentes, de modo que las limitaciones mencionadas pueden no regir para usted. Usted puede tener otros derechos que varían de un Estado a otro.

**Importante:** si debe llevar el producto defectuoso a un centro de servicio no autorizado, por favor informe al personal del centro de servicio que deben llamar al servicio posventa de Cuisinart, al 1-800-726-0190, a fin de diagnosticar el problema correctamente, usar las piezas correctas para repararlo y asegurarse de que el producto aún está bajo garantía.

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# CONSEJOS DE PREPARACIÓN

Las recetas ofrecidas más adelante le brindan una variedad de opciones para preparar deliciosos postres helados. Usted puede crear o usar sus propias recetas, siempre y cuando no rindan más de 1½ cuarto de galón (1.4 L).

- Los postres helados preparados con la máquina para hacer helados, helados de yogur y sorbetes Cuisinart® emplean ingredientes frescos y puros; por lo tanto no tienen las mismas características que los preparados de forma comercial. La mayoría de los postres helados que se compran en las tiendas contienen gomas y conservantes para darles firmeza. **Si usted desea una consistencia más firme, coloque la preparación en un recipiente hermético y congélela hasta que adquiera la consistencia deseada, por lo general dos o más horas.**
- Algunas recetas usan ingredientes precocidos. Para lograr resultados óptimos, refrigere los ingredientes calientes durante 12 horas o más, o enfríelos bien en un baño de hielo antes de empezar la preparación.
- Para hacer el baño de hielo, llene un recipiente grande con hielo y agua. Coloque una olla u otro recipiente en el baño de hielo. Enfríe completamente los ingredientes precocidos.
- La mayoría de las mezclas pueden conservarse en el refrigerador durante hasta 3 días.
- Puede sustituir cremas bajas en grasa (por ej. crema líquida "half-and-half") y leche (semidescremada o descremada) por la crema líquida para batir y la leche entera usadas en muchas recetas. Sin embargo, tenga presente que mientras más alto sea el contenido de grasa, más rico y cremoso será el resultado. Usar sustitutos bajos en grasa puede alterar el sabor, la consistencia y textura de la preparación final. Cuando haga la sustitución, asegúrese de usar el mismo volumen de producto sustituto que hubiera usado para el producto original. Por ejemplo, si la receta incluye 2 tazas (475 ml) de crema, use un total de 2 tazas (475 ml) de producto sustituto (por ej. 1 taza/235 ml de crema y 1 taza/235 ml de leche entera).
- Puede sustituir edulcorantes artificiales por azúcar. Si es necesario que la receta se precocine, añada el edulcorante después de la cocción. Revuelva bien la mezcla para que el edulcorante se disuelva.
- Si la lista de ingredientes incluye alcohol, agregue el alcohol en los últimos dos minutos del mezclado, porque el alcohol puede impedir el proceso de congelamiento.
- Cuando prepare sorbetes, cerciórese del grado de maduración y dulzura de las frutas antes de usarlas. El proceso de congelación reduce la dulzura de las frutas; por eso el helado sabrá menos dulce que la mezcla inicial. Si la fruta sabe ácida, agregue azúcar; si la fruta está muy madura o dulce, utilice menos azúcar de lo indicado en la receta.
- Nuestras recetas permiten preparar hasta 1½ cuarto de galón (1.4 L) de postre helado. No llene el tazón congelador hasta más de ¼ pulgada (0.5 cm) de la orilla, ya que los ingredientes se expanden durante el congelamiento.
- Cuando prepare más de una receta, asegúrese de que el tazón esté completamente congelado antes de preparar la receta siguiente. Para comprar tazones congeladores adicionales, visítenos en www.cuisinart.com.
- Asegúrese de que la paleta mezcladora y la tapa estén debidamente puestas antes de encender el aparato.

# Helados básicos

## Helado de vainilla simple

*Para "personalizar" este helado clásico, añada dulces picados o chispas en los últimos minutos del mezclado.*

Rinde aproximadamente 10 porciones de ½ taza (120 ml)

**1 taza (235 ml) de leche entera**
**¾ taza (150 g) de azúcar granulada**
**1 pizca de sal**
**2 tazas (475 ml) de crema líquida para batir ("heavy cream")**
**1 cucharada de extracto natural de vainilla**

1. Poner la leche, el azúcar y la sal en un tazón mediano; batir a velocidad baja, usando una batidora de mano, hasta que el azúcar esté disuelto. Agregar la crema líquida y la vainilla. Cubrir y refrigerar por 1–2 horas, o más.
2. Encender la máquina y echar la mezcla en el tazón congelador. Dejar que se mezcle durante 15–20 minutos, hasta que se espese. Nota: el helado tendrá una consistencia cremosa. Si desea que sea más firme, ponerlo en un recipiente hermético y congelarlo durante aproximadamente 2 horas. Sacar del congelador 15 minutos antes de servir.

*Información nutricional por porción de ½ taza (120 ml):*
*Calorías 222 (73 % de grasa) • Carbohidratos 13 g • Proteínas 2 g • Grasa 18 g • Grasa saturada 11 g • Colesterol 69 mg • Sodio 45 mg • Calcio 61 mg • Fibra 0 g*

## Helado de chocolate simple

*Sirva este sabroso helado con nuestra salsa de chocolate (página 17).*

Rinde aproximadamente 10 porciones de ½ taza (120 ml)

**¾ taza (90 g) de cacao en polvo, tamizado**
**½ taza (100 g) de azúcar granulada**
**⅓ taza llena (65 g) de azúcar moreno**
**1 pizca de sal**
**1 taza (235 ml) de leche entera**
**2 tazas (475 ml) de crema líquida para batir ("heavy cream")**
**½ cucharada de extracto natural de vainilla**

1. Colocar el cacao en polvo, el azúcar y la sal en un tazón mediano; revolver. Agregar la leche y mezclar, usando una batidora de mano a velocidad baja, hasta que el cacao, el azúcar y la sal estén disueltos. Agregar la crema líquida y la vainilla. Cubrir y refrigerar por 1–2 horas, o más.
2. Encender la máquina y echar la mezcla en el tazón congelador. Dejar que se mezcle durante 15–20 minutos, hasta que se espese. Nota: el helado tendrá una consistencia cremosa. Si desea que sea más firme, ponerlo en un recipiente hermético y congelarlo durante aproximadamente 2 horas. Sacar del congelador 15 minutos antes de servir.

*Información nutricional por porción:*
*Calorías 268 (62 % de grasa) • Carbohidratos 23 g • Proteínas 3 g • Grasa 19 g • Grasa saturada 11 g • Colesterol 69 mg • Sodio 44 mg • Calcio 61 mg • Fibra 1 g*

## Helado de pacana

*La mantequilla usada para tostar las pacanas es perfecta para acompañar panqueques o wafles/gofres.*

Rinde aproximadamente 10 porciones de ½ taza (120 ml)

**4 cucharadas (55 g) de mantequilla sin sal**
**1 taza (100 g) de pacanas**
**1 cucharadita de sal**
**1 taza (235 ml) de leche entera**
**¾ taza (150 g) de azúcar granulada**
**1 pizca de sal**
**2 tazas (475 ml) de crema líquida para batir ("heavy cream")**
**1 cucharada de extracto natural de vainilla**

1. Derretir la mantequilla en un sartén mediano. Agregar las pacanas y una cucharadita de sal. Cocer a fuego medio-lento durante 6–8 minutos, hasta que las pacanas estén doradas y tostadas. Retirar del fuego, escurrir y dejar enfriar. La mantequilla puede guardarse para otro uso, por ej. para acompañar panqueques o wafles/gofres.
2. Poner la leche, el azúcar y la sal en un tazón mediano; batir a velocidad baja, usando una batidora de mano, hasta que el azúcar esté disuelto. Agregar la crema líquida y la vainilla. Cubrir y refrigerar por 1–2 horas, o más.
3. Encender la máquina y echar la mezcla en el tazón congelador. Dejar que se mezcle durante 15–20 minutos, hasta que se espese. Añadir las pacanas en los últimos 5 minutos del mezclado. Nota: el helado tendrá una consistencia cremosa. Si desea que sea más firme, ponerlo en un recipiente hermético y congelarlo durante aproximadamente 2 horas. Sacar del congelador 15 minutos antes de servir.

*Información nutricional por porción de ½ taza (120 ml):*
*Calorías 330 (79 % de grasa) • Carbohidratos 14 g • Proteínas 3 g • Grasa 30 g • Grasa saturada 15 g • Colesterol 81 mg • Sodio 58 mg • Calcio 68 mg • Fibra 1 g*

## Helado de yogur de chocolate con "pretzels"

*La combinación del chocolate y de los "pretzels" es perfecta.*

Rinde aproximadamente 10 porciones de ½ taza (120 ml)

**4 tazas (945 ml) de yogur entero, colado con estopilla/colador de tela* durante 2–4 horas**
**¾ taza (150 g) de azúcar granulada**
**⅓ taza (50 g) de cacao en polvo, tamizado**
**1 pizca de sal**
**1 taza (235 ml) de leche baja en grasa/semi-descremada**
**½ cucharadita de extracto natural de vainilla**
**1 taza (70 g) de "pretzels" cubiertos con chocolate o yogur picados**

1. Colocar el yogur, el azúcar, el cacao, la sal, la leche y la vainilla en un tazón grande; revolver. Revolver hasta que el azúcar esté disuelto. Cubrir y refrigerar por 2–3 horas, o más.
2. Encender la máquina y echar la mezcla en el tazón congelador. Dejar que se mezcle durante 15–20 minutos, hasta que se espese. Unos minutos antes del final del mezclado, agregar los "pretzels" picados. Nota: el helado de yogur tendrá una consistencia cremosa. Si desea que sea más firme, ponerlo en un recipiente hermético y congelarlo durante aproximadamente 2 horas. Sacar del congelador 15 minutos antes de servir.

*Si no tiene estopilla/colador de tela, puede usar un colador regular forrado con un par de hojas de papel absorbente.

*Información nutricional por porción de ½ taza (120 ml): Calorías 281 (22 % de grasa) • Carbohidratos 48 g • Proteínas 8 g • Grasa 7 g • Grasa saturada 3 g • Colesterol 5 mg • Sodio 259 mg • Calcio 215 mg • Fibra 2 g*

## Helado de yogur de fresa bajo en grasa

*El sabor agridulce del yogur es perfecto para esta receta.*

Rinde aproximadamente 10 porciones de ½ taza (120 ml)

**4 tazas (945 ml) de yogur bajo en grasa, colado con estopilla/colador de tela* durante 2–4 horas**
**½ taza (100 g) de azúcar granulada**
**1 pizca de sal**
**1 cucharadita de extracto natural de vainilla**
**2 cucharadas de jarabe de maíz claro**
**1 libra (455 g) de frutas del bosque congeladas**
**1½ cucharada de miel**
**1½ cucharada de jugo de limón fresco**

1. Colocar el yogur, el azúcar, la sal, la vainilla y el jarabe de maíz en un tazón grande; revolver y reservar.
2. Cocer las frutas del bosque, la miel y el jugo de limón durante aproximadamente 10 minutos, hasta que las frutas estén tiernas. Colar, reservando solamente las frutas, y dejar enfriar. Una vez frías, agregar las frutas a la mezcla de yogur/azúcar. Cubrir y refrigerar por 2–3 horas, o más.
3. Encender la máquina y echar la mezcla en el tazón congelador. Dejar que se mezcle durante 15–20 minutos, hasta que se espese. Nota: el helado de yogur tendrá una consistencia cremosa. Si desea que sea más firme, ponerlo en un recipiente hermético y congelarlo durante aproximadamente 2 horas. Sacar del congelador 15 minutos antes de servir.

*Si no tiene estopilla/colador de tela, puede usar un colador regular forrado con un par de hojas de papel absorbente.

*Información nutricional por porción de ½ taza (120 ml): Calorías 123 (8 % de grasa) • Carbohidratos 27 g • Proteínas 4 g • Grasa 1 g • Grasa saturada 1 g • Colesterol 3 mg • Sodio 73 mg • Calcio 167 mg • Fibra 2 g*

# Sorbetes

## Sorbete de coco

*Sabroso helado, especialmente acompañado con coco tostado o nuestra salsa de chocolate (página 17).*

Rinde aproximadamente 12 porciones de ½ taza (120 ml)

**1½ taza (355 ml) de agua**
**1⅓ taza (265 g) de azúcar granulada**
**1 vaina de vainilla, abierta**
**1 pizca de sal**
**2 latas de 13.5 onzas (400 ml) de leche de coco sin azúcar**

1. Poner a calentar a fuego medio-lento el agua, el azúcar, la vaina de vainilla y la sal. Cuando la mezcla empiece a hervir, retirarla del fuego. Dejar enfriar durante 1 hora, y luego colar.
2. Agregar la leche de coco. Cubrir y refrigerar por 12 horas.
3. Encender la máquina y echar la mezcla en el tazón congelador. Dejar que se mezcle durante 15–20 minutos, hasta que se espese. Nota: el sorbete tendrá una consistencia cremosa. Si desea que sea más firme, ponerlo en un recipiente hermético y congelarlo durante aproximadamente 2 horas. Sacar del congelador 15 minutos antes de servir.

*Información nutricional por porción de ½ taza (120 ml): Calorías 199 (51 % de grasa) • Carbohidratos 25 g • Proteínas 1 g • Grasa 12 g • Grasa saturada 11 g • Colesterol 0 mg • Sodio 28 mg • Calcio 1 mg • Fibra 0 g*

## Sorbete de chocolate oscuro

*Nuestro sorbete de chocolate oscuro es una delicia única.*

Rinde aproximadamente 10 porciones de ½ taza (120 ml)

**3 tazas (710 ml) de agua**
**1⅔ taza (335 g) de azúcar granulada**
**1 pizca de sal**
**1⅔ taza (200 g) de cacao en polvo, tamizado**
**1 cucharadita de extracto natural de vainilla**

1. Poner a calentar el agua, el azúcar y la sal a fuego medio-lento para preparar un jarabe simple. Cocer hasta que el azúcar esté disuelto.
2. Agregar el cacao poco a poco, batiendo constantemente, hasta obtener una mezcla suave. Agregar la vainilla y revolver para mezclar. Cubrir y refrigerar por 2–3 horas, o más.
3. Encender la máquina y echar la mezcla en el tazón congelador. Dejar que se mezcle durante 15–20 minutos, hasta que se espese. Nota: el sorbete tendrá una consistencia cremosa. Si desea que sea más firme, ponerlo en un recipiente hermético y congelarlo durante aproximadamente 2 horas. Sacar del congelador 15 minutos antes de servir.

*Información nutricional por porción de ½ taza (120 ml): Calorías 183 (6 % de grasa) • Carbohidratos 41 g • Proteínas 3 g • Grasa 1 g • Grasa saturada 0 g • Colesterol 0 mg • Sodio 15 mg • Calcio 2 mg • Fibra 3 g*

## Helado de limón y albahaca

*La albahaca da a este helado un sabor muy especial, pero puede usar su hierba favorita para preparar esta receta.*

Rinde aproximadamente 10 porciones de ½ taza (120 ml)

**3 tazas (710 ml) de agua**
**2 tazas (400 g) de azúcar granulada**
**2 cucharadas de ralladura de limón**
**1½ taza llena (90 g) de hojas de albahaca fresca (utilice 2 tazas/120 g para un sabor más intenso)**
**1 pizca de sal**
**3 tazas (710 ml) de jugo de limón fresco**

1. Poner a calentar a fuego medio-lento el agua, el azúcar y 1½ cucharada de la ralladura para preparar un jarabe simple de limón. Cocer hasta que el azúcar esté disuelto. Retirar del fuego.
2. Agregar la albahaca y la sal al jarabe simple. Dejar enfriar por 30 minutos. Agregar el jugo de limón. Cubrir y refrigerar por 2–3 horas, o más.
3. Colar con un colador de malla fina. Encender la máquina y echar la mezcla en el tazón congelador. Dejar que se mezcle durante 15–20 minutos, hasta que se espese. Unos minutos antes del final del mezclado, agregar la ralladura restante. Nota: el sorbete tendrá una consistencia cremosa. Si desea que sea más firme, ponerlo en un recipiente hermético y congelarlo durante aproximadamente 2 horas. Sacar del congelador 15 minutos antes de servir.

*Información nutricional por porción de ½ taza (120 ml): Calorías 175 (0 % de grasa) • Carbohidratos 47 g • Proteínas 0 g • Grasa 0 g • Grasa saturada 0 g • Colesterol 0 mg • Sodio 16 mg • Calcio 15 mg • Fibra 1 g*

## Sorbete de frambuesa

*Dulce, refrescante y hermoso sorbete.*

Rinde aproximadamente 10 porciones de ½ taza (120 ml)

**2 tazas (475 ml) de agua**
**1½ taza (300 g) de azúcar granulada**
**1 pizca de sal**
**4 tazas (500 g) de frambuesas congeladas, descongeladas**

1. Poner a calentar a fuego medio-lento el agua y el azúcar para preparar un jarabe simple. Cocer hasta que el azúcar esté disuelto.
2. Agregar la sal y las frambuesas al jarabe simple. Licuar con una licuadora de mano hasta conseguir una mezcla suave. Colar la mitad de la mezcla con un colador de malla fina para eliminar las semillas. Comprimir la mezcla en el fondo del colador para ayudar a colar el puré. Tirar las semillas y repetir con el resto de la mezcla. Cubrir y refrigerar por 2–3 horas, o más.
3. Encender la máquina y echar la mezcla en el tazón congelador. Dejar que se mezcle durante 15–20 minutos, hasta que se espese. Nota: el sorbete tendrá una consistencia cremosa. Si desea que sea más firme, ponerlo en un recipiente hermético y congelarlo durante aproximadamente 2 horas. Sacar del congelador 15 minutos antes de servir.

*Información nutricional por porción de ½ taza (120 ml): Calorías 140 (0 % de grasa) • Carbohidratos 37 g • Proteínas 0 g • Grasa 0 g • Grasa saturada 0 g • Colesterol 0 mg • Sodio 14 mg • Calcio 9 mg • Fibra 2 g*

# Postres helados

## Galletas de chocolate para preparar sándwiches de helado

*Más allá delas galletas tradicionales.*
*Ideales para servir con su helado favorito.*
*Si no encuentra granos de cacao asados y picados ("nibs"), puede utilizar mini chispas de chocolate o doble cantidad de pacanas.*

Rinde 24 galletas (12 sándwiches de helado)

- **⅓ taza (40 g) de cacao en polvo, tamizado**
- **1⅓ taza (165 g) de harina para hacer pan**
- **¾ cucharadita de polvo de hornear**
- **¼ cucharadita de sal**
- **1 cucharada de café expreso instantáneo**
- **½ taza (115 g) de mantequilla sin sal a temperatura ambiente, en pedacitos**
- **1 taza (200 g) de azúcar granulada**
- **1 huevo grande**
- **1 cucharadita de extracto natural de vainilla**
- **3 cucharadas de granos de cacao asados y picados ("nibs") (disponibles en la mayoría de las tiendas gourmet. Si no los encuentra, puede usar pacanas tostadas picadas gruesas o mini chispas de chocolate)**
- **¼ taza (30 g) de pacanas picadas, tostadas**

1. Precalentar el horno a 350 °F (220 °C).
2. Colocar el cacao en polvo, la harina, el polvo de hornear, la sal y el café expreso en un tazón pequeño; revolver. Reservar la mezcla.
3. Poner la mantequilla en el tazón de una batidora de pie equipada con aspa plana (también puede usar una batidora regular). Batir a velocidad media hasta conseguir una mezcla suave. Agregar el azúcar poco a poco y seguir mezclando hasta que la mezcla adquiera una consistencia cremosa. Agregar el huevo y la vainilla; revolver. Agregar los ingredientes secos; mezclar. Agregar los granos de cacao y las pacanas; seguir mezclando justo hasta incorporar los ingredientes.
4. Formar bolas de masa de aproximadamente 2 cucharadas, usando una cuchara para servir helado de 1½ pulgada (4 cm) de diámetro. Colocarlas sobre una bandeja para hornear forrada con papel sulfurizado. Aplastar ligeramente cada galleta con el fondo de un vaso.
5. Meter al horno durante 15–20 minutos, hasta que las galletas parezcan secas, pero no firmes. Dejar enfriar.

   **Para armar:** colocar aproximadamente 3 cucharadas de su helado favorito sobre el lado plano de una galleta. Colocar otra galleta encima y oprimir hasta que el helado llegue hasta la orilla de las galletas. Preparar los demás sándwiches, usando la misma técnica. Envolver cada sándwich en una película de plástico y congelar por aproximadamente 20 minutos, hasta que estén firmen.

*Información nutricional por porción (2 galletas, sin el helado):*
*Calorías 225 (42 % de grasa) • Carbohidratos 31 g • Proteínas 3 g • Grasa 11 g • Grasa saturada 6 g • Colesterol 39 mg • Sodio 89 mg • Calcio 18 mg • Fibra 1 g*

## Bombones de helado de fresa y chocolate

*Este exquisito postre recuerda las fresas cubiertas de chocolate.*

Rinde 35 bombones

- **1 receta de "brownies" de chocolate (receta a continuación)**
- **5½ tazas (1.3 L) de helado de fresa (receta en la página 8)**
- **12 onzas (340 g) de chocolate semiamargo o semidulce, picado grueso, o de chispas de chocolate**
- **¼ taza (55 g) de mantequilla sin sal, en pedacitos**
- **1 cucharada de jarabe de maíz claro**

1. Formar 35 "brownies" redondos, usando un cortamasa de 2¼ pulgadas (6 cm) de diámetro. Reservar el resto de los "brownies" para otro uso, como por ejemplo para agregar a helado fresco. Disponer los "brownies" sobre una bandeja para hornear forrada con papel encerado/sulfurizado que quepa en su congelador.
2. Usando una cuchara para servir helado de 2 pulgadas (5 cm) de diámetro, colocar helado encima de cada "brownie". Cubrir con papel encerado y congelar por aproximadamente 15 minutos, o hasta que estén firmes.
3. Mientras tanto, preparar la cobertura de chocolate. Derretir el chocolate, la mantequilla y el jarabe de maíz a baño María. Mezclar y dejar enfriar a temperatura ambiente.
4. Sacar los "bombones" del congelador. Forrar una rejilla con papel sulfurizado o encerado. Colocar los "bombones", cubiertos con helado, sobre la rejilla, dejando un espacio de aproximadamente ½ pulgada (1.5 cm) entre ellos. Verter lentamente el chocolate derretido encima de cada "bombón", usando un cucharón. Asegurarse de que el chocolate cubra completamente el helado. Esperar hasta que el chocolate se haya solidificado, y luego cubrir con papel encerado y congelar por 15 minutos o más.

*Información nutricional por bombón:*
*Calorías 282 (54 % de grasa) • Carbohidratos 32 g • Proteínas 3 g • Grasa 18 g • Grasa saturada 11 g • Colesterol 62 mg • Sodio 77 mg • Calcio 17 mg • Fibra 2 g*

## "Brownies" de chocolates

*Estos "brownies" son perfectos para preparar nuestros bombones de helado de fresa.*

Rinde 35 "brownies"

**Spray vegetal**
**1 taza (225 g) de mantequilla sin sal, en pedacitos**
**6 onzas (170 g) de chocolate amargo, finamente picado**
**2 onzas (55 g) de chocolate semiamargo, finamente picado**
**4 huevos grandes**
**1 yema de huevo grande**
**2 tazas (400 g) de azúcar granulada**
**1 taza (200 g) de azúcar rubia**
**2 cucharaditas de café expreso instantáneo**
**2 cucharaditas de extracto natural de vainilla**
**1 taza (125 g) de harina común**
**1 cucharadita de sal**

1. Precalentar el horno a 375 °F (190 °C). Engrasar una charola para hornear de 12 x 18 pulgadas (30 cm x 45 cm) con spray vegetal y forrar con papel sulfurizado; reservar.
2. Derretir la mantequilla y el chocolate picado a baño María. Cuando el chocolate esté completamente derretido, dejar enfriar a temperatura ambiente. Reservar.
3. Poner los huevos y la yema en el tazón de una batidora de pie equipada con aspa plana (también puede usar una batidora regular); batir a velocidad media durante aproximadamente 30 segundos. Agregar el azúcar granulada y el azúcar rubia y batir a velocidad 4 durante 30–60 segundos adicionales. Agregar el café y la vainilla; batir para mezclar. Revolver la harina y la sal con el chocolate derretido. Agregar la mezcla de harina/chocolate a la mezcla de huevo/azúcar y mezclar a velocidad 1 justo hasta incorporar los ingredientes.
4. Echar la mezcla en el molde. Meter al horno por 25–30 minutos, hasta que las orillas estén secas.
5. Dejar enfriar antes de cortar.

*Información nutricional por "brownie":*
*Calorías 166 (46% de grasa) • Carbohidratos 22 g • Proteínas 2 g • Grasa 9 g • Grasa saturada 5 g • Colesterol 44 mg • Sodio 70 mg • Calcio 10 mg • Fibra 1 g*

## Pastel de cumpleaños helado de pistacho

*Esta receta nos encanta con helado de pistacho, pero puede usar su helado favorito.*

Rinde 12 porciones

**6 cucharadas (85 g) de mantequilla sin sal, en pedacitos**
**3 onzas (85 g) de chocolate semidulce, picado**
**40 barquillos de chocolate (por ej. Nabisco®), u 8 onzas (225 g) de galletas de chocolate regulares**
**5–6 tazas (1.2–1.4 L) de helado de pistacho (receta en la página 11)**
**½ taza (100 g) de pistachos picados, tostados**

1. Derretir la mantequilla y el chocolate a baño María, revolviendo de vez en cuando. Retirar del fuego cuando esté justo derretido. Reservar.
2. Poner los barquillos de chocolate en el bol de una procesadora de alimentos equipada con cuchilla de metal. Pulsar para picar finamente. Agregar el chocolate derretido por la boca de llenado y pulsar varias veces para mezclar. Comprimir ⅔ de la mezcla en el fondo y los costados (hasta la mitad) de un molde desmontable de 8 pulgadas (20 cm). Congelar por 10–15 minutos, hasta que se endurezca.
3. Sacar del congelador y esparcir la mitad del helado sobre el fondo de torta. Cubrir con una película de plástico y congelar por aproximadamente 30 minutos, o hasta que esté justo firme. Esparcir el resto de la mezcla de galletas picadas sobre el helado, aplastando suavemente, y congelar de nuevo durante aproximadamente 30 minutos. Esparcir el resto del helado sobre la torta, usando una espátula larga. Cubrir y congelar por 4 horas o más. Si desea que el pastel sea muy firme, congelar por 8–12 horas.
4. Antes de servir, retirar el pastel del molde y esparcir los pistachos picados encima. Servir sobre platos refrigerados.

*Información nutricional por porción:*
*Calorías 483 (63 % de grasa) • Carbohidratos 38 g • Proteínas 8 g • Grasa 35 g • Grasa saturada 17 g • Colesterol 182 mg • Sodio 176 mg • Calcio 122 mg • Fibra 2 g*

# Salsas

## Salsa de caramelo

*Esta salsa es perfecta para servir con helado, frutas o pastel.*

Rinde aproximadamente ¾ taza (175 ml)

**¾ taza (150 g) de azúcar granulada**
**½ cucharadita de sal marina**
**¼ taza (60 ml) de agua**
**1 cucharada de jarabe de maíz claro**
**⅓ taza (80 ml) de crema líquida para batir ("heavy cream")**
**3 cucharadas (45 g) de mantequilla sin sal, en cubitos**

1. Colocar el azúcar, la sal, el agua y el jarabe de maíz en una cacerola mediana de fondo pesado; revolver. Limpiar los costados con una brocha húmeda para que el azúcar no adhiera a ellos. Cocer a fuego medio-lento durante 10–15 minutos, hasta que la mezcla adquiera un color ambarino muy claro. Vigilar la cocción para que el caramelo no se queme.
2. Después de que la mezcla haya adquirido un color ambarina claro, retirar del fuego y añadir lentamente la crema. Después de haber incorporado la crema, agregar la mantequilla, pedazo por pedazo, batiendo constantemente. Usar inmediatamente o mantener caliente a baño María.

*Información nutricional por porción de 2 cucharadas: Calorías 198 (46% de grasa) • Carbohidratos 27 g • Proteínas 0 g • Grasa 10 g • Grasa saturada 7 g • Colesterol 33 mg • Sodio 184 mg • Calcio 9 mg • Fibra 0 g*

## Salsa de chocolate

*Esta deliciosa salsa es muy fácil de preparar y mucho mejor que las salsas compradas.*

Rinde aproximadamente 1 taza (235 ml)

**6 onzas (170 g) de chocolate semidulce picado**
**¾ taza (175 ml) de crema líquida para batir ("heavy cream")**
**1½ cucharada de jarabe de maíz claro**
**½ cucharadita de extracto natural de vainilla**
**1 pizca de sal marina**
**1 pizca de canela en polvo**

1. Poner el chocolate en un tazón; reservar.
2. Colocar la crema, el jarabe de maíz, la vainilla, la sal y la canela en una cacerola pequeña de fondo pesado; revolver., Calentar a fuego bajo, justo hasta que empiece a hervir. Echar inmediatamente sobre el chocolate, esperar por 5 minutos y batir. Usar inmediatamente o mantener caliente a baño María.

*Información nutricional por porción de 2 cucharadas: Calorías 229 (61 % de grasa) • Carbohidratos 21 g • Proteínas 2 g • Grasa 16 g • Grasa saturada 10 g • Colesterol 31 mg • Sodio 27 mg • Calcio 25 mg • Fibra 2 g*

## Salsa de frambuesa

*Esta sabrosa salsa es ideal para acompañar no sólo postres helados sino también panqueques o "crêpes".*

Rinde aproximadamente 1 taza (235 ml)

**12 onzas (340 g) de frambuesas congeladas, descongeladas**
**2–3 cucharadas de azúcar granulada, al gusto**
**1 pizca de sal marina**
**1 pizca de ralladura de naranja**

1. Poner las frambuesas en el bol de una procesadora de alimentos equipada con cuchilla de metal; procesar por 15 segundos. Agregar el resto de los ingredientes y procesar por aproximadamente 45 segundos.
2. Colar con un colador de malla fina y tirar las semillas. Probar y agregar más azúcar si desea.

*Información nutricional por porción de 2 cucharadas: Calorías 36 (0 % de grasa) • Carbohidratos 9 g • Proteínas 0 g • Grasa 0 g • Grasa saturada 0 g • Colesterol 0 mg • Sodio 17 mg • Calcio 7 mg • Fibra 2 g*