

# ICE CREAM

SHEER INDULGENCE

Nothing beats ice cream in summer. Are you familiar with the different types of ice cream? And do you know how to make your own ice cream overnight? Find out here and discover much more besides!

## Ice cream & co.

The main ingredient of these creamy ice creams is a milk product such as cream or milk. This is then combined with sugar and other ingredients such as chocolate, fruit puree or vanilla, and often also egg, to make a cream that is then turned into ice cream in an ice cream maker.

Please note

Ice cream comes in many different guises.



## Ice pops

Ice pops consist mainly of sugar syrup, which is mixed with fruit puree or fruit juice and then frozen. This is easy to make at home and doesn't require an ice cream maker. For best results, use ice lolly moulds.



## Sorbet

The main ingredients of a sorbet are fruit puree or fruit juice and sugar syrup. Egg whites can also be mixed in to make the sorbet creamier. Sorbets must always be stirred thoroughly during freezing to ensure a velvety consistency.



## Nice CREAM

The "N" stands for "nanas", which is short for bananas. Nice cream is simply frozen banana which has been pureed in a blender with other fruit, nuts or chocolate.

- STEP 1** Peel the banana, cut into thin slices, freeze overnight
- STEP 2** Puree the frozen pieces of banana with milk and cocoa powder
- STEP 3** Transfer the nice cream to a bowl and decorate with nuts, chocolate shavings, coconut flakes, etc.

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