

Churns of Endearment

The Return of the Ice Cream Social

BY KARLA JONES SEIDITA, HOME ECONOMIST

While in the spring a young man's fancy turns to love, in hot, steamy August, my fancy turns to ice cream. Homemade ice cream. Rich, creamy, drip-down-the-cone-and-onto-my-chin, ice cream. The kind that conjures up folksy thoughts of ice cream socials when people gathered in backyards and church halls for hand churned, homemade ice cream. Yum. Only now-a-days, instead of ice cream socials, we have social media and eat our ice cream virtually.

I Churn for No One

I say it's time to make ice cream and bring back the ice cream social. But lugging a bulky, monster of an ice cream making machine out of storage once a year is not exactly a culinary good time. With a little kitchen magic, there's no trick to whipping up old fashioned, ice-cream-social-quality, ice cream. It's easier than you think. No churning or special freezing machines required. Just mix and pop into the freezer compartment of your refrigerator.

Let's get into the kitchen!

Candy Bar Ice Cream Pops and Sundae Cups

The easiest ice cream you will ever make. Rich. Creamy. Decadent. Reminiscent of Haagen Daz before it went global.

MAKES 3 TO 4 POPS OR 2 TO 3 SUNDAE CUPS

EQUIPMENT

For pops – 3 or 4 popsicle sticks (sub heavy weight plastic spoons)
Freezer safe container (about 5 inches tall) to hold pops up right as they freeze (an empty coffee can works well)
For cups – 2 or 3 (8 to 10 oz.) disposable cups

INGREDIENTS

7 Tablespoons sweetened condensed milk (dairy or plant)
10 Tablespoons heavy whipping cream (dairy or plant)
½ teaspoon vanilla
3 to 4 regular size candy bars (your favorite)

DIRECTIONS

1. Whisk condensed milk, cream and vanilla. Set aside.
2. For pops; wrappers are used as molds so take care not to puncture or tear them. Candy bars in wrappers that measure at least 2 inches wide work best.
3. Cut off one end of each wrapper and remove the candy.
4. Cut the candy into random ¼ inch pieces. Spoon 1 teaspoon of candy pieces into the bottom of each empty wrapper. Pour in 1 inch of the milk mixture. Put a popsicle stick (or spoon - bowl down) into each. Alternately layer candy and milk mixture to fill. (You may not use all the candy.) Stand filled wrappers upright in a container. Freeze overnight. Cut away wrappers for serving.
5. For sundae cups; wrappers are not used. Remove candy from wrappers and cut into random ¼ inch pieces.
6. Beginning with candy, alternately layer candy and milk mixture into cups. Leave some head space if you want to add toppings or whipped cream at serving time. Freeze overnight.

Key Lime Sherbet

The chilly taste of Key West without the travel time.

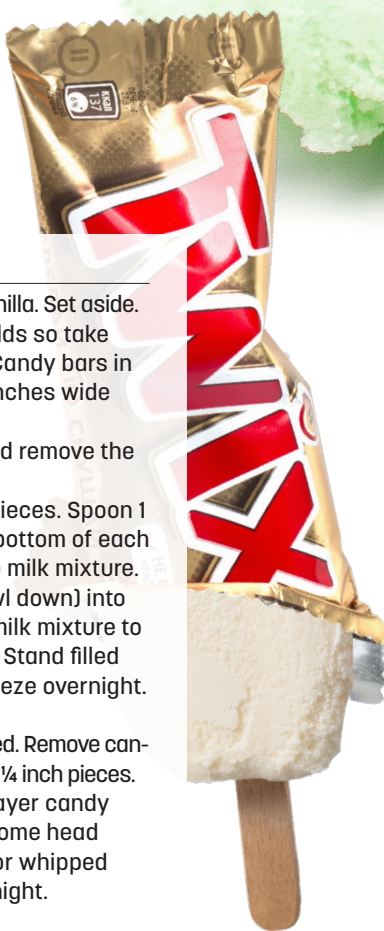
MAKE ABOUT
3/4 PINT

INGREDIENTS

2 teaspoons lime gelatin dessert mix (like Jello)
¼ cup boiling water
3 Tablespoons lime juice (fresh or bottled)
½ (14 oz.) can sweetened condensed milk (dairy or plant)
7 Tablespoons heavy whipping cream (36% fat or higher - dairy or plant)

DIRECTIONS

Dissolve the gelatin mix in the boiling water. Stir in remaining ingredients. Pour into a freezer safe container. Cover. Freeze overnight before serving.



Shaken Cookies & Crème Ice Cream

By the time August rolls around you've probably run out of ideas for keeping the kids busy and off their cell phones. Here's a tasty science lesson that will have them begging for more education: shaking lets the fat in the cream trap air which transforms a liquid (the cream) into a solid (whipped cream). Isn't science yummy?

MAKES 1 PINT

USES 1 WIDE MOUTH CANNING JAR WITH LID

INGREDIENTS

1 cup cold heavy whipping cream (36% fat or higher - dairy or plant)

¼ cup cold sweetened condensed milk (dairy or plant)

3 Oreos (or other cookies - coarsely crumbled)

DIRECTIONS

Chill the jar and lid in the freezer for 30 minutes. (Longer is OK). Put the cream and condensed milk into the chilled jar. Cap and shake till you can feel the mixture begin to plop instead of being liquid (about 6 minutes depending on how fast you shake). Stop shaking or the mixture will return to liquid. Remove cap and transfer to a freezer safe container. Fold in cookies. Cover. Freeze at least 4 hours before serving. Overnight is better.



Strawberry Sorbet

Light and lovely. Serve it up a notch for adults by pouring a jigger of gin, tequila or triple sec over the top and adding a straw. Other frozen fruits, berries, or a combo can swap for strawberries. Just be sure to partially thaw whatever you use. If the fruit is too hard, your food processor or blender may get damaged.

MAKES 1 PINT

INGREDIENTS

3 cups sliced frozen strawberries (fresh or unsweetened packaged)

1/3 cup sugar syrup (to taste - recipe follows)

1 Tablespoon fresh lemon juice

DIRECTIONS

Partially thaw strawberries at room temperature (5 to 10 minutes). Put into a blender or food processor along with sugar syrup and lemon juice. Blend till it eventually comes together (it will) and looks like soft serve ice cream - 2 to 3 minutes. It's ready to eat or freeze for a firmer texture.

Sugar Syrup (For 1 batch of sorbet)

INGREDIENTS

½ cup sugar

1 cup water

DIRECTIONS

In a small pot, mix sugar and water. Bring to a boil (covered). Remove cover. Gently boil till syrupy - about 5 minutes. Chill before using.

Chocolate Maple Banana No Cream Ice Cream

OMG.... Fabulous without a smidge of dairy or fat! Be sure to partially thaw the bananas. If they're too hard, your food processor or blender may get damaged.

MAKES ¾ PINT

INGREDIENTS

2 frozen bananas (each about 5 inches long, peeled and cut into 1 inch chunks)

4 teaspoons cocoa

1 Tablespoon pure maple or pancake syrup

DIRECTIONS

Partially thaw bananas at room temperature (5 to 10 minutes). Put into a blender or food processor. Add cocoa and syrup. Blend till it looks like soft serve ice cream - 2 to 3 minutes. Ready to eat or freeze for a firmer texture.