

Gelato a Mano

Hand made Ice Cream
(no machine required)

Ingredients

Whole milk 200 g

Fresh liquid cream 200 g

Water 100 g

Sugar 100 g

Shelled pistachios 100 g ground very fine (or other flavouring, you will need to experiment with each)

Method

Heat the sugar and water in a saucepan, on a low heat. Meanwhile, pour the milk and the cream into a jug. As soon as the syrup comes to the boil, turn off the heat and cool. Add the syrup into the milk and cream mixture and blend with an immersion blender. Pour into a silicone mold and freeze for a night.

Blend everything until you get a creamy mixture, add the flavouring and blend until well mixed. Move to a container (aluminum, ceramic or glass, avoid plastic) and put in the freezer for at least 6 hours.

Remove 5-10 minutes before serving and work it with a spoon, scraping as you go until it becomes creamy again. To make it even creamier put it back in the mixer briefly.



What is it with Gelato? So, after a meal of Antipasti, Primo Piatto, Secondo Piatto - you might feel a little snoozy. You wake up around 4pm, it is still hot but you need a little sugar hit. Time for a passeggiata and gelato, which is a) cold and b) offers you an opportunity to check out everyone else with the same idea. In short, Italians have perfected a dessert which suits their climate, their culture and their national character.