

IN THE KNOW ABOUT NUTRITION

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Ice Cream

Ice Cream is the food made by stirring, while freezing, a pasteurized mix of 1 or more dairy ingredients, sweetening agents, flavorings, stabilizer, emulsifier and optional egg or egg solids.

How it all Started:

- Ice cream probably evolved in the fourth century before Christ, with Alexander the Great.
- In 62 A.D., the Roman Emperor, Nero, sent fleets of slaves to the mountains of the Apennines to fetch snow and ice which were then flavored with nectar, fruit pulp and honey.
- In the 13th century Marco Polo, brought water ices to Europe from the Far East.
- Frozen desserts found their way to American and in 1700, when Governor Bladen of Maryland was serving ice cream to his guests.
- Dolly Madison served ice cream as a dessert in the White House at the second inaugural ball in 1812.
- The first hand cranked freezer was invented by Nancy Johnson around 1842 to 1846.
- The first freezer was patented on May 30, 1848 by a Mr. Young.
- The first commercial ice cream plant was established in Baltimore in 1851 by Jacob Fussell.
- About 1874 in Philadelphia the ice cream soda was originated as a substitute for a cream syrup and carbonated water beverage.
- The ice cream sundae was developed between 1896-1900 historians disagree as to exact times and place.

One story involves the forbidden sale of ice cream sodas because soda could not be sold on Sunday. Ice cream was served minus the soda but with the syrup; the combination was named for the day but spelled “Sundae!”

- Italo Marchiony, who immigrated from Italy produced the first ice cream in 1896 in New York City.
- In 1904 the ice cream cone was introduced at the St. Louis World Fair as a waffle cone.
- The Eskimo pie was invented in 1921 and soft serve ice cream in 1939.

Nutrition: ½ cup vanilla ice cream has 133.6 calories; 2.4 grams protein; 7.1 grams fat; 15.7 grams carbohydrates and 87.2 mg calcium. ½ cup ice cream is a ⅓ serving of milk, yogurt or cheese group. 1 ¾ cup of ice cream for an adult and 1 ¼ cup of ice cream for children = 1 serving of calcium.

Freezer Storage: Ice cream, ice milk, sherbert and ices may be kept up to 2 months if stored at 0 degrees F or below. To avoid crystallization and volume loss, scoop ice cream, keeping surface as level as possible. Cover surface with plastic wrap before reclosing and return to freezer immediately.

Serving Suggestions: Ice cream may be molded, combined with sauces and fruits, served in a pie shell, on top of cake or as a beverage. Ice cream comes in more flavors than any other food ... 400+. Transfer ice cream to refrigerator 10 to 20 minutes before serving or microwave* on HIGH (100%) in carton: 1 pt. - 10-15 seconds; 1 qt = 15-25 seconds; ½ gallon = 30-40 seconds. *Microwave ovens vary and cooking times may also vary.

Food Safety: NEVER use raw or uncooked eggs due to salmonella food poisoning possibilities. Cooked egg custard bases or pasteurized egg substitutes may be used.

Pineapple Soda

1 (8 oz) can unsweetened
crushed pineapple, undrained
2 tablespoons milk
1 pint vanilla ice cream
1 cup club soda

Combine first 3 ingredients in container of an electric blender; blend until smooth. Stir in club soda. Serve immediately. Yield 3 ½ cups.

Double Berry Milk Shake

1 pint fresh strawberry halves,
frozen
¾ cup milk
¼ cup powdered sugar
½ teaspoon vanilla extract
1 pint strawberry ice cream

Garnishes: sweetened whipped cream, fresh strawberries. Process first 4 ingredients in a blender until smooth. Add ice cream; process until blended. Garnish if desired. Yield: 4 cups Prep: 5 minutes

Lemony Ice Cream Pie

1 quart vanilla ice cream,
softened
1 (16 oz) can frozen lemonade
concentrate, partially thawed
1 (9 in) graham cracker crust

Garnishes: Fresh raspberries, lemon slices, or 1 fresh mint sprigs. Stir together ice cream and lemonade concentrate until blended. Spoon into crust and freeze 2 hours or until firm. Garnish if desired. Yield 1 (9-inch) pie. Prep: 10 minutes Freeze: 2 hours

Coffee Can Ice Cream

1 cup whole milk
1 cup heavy whipping cream
½ cup sugar
½ teaspoon vanilla
pinch of Salt
½ cup chopped fruit or whole berries (optional)
¼ cup crushed candy bars (optional)

Materials:

1 (13 oz) coffee can with tight fitting lid
1 (39 oz) coffee can with tight fitting lid
duct tape
crushed ice and rock salt or ice cream salt

Pour milk and cream into large bowl and stir. Add sugar, salt and vanilla to mixture and mix well. Add optional ingredients. Pour mixture into small coffee can; fill until 2 inches from the top. Snap on lid; seal with tape to reduce leaks. Put the small can inside the larger can. Fill the can alternating 1 cup ice and 2 tablespoons rock salt. Place the lid on the large can; seal lid with duct tape to prevent leaks. Roll the can non-stop along a sidewalk, patio or other level area for about 20 minutes. Open the large can carefully to prevent spilling; rinse of the inside can before removing the tape to keep salt out of the ice cream.

Sources: *International Dairy Foods Association, American Dairy Association.*

Cherry Vanilla Ice Cream

2 cups frozen dark cherries
1 teaspoon vanilla extract
2 cups nonfat vanilla Greek yogurt
1 cup fat free half & half

1. Blend frozen cherries, vanilla extract, Greek yogurt, and half & half in a large blender.
2. Pour in a baking loaf pan.
3. Cover and press against surface with wax paper and freeze until solid (1-2 hours).
4. Serve and enjoy! Top with a few pitted fresh cherries.

Servings: 5

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