

# Cuisinart®

## Recipe Booklet

Instruction Booklet on reverse side



**Automatic Frozen Yogurt-Ice Cream & Sorbet Maker**

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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](http://www.cuisinart.com)).
- Make sure mixing paddle and lid are in place before turning on machine.

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## 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*

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## 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*

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## 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**
- 2 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.

- 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.
- While ice cream is churning, melt the bittersweet chocolate in a bowl set over a pot of simmering water; reserve.
- 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**

- 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.
- 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.
- 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.
- 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.

- 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)**

- 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.
- 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.
- 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.
- 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.
- 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

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## 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*

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## 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 cups 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

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## 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

- 1** **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

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## 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 wafer 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 ice 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*

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## 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*

