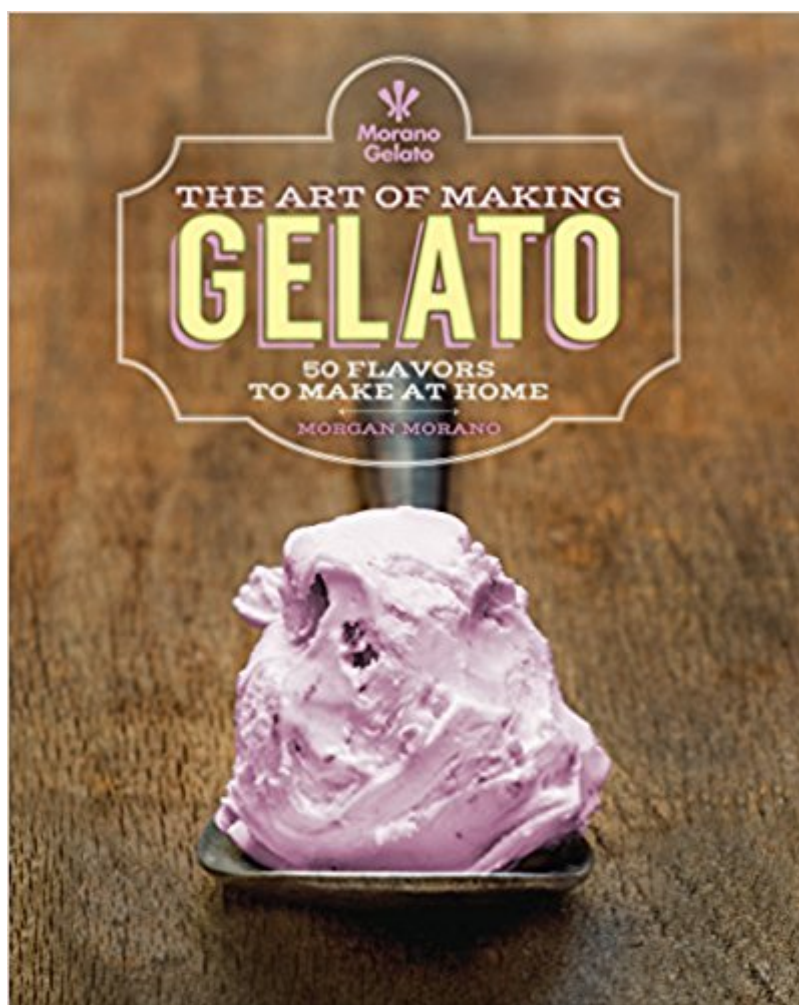


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The Art Of Making Gelato: 50 Flavors To Make At Home



Synopsis

Forget ice cream. Impress your dinner guests with unique flavors and indulge in fabulous recipes that you can make at home with *The Art of Making Gelato*. Discover the techniques and tools that you need to make this delicious treat at home. Gelato is churned more slowly and frozen at a slightly warmer temperature than ice cream. The slow churning incorporates less air, so the gelato is denser. The higher freezing temperature means that the gelato stays silkier and softer. Dairy-free and egg-free, sorbets are made from whole fruit and a simple syrup. They're extremely flavorful and churned like ice cream to give them a soft texture. Join Chef and Gelato aficionado Morgan Morano as she shares 50 recipes for gelato and sorbetto. Enjoy traditional chocolate, sweet milk and strawberry, to Torta della Mimosa, Bombolone, Biscoff, and Acero - even Avocado gelato!

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How to make gelato [View larger](#) Fior di Latte - Sweet Milk Similar to vanilla, Fior di Latte, literally translated as "flower of milk", is Italy's most basic flavor. Though seemingly humble, it's one of the most important flavors in any artisanal gelato shop. Fior di Latte is used as the base for many other flavors, and it also serves as a standard used by gelato enthusiasts and traditionalists to evaluate just how authentic and pure a shop's gelato is. For the best flavor, Fior di Latte gelato should be made with the freshest milk available. At Morano Gelato, we use local dairy products from nearby dairy farms which provide us with high-quality milk and cream for all of our gelato. Fior di Latte gelato should be creamy, light, and sweet, and should

retain the flavor of the milk itself. Eating this gelato should remind you of drinking a smooth, cold glass of milk on a hot day, but better. Fior di Latte can be paired with any gelato flavor or enjoyed on its own.

Tapioca and Cornstarch

Tapioca starch is a thickening agent that comes from the root of the cassava plant. In the United States, cassava flour is the same as tapioca starch. Although my preference is tapioca starch, you can substitute an equal amount of cornstarch in these recipes. If you choose to do this, cook your base in a larger pan because the mixture will expand more with cornstarch. You will also need to cook it a few minutes longer; the mixture will need to lightly boil for a minute or two in order to thicken properly.

Ingredients 2 ounces / 56 grams milk powder 6.35 ounces / 180 grams granulated sugar 0.7 ounce / 20 grams tapioca starch 6.75 ounces / 192 grams heavy cream 24.15 ounces / 685 grams whole milk 0.9 ounce / 25 grams light corn syrup

Yield: About 1 quart / 950 milliliters

Prepare 1. Mix the milk powder, sugar, and tapioca starch in a bowl. 2. Add the heavy cream and whole milk and whisk well to incorporate all of the dry ingredients into the liquid. 3. Whisk in the corn syrup. **Cook** 4. Pour the mixture into a 2.5-quart / 1.42-liter saucepan, using a spatula to scrape the sides of the bowl. Place the saucepan on medium-high heat and cook, whisking continuously to prevent any burning or clumping. Whisk slowly in the beginning and increase speed as the mixture gets warmer and begins to steam and thicken. It should thicken without boiling after 8 to 10 minutes on the heat; watch carefully so it doesn't burn. Once the mixture has thickened enough to coat the back of a spoon, continue cooking 15 seconds longer, whisking vigorously. Then immediately remove from the heat. **Freeze** 5. Pour the mixture into a clean glass or stainless-steel bowl and lay plastic wrap directly on the surface to prevent a skin from forming on top. Allow the mixture to sit 30 to 45 minutes, until no longer hot. Then place it in the refrigerator to cool completely, about 4 hours. If the mixture needs to be used right away, submerge most of the bowl in an ice bath and let it sit 30 to 40 minutes, refreshing the ice as necessary. 6. Once the mixture has cooled completely and thickened further, pour it into the bowl of the gelato machine and churn the gelato according to the manufacturer's directions. The gelato will expand and should spin until it's thick and creamy but still soft enough to scoop into a storage container, about 30 to 55 minutes. 7. Using a rubber spatula, scoop the gelato into a storage container. 8. Press a piece of plastic wrap or parchment paper directly on the surface of the gelato, seal the container with an airtight lid, and put it in the freezer. 9. Freeze at least 4 to 6 hours. When ready, the gelato should be firm enough to scoop but soft and creamy in texture. **Serve** 10. Enjoy the fresh gelato as soon as possible. If using after 2 days, allow 7 to 10 minutes for the gelato to soften outside of the freezer before eating.

Morgan Morano is a professional chef and gelato expert. In 2010, Morgan established Morano Gelato after living in Italy, on-and-off, for 6 years. Morgan grew up in New England's Upper Valley and always planned to open a dessert-related business. During college and after culinary school, Morgan gained experience working and cooking in New York City and Italy. The most significant work that she did was for a Sicilian Gelato Chef who quickly became a close friend and mentor. Morgan appreciated the bold flavors of gelato found in Italy and noticed the lack of authentic gelato shops with Italian flavors in America. Disappointed with products claiming to be 'gelato,' she set out to establish the tradition of gelato-making in America and recreate pure Italian gelato.

For the past few months I have experimented with my new gelato maker. Looking for recipes I scoured the Internet and had some fairly good results with recipes in a variety of styles (Lebovitz, Kurtzman), but they tasted like ice cream, even when labeled 'gelato' most of the recipes were still heavy on cream and yolks. This could be ice cream (or gelato from the north of Italy?) I'm no expert, but I couldn't find the 'lighter & healthier' Italian gelato that I've always read and dreamed about ... UNTIL NOW! Morgan Morano is the real deal, with recipes that taste super-fresh and light, not overly rich or heavy. Normally I stick with basic fior di latte or chocolate, but in the past two weeks I have made different 3 gelato and 2 sorbetto batches and they have ranged from excellent to unbelievably fantastic, my favorites being the 'espresso' gelato and the strawberry sorbetto. There are only simple, fresh ingredients in each recipe, and they are blended for AWESOME TASTE, NOT CHUNKS OR TRENDY FLAVORS! There are about a dozen others that I am eager to make in summer and fall (cherry, kiwi, walnut/pear) and will edit this post to reflect anything new that I learn, but so far:- I like how easy the recipes are to follow ... the ingredients are mixed first and then heated, since most recipes don't include yolks (though that would add just one step)- (edit) Unlike some other recipes, the Morano sorbetto fruits are not cooked, but added fresh to a base syrup. That means that the bright taste and healthy enzymes from fresh fruit go directly into the sorbetto. Very happy about that! One more thing:- I am pretty sensitive to the taste of sugar, so I usually cut out about 1/4 - 1/3 from most recipes I make at home, even baking. First I make the original recipe in its pure form (in this case I did fior di latte) then I modify to my taste. Not all recipes hold up, but with Morano Gelato recipes, I can do this mod and the texture and intense flavor hold up beautifully. Without a bunch of stuff to mask the taste, the key to making this kind of gelato is honest simplicity and the quality of your ingredients. I am looking forward to using fresh ingredients from my garden this summer. Morgan Morano's recipes enhance your ingredients and allow them to

shine!THIS BOOK IS HIGHLY RECOMMENDED

Love, love this book, so far. We (My 16 yo son and his girlfriend made the first batch) have tried the Fragola and the Chocolate. The strawberry was amazing. The chocolate was too rich for me, I am not a big chocolate fan (a shame, I know). I brought some into work and my friend who adores chocolate loved it. We will be trying the Lemon, Raspberry, more strawberry and, and, and... you get the picture. Definitely a great book for this beginner gelato making family.

I have never had any of the Morano Gelato before, but after trying these recipes I am ready to open a shop. My Kids love ice cream and especially gelato and this book really delivers. My favorite is the Stracciatella (Chocolate Chip)...Oh my. If that doesn't put a smile on you face. My youngest (13 y.o.) loves the Fragola (Strawberry) and Frutti di Bosco (Forest Berries). We have tried several others and will slowly make our way thru all of the recipes. There is something in here for everyone, but everything is super easy to make and the results are fantastic.

Great book!! I bought this book for two reasons: 1, it recommends a few gelato machines describing their pros and cons. 2, the recipes are designed to produce gelato in small batches, which is very useful for people like me who is just getting started in the world of gelato making. I would recommend this book to anyone who is interested in learning how to make gelato.

Have tried several gelato's from this book and they all have been excellent. Great Find.

The Art of Making Gelato: 50 Flavors to Make at Home I've made some delicious gelato using recipes from this book, which was recommended to me by Carolyn at Ceo's Gelato Bistro in Portsmouth, NH. An added tip from Carolyn: use agave syrup rather than the light corn syrup recommended in the book.

Love the recipes. Have made about 8 different recipes all loved by grand kids

Thoughtfully researched and well written book.

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