Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Pure Indulgence™ Frozen Yogurt-Ice Cream & Sorbet Maker

ICE-30BCC Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against risk of electric shock, do not place cord, plug, or base of appliance in water or any other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away during operation to reduce the risk of injury and/or damage to the appliance.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or is dropped or damaged in any manner. Return the appliance to the nearest Cuisinart Repair Center for examination, repair, electrical or mechanical adjustment.
7. The use of attachments not recommended by Cuisinart may cause fire, electric shock or risk of injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Keep hands and utensils out of freezer bowl while in use to reduce the risk of injury to persons or to the appliance itself. DO NOT USE SHARP OBJECTS OR UTENSILS INSIDE THE FREEZER BOWL! Sharp objects will scratch and damage the inside of the freezer bowl. A rubber spatula or wooden spoon may be used when the appliance is in the OFF position.
11. This appliance is for household use. Any servicing other than cleaning and user maintenance should be done only by authorized Cuisinart Repair Personnel.
12. Do not use the freezer bowl on flames, hot plates or stoves. Do not expose to heat source. Do not wash in dishwasher; doing so may cause risk of fire, electric shock or injury.

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SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

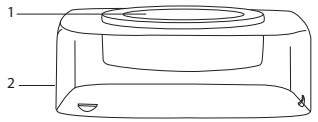
This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

CAUTION

This appliance is for household use. Any servicing other than cleaning and user maintenance should be performed by an authorized service representative.

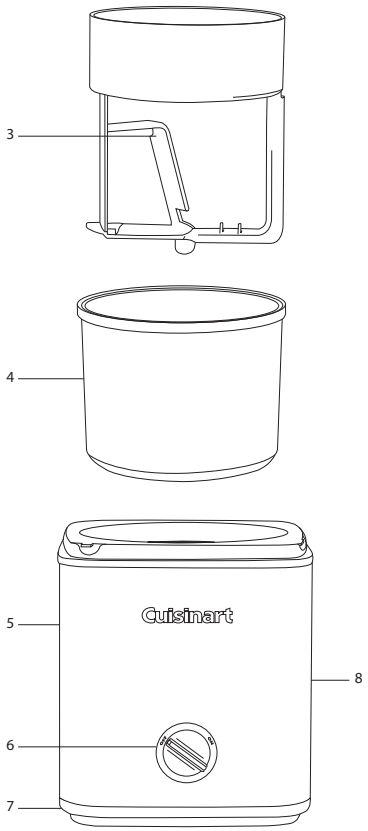
- Do not immerse base in water.
- To reduce the risk of fire or electric shock, do not disassemble the base. Note: the base does not contain any user-serviceable parts.
- Repairs should be made only by authorized personnel.
- Check voltage to be sure that the voltage indicated on the name plate agrees with your voltage.
- Never clean with scouring powders or hard implements.

FEATURES AND BENEFITS



1. **Ingredient Spout**
   Pour recipe ingredients through the spout. Also use to add ingredients, like chips or nuts, without interrupting the freezing cycle.

2. **Easy-lock Lid**
   Transparent to let you watch the freezing process as it progresses. Lid is designed to easily lock to the base.
3. **Mixing Arm**
   Mixes and aerates ingredients in freezer bowl to create frozen dessert or drink.
4. **Freezer Bowl**
   Contains cooling liquid within a double insulated wall to create fast and even freezing. Double wall keeps the bowl cool and at an even temperature.
5. **Base**
   Contains heavy-duty motor strong enough to handle ice cream, frozen yogurt, sherbet, sorbet, and frozen drinks.
6. **On/Off Dial**
7. **Rubber Feet (not shown)**
   Nonslip feet keep base stationary during use.
8. **Cord Storage (not shown)**
   Unused cord is easily pushed into the base to keep counters neat and safe.



BEFORE USING FOR THE FIRST TIME

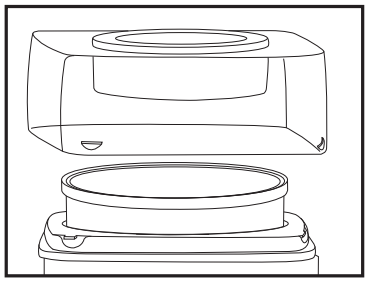
DO NOT immerse the motor base in water. Wipe it with a moist cloth. Wash the lid, freezer bowl and mixing arm in warm soapy water to remove any dust or residue from the manufacturing and shipping process. DO NOT clean any of the parts with abrasive cleaners or hard implements.

FREEZING TIME AND BOWL PREPARATION

The freezer bowl must be completely frozen before you begin your recipe. The length of time needed to reach the frozen state depends on how cold your freezer is. For the most convenient frozen desserts and drinks, leave your freezer bowl in the freezer at all times. You can take it out any time for immediate use. In general, freezing time is between 6 hours and 22 hours. To determine whether the bowl is completely frozen, shake it. If you do not hear liquid moving, the cooling liquid is frozen. Before freezing, wash and dry the bowl. Wrap it in a plastic bag to prevent freezer burn. We recommend that you place the freezer bowl in the back of your freezer where it is coldest.
Reminder: Your freezer should be set to 0°F (-18°C) to ensure proper freezing of all foods.

MAKING FROZEN DESSERTS OR DRINKS

1. Use Cuisinart's recipes from the pages that follow, or use your own recipe, making sure it yields 2 quarts or less. Do not fill the freezer bowl higher than 1⁄2" (1 cm) from the top. The ingredients will increase in volume during the freezing process. For best results, prepare ingredients in a container from which it is easy to pour.
2. Remove the freezer bowl from the freezer. (Remove plastic bag if you have wrapped freezer bowl.) Place freezer bowl on the centre of the base.
   NOTE: Bowl will begin to defrost quickly once it has been removed from freezer. Use it immediately after removing from freezer.
3. Place mixing arm in freezer bowl. Arm does not fit tightly. It just rests in the centre of the bowl, with the circle side facing up.
4. Place lid on base. Easy-lock lid mechanism allows lid to rest on base in multiple positions (see diagram).
5. Turn the On/Off switch to ON position. Freezer bowl will begin to turn.



6. Immediately pour ingredients through ingredient spout.
7. Frozen desserts or drinks will be done in 25–35 minutes. The

time will depend on the recipe and volume of the dessert or drink you are making. When the mixture has thickened to your liking, it is done. If you desire a firmer consistency, transfer the dessert or drink to an airtight container and store in the freezer for two or more hours.

NOTE: Do not store frozen desserts or drinks in the freezer bowl. Desserts and drinks will stick to the side of the freezer bowl and may damage the bowl. Store only in a plastic airtight container.

ADDING INGREDIENTS

Ingredients such as chips and nuts should be added about 5 minutes before the recipe is complete. Once the dessert or drink has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

SAFETY FEATURE

The Cuisinart® Pure Indulgence™ Frozen Yogurt–Ice Cream & Sorbet Maker is equipped with a safety feature that automatically stops the unit if the motor overheats. This may occur if the dessert or drink is extremely thick, if the unit has been running for an excessively long period of time, or if added ingredients (nuts, etc.) are in extremely large pieces. To reset the unit, turn the ON/OFF switch to the OFF position. Let the unit cool off. After a few minutes, you may turn the unit on again and continue making the dessert or drink.

CLEANING AND STORAGE

Cleaning

Clean the freezer bowl, mixing arm and lid in warm soapy water. DO NOT PUT FREEZER BOWL IN THE DISHWASHER. DO NOT CLEAN WITH ABRASIVE CLEANSERS OR IMPLEMENTS. Wipe motor base clean with damp cloth. Dry all parts thoroughly.

Storage

DO NOT put freezer bowl in freezer if bowl is wet. DO NOT store lid, mixing arm, or base in freezer. You may store the freezer bowl in the freezer for convenient, immediate use. Before freezing, wrap the bowl in a plastic bag to prevent freezer burn. Do not store frozen desserts or drinks in the freezer bowl in the freezer for more than 30 minutes at a time. Transfer frozen desserts or drinks to an airtight container for longer storage in the freezer.

RECIPE TIPS

The recipes that follow offer you a variety of options for delicious frozen drinks and desserts. You may create or use recipes of your own, as long as they yield no more than 2 quarts (1.9 litres).

Recipe Tips:

- 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 pre cooked 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) and milk (reduced fat or lowfat) 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 (500 ml) of cream, use a total of two cups of the substitute [such as 1 cup (250 ml) cream, 1 cup (250 ml) whole milk].
- 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.
- When making more than one recipe at a time, be sure the freezer bowl is completely frozen before each use.
- Make sure mixing arm and lid are in place before turning on machine.

Mix-Ins for Ice Cream

Turn any of the “plain” flavours of ice cream into something fun by adding up to 1 cup (250 ml) of any of the following [or a mixture of 2 or more totaling 1 cup (250 ml)]: chopped cookies, favourite candy bars, brownies, leftover cake, marshmallows, chocolate morsels,

peanut butter morsels, butterscotch morsels, toasted nuts, etc. Ingredients should be added about 5 minutes before the recipe is complete. Once the dessert or drink has begun to thicken, add the ingredients through the ingredient spout. Nuts and other ingredients should be no larger than a chocolate chip.

ICE CREAM SERVING SUGGESTIONS

Ice Cream Terrine

You can make an ice cream terrine or loaf as a special way to serve your homemade ice cream, gelato, frozen yogurt, or sorbet. Simply line an 8-cup (9x5x3-inch) loaf pan with a large sheet of plastic wrap. Spoon frozen mixture into prepared pan, cover completely and freeze for at least 2 hours. If desired, frozen mixture can be layered with thin cookies or layers of cake about 1⁄4- to 1⁄2- inch thick. Remove from freezer and place in refrigerator for 20 to 30 minutes before serving to facilitate slicing. Slice with a sharp knife that has been dipped in hot water, then dried.

Ice Cream Pies

You can easily make an ice cream pie using any flavour of ice cream, frozen yogurt, or even sorbet. Begin with a cooled crust – traditional pastry or crumb (it can be placed in the freezer while you are mixing your filling). You can fill the crust directly or add a layer of syrup, chocolate (you can sprinkle the hot crust with chopped chocolate or chocolate chips – they will then melt and form a layer of chocolate candy) or nuts. Spoon your frozen mixture directly from the Cuisinart ICE-30BCC into the chilled crust. Freeze for 1 hour until the top is firm, then cover and freeze until needed. Remove from the freezer and place in the refrigerator for 30 minutes before serving so that it will become soft enough to slice but will still hold its shape. Serve plain, or with additional toppings such as fresh fruit, fruit syrup, chocolate or caramel sauce, nuts, cherries, etc. Top with freshly whipped cream.

Ice Cream Sodas

Ice cream sodas are made with a flavouring syrup, soda, and a scoop of your favourite ice cream, frozen yogurt or sorbet. Place 2 tablespoons (30 ml) of syrup in the bottom of a large glass. Add chilled soda or seltzer to within 2 inches (5 cm) of the rim of the glass. Top with 1 large scoop of very firm ice cream, frozen yogurt or sorbet – trying to get the scoop to straddle the rim of the glass but also be partly submerged in the soda. If the ice cream is too deep into the soda it will cause it to overflow, and if it doesn't touch, it is not an ice cream soda. The ice cream soda can be topped off with a squirt of whipped cream. The possibilities are endless. You can do a traditional soda such as a Black-and-White (chocolate syrup, seltzer, vanilla ice cream) or use ginger ale with a scoop of fruit-flavoured sorbet – or a more exotic combination.

Medleys or Parfaits

Choose flavours and colours that complement each other, and layer in parfaits or arrange on plates using small scoops. For instance, a bowl of small scoops of Red Raspberry Gelato, Blueberry Cassis Gelato, Mango Gelato, and Green Tea Gelato will make a dramatic presentation. Or try a medley of jewel-toned sorbets, such as Pink Grapefruit, Blueberry, and Sweet Dark Cherry.

BASIC ICE CREAMS

SIMPLE VANILLA ICE CREAM

Makes about fourteen ½-cup (125 ml) servings

1½ cups (375 ml) whole milk
1⅛ cups (275 ml) granulated sugar
3 cups (750 ml) heavy cream
1½ tablespoons (22 ml) pure vanilla extract

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 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:
Calories 255 (68% from fat) • carb. 19g • pro. 2g • fat 20g
sat. fat 12g • chol. 73mg • sod. 32mg • calc. 64mg • fiber 0g

FRESH STRAWBERRY ICE CREAM

Makes about fourteen ½-cup (125 ml) servings

3 cups (750 ml) fresh ripe strawberries, stemmed and sliced
4 tablespoons (60 ml) freshly squeezed lemon juice
1½ cup (375 ml) sugar, divided
1¼ cups (300 ml) whole milk
2¾ cups (680 ml) heavy cream
1½ teaspoons (7 ml) pure vanilla extract

In a small bowl, combine the strawberries with the lemon juice and ½ cup (125 ml) of the sugar. Stir gently and allow the strawberries to macerate in the juices for 2 hours. Strain the berries, reserving juices. Mash or purée half the berries.

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and remaining granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream, reserved strawberry juice, mashed strawberries, and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Five minutes before mixing is completed, add the reserved sliced strawberries 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. Note: This ice cream will have a “natural” appearance of very pale pink. If a deeper pink is desired, add red food colouring sparingly by drops until desired colour is achieved.

Nutritional information per serving:
Calories 275 (58% from fat) • carb. 28g • pro. 2g • fat 18g
sat. fat 11g • chol. 67mg • sod. 29mg • calc. 64mg • fiber 1g

For Fresh Peach Ice Cream, substitute 3 cups (750 ml) sliced fresh peaches for the strawberries.

SIMPLE CHOCOLATE ICE CREAM

Makes about fourteen ½-cup (125 ml) servings

1 cup (250 ml) unsweetened cocoa powder (Dutch process preferred)
⅔ cup (150 ml) granulated sugar
½ cup (125 ml) firmly packed brown sugar
1½ cups (375 ml) whole milk
3¼ cups (800 ml) heavy cream
1 tablespoon (15 ml) pure vanilla extract

Place the cocoa and sugars in a medium bowl; stir to combine. Add the whole milk and use a hand mixer on low speed or whisk to combine until the cocoa and sugars are dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. If not freezing immediately, cover and refrigerate until ready to use.

Turn machine on; pour mixture into freezer bowl, and let mix until thickened, about 25 to 35 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:
Calories 286 (66% from fat) • carb. 23g • pro. 3g • fat 22g
sat. fat 14g • chol. 79mg • sod. 37mg • calc. 81mg • fiber 2g

PEANUT BUTTER CUP ICE CREAM

Makes about fourteen ½-cup (125 ml) servings

1⅛ cups (275 ml) good quality peanut butter (not natural)
¾ cup (180 ml) granulated sugar
1¼ cups (300 ml) whole milk
2 cups (500 ml) heavy cream
1½ teaspoons (7 ml) pure vanilla extract
1 cup (250 ml) chopped chocolate peanut butter cup candies

In a medium mixing bowl, use a hand mixer or whisk 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. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 25 to 35 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:
Calories 261 (69% from fat) • carb. 15g • pro. 6g • fat 21g
sat. fat 9g • chol. 43mg • sod. 110mg • calc. 49mg • fiber 1g

COFFEE BUTTER ALMOND ICE CREAM

Makes about fourteen ½-cup (125 ml) servings

- 4 tablespoons (60 ml) unsalted butter
- 1 cup (250 ml) slivered almonds, roughly chopped
- 1 teaspoon (5 ml) kosher salt
- 1½ cups (375 ml) whole milk, chilled
- 1⅛ cups (275 ml) granulated sugar
- 3-5 tablespoons (45-75 ml) instant espresso powder (to taste)
- 3 cups (750 ml) heavy cream
- 2 teaspoons (10 ml) almond extract
- 1 teaspoon (5 ml) pure vanilla extract

Melt the butter in a 10-inch (25 cm) skillet. Add the slivered almonds and kosher salt. Cook over medium-low heat until almonds are toasted and golden, stirring frequently, about 4 to 5 minutes. Remove from the heat, strain (the butter will have an almond flavour; can be reserved for another use). Chill the nuts.

In a medium mixing bowl, use a hand mixer on low speed to combine the milk, granulated sugar and espresso powder until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and extracts. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Add the chopped nuts to the mixture during the last 5 minutes of freezing. 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:
Calories 287 (70% from fat) • carb. 19g • pro. 3g • fat 23g
sat. fat 12g • chol. 71mg • sod. 131mg • calc. 78mg • fiber 0g

For Coffee Ice Cream, omit the toasted buttered almonds, if desired; add 1 tablespoon (15 ml) Kahlua® or other coffee liqueur to the mixture.

Kahlua® is a registered trademark owned by the Kahlua Company.

PUMPKIN PIE ICE CREAM

Makes about fourteen ½-cup (125 ml) servings

- 1½ cups (375 ml) whole milk
- 1 cup (250 ml) packed light or dark brown sugar
- 2 tablespoons (30 ml) molasses or dark corn syrup
- 1¾ cups (430 ml) pumpkin purée (solid pack pumpkin)
- 1½ teaspoons (7 ml) cinnamon
- 1 teaspoon (5 ml) ginger
- ¼ teaspoon (1 ml) freshly ground nutmeg
- 2½ cups (625 ml) heavy cream
- 1 teaspoon (5 ml) pure vanilla extract
- 1 cup (250 ml) crumbled ginger snaps, vanilla butter cookies, or graham crackers

In a medium mixing bowl, use a hand mixer on low speed to combine the milk, brown sugar, and molasses until the sugar is dissolved, about 1 to 2 minutes. Stir in the pumpkin purée, cinnamon, ginger, and nutmeg. Add heavy cream and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Add the crumbled cookies during the last 5 minutes of mixing. 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.

For plain Pumpkin Ice Cream, omit cookies.

Nutritional information per serving:
Calories 310 (52% from fat) • carb. 35g • pro. 3g • fat 18g
sat. fat 11g • chol. 62mg • sod. 134mg • calc. 100mg • fiber 1g

CHOCOLATE MINT ICE CREAM

Makes about fourteen ½-cup (125 ml) servings

- 1½ cups (375 ml) whole milk
- ¾ cup (180 ml) chocolate syrup
- 3 tablespoons (45 ml) granulated sugar
- 3 cups (750 ml) heavy cream
- 1 teaspoon (5 ml) peppermint extract
- 1 cup (250 ml) chopped chocolate mint candies (such as Andes®) or mint chocolate morsels or 1 cup (250 ml) chopped peppermint patty candies

In a medium mixing bowl, use a hand mixer on low speed to combine the milk, chocolate syrup, and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream and peppermint.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. Five minutes before mixing is completed, add the reserved chopped candies or morsels 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:
Calories 321 (67% from fat) • carb. 25g • pro. 2g • fat 24g
sat. fat 15g • chol. 73mg • sod. 47mg • calc. 66mg • fiber 3g

Andes® Candies is a registered trademark owned by Charms Marketing Co.

PISTACHIO ICE CREAM

Makes about fourteen ½-cup (125 ml) servings
1⅓ cups (330 ml) whole milk, well chilled
1⅛ cups (275 ml) granulated sugar
3 cups (750 ml) heavy cream, well chilled
1½ teaspoon (7 ml) pure vanilla extract
1 teaspoon (5 ml) pure almond extract
1½ cups (375 ml) shelled pistachios, roughly chopped (use plain or lightly salted – do not use red pistachios)

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the heavy cream, and vanilla and almond extracts. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. During the last 5 minutes of freezing, add the pistachios. 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:
Calories 332 (69% from fat) • carb. 22g • pro. 5g • fat 26g
sat. fat 13g • chol. 73mg • sod. 32mg • calc. 79mg • fiber 1g.

VANILLA BEAN ICE CREAM

Makes about fourteen ½-cup (125 ml) servings
2⅓ cups (580 ml) whole milk
2⅓ cups (580 ml) heavy cream
1 whole vanilla bean [about 6 inches (153 cm) in length]
3 large eggs
4 large egg yolks
1⅛ cups (275 ml) sugar
2 teaspoons (10 ml) pure vanilla extract

Combine the milk and cream in a Cuisinart® medium saucepan. Use a sharp knife to split the vanilla bean in half lengthwise. Use the blunt edge to scrape out the “seeds.” Stir the seeds and bean pod into the milk/cream mixture. Bring the mixture to a slow boil over medium heat, reduce the heat to low, and simmer for 30 minutes, stirring occasionally.

Combine eggs, egg yolks, and sugar in a medium bowl. Use a hand mixer on medium speed to beat until the mixture is thick, smooth, and pale yellow in colour (similar to mayonnaise), about 2 minutes.

Remove the vanilla bean pod from the milk/cream mixture and discard. Measure out 1 cup (250 ml) of the hot liquid. With the mixer on low speed, add the cup of hot milk/cream to the egg mixture in a slow, steady stream. When thoroughly combined, pour the egg mixture back into the saucepan with the rest of the milk/cream mixture and stir to combine. Cook, stirring constantly, over medium-low heat until the mixture is thick enough to coat the back of a spoon. Transfer to a bowl, stir in vanilla, cover with a sheet of plastic wrap placed directly on the custard, and chill completely.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 25 to 30 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:
Calories 257 (64% from fat) • carb. 19g • pro. 4g • fat 19g
sat. fat 11g • chol. 166mg • sod. 50mg • calc. 86mg • fiber 0g

DEEP DARK CHOCOLATE ICE CREAM

Makes about fourteen ½-cup (125 ml) servings

2¼ cups (550 ml) whole milk
2¼ cups (550 ml) heavy cream
1 vanilla bean
1⅛ cups (275 ml) granulated sugar
1⅛ cups (275 ml) Dutch process cocoa
2 large eggs
2 large egg yolks
2 teaspoons (10 ml) pure vanilla extract
12 ounces (336 g) bittersweet chocolate, chopped

In a large saucepan, combine the whole milk and heavy cream over medium-low heat. With a sharp knife, split the vanilla bean lengthwise; use the blunt edge of the knife to scrape out the “seeds” of the vanilla bean. Stir the seeds and bean pod into the milk/cream mixture. Simmer the milk/cream mixture over low heat for 30 minutes. Remove the vanilla bean pod and discard it or rinse and reserve for another use.

Combine the sugar, cocoa, eggs, and egg yolks in a medium bowl; using a hand mixer on medium speed, beat until thickened like mayonnaise. Measure out 1 cup (250 ml) of the hot milk/cream mixture. With the mixer on low speed, add the cup of hot milk/cream to the cocoa mixture in a slow, steady stream and mix until completely incorporated. Stir the chopped chocolate into the saucepan with the hot milk/cream. Stir the egg mixture into the hot milk/cream. Cook over low heat, stirring constantly, until the mixture thickens and begins to resemble a chocolate pudding. Transfer the chocolate mixture to a bowl and stir in vanilla. Cover with plastic wrap placed directly on the surface of the chocolate mixture, and refrigerate until completely cooled.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 25 to 30 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:
Calories 369 (60% from fat) • carb. 34g • pro. 7g • fat 27g
sat. fat 16g • chol. 119mg • sod. 46mg • calc. 100mg • fiber 3g

For Dark Mocha Chip Ice Cream: Add 2 to 3 tablespoons (30-45 ml) espresso powder along with the cocoa. Chop 6 ounces (168 g) bittersweet or semisweet chocolate bar into tiny uneven pieces. Add the chopped chocolate during the last 5 minutes of mixing.

CREAMY BUTTER PECAN ICE CREAM

Makes about fourteen ½ cup (125 ml) servings

4 tablespoons (60 ml) unsalted butter
1 cup (250 ml) pecan halves and pieces
1 teaspoon (5 ml) kosher salt
2¼ cups (550 ml) whole milk
2¼ cups (550 ml) heavy cream
1 whole vanilla bean [about 6 inches (153 cm) in length]
4 large eggs
2 large egg yolks
1⅛ cups (275 ml) sugar
2 teaspoons (10 ml) pure vanilla extract

Melt the butter in a 10-inch (25 cm) skillet. Add the pecans and kosher salt. Cook over medium-low heat until pecans are toasted and golden, stirring frequently, about 4 to 6 minutes. Remove from the heat, strain (the butter will have a pecan flavor and can be strained and reserved for another use). Chill the nuts.

Combine the milk and cream in a Cuisinart® medium saucepan. Use a sharp knife to split the vanilla bean in half lengthwise. Use the blunt edge to scrape out the “seeds.” Stir the seeds and bean pod into the milk/cream mixture. Bring the mixture to a slow boil over medium heat, reduce the heat to low, and simmer for 30 minutes, stirring occasionally.

Combine eggs, egg yolks, and sugar in a medium bowl. Use a hand mixer on medium speed to beat until the mixture is thick, smooth, and pale yellow in colour (similar to mayonnaise), about 2 minutes. Remove the vanilla bean pod from the milk/cream mixture and discard it. Pour out 1 cup (250 ml) of the hot liquid. With the mixer on low speed, add the cup of hot milk/cream to the egg mixture in a slow, steady stream. When thoroughly combined, pour the egg mixture back into the saucepan and stir to combine. Cook, stirring constantly, over medium low heat until the mixture is thick enough to coat the back of a spoon. Transfer to a bowl, cover with a sheet of plastic wrap placed directly on the custard, and chill completely.

Pour the chilled custard into the freezer bowl, turn the machine on and let mix until thickened, about 25 to 30 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:
Calories 329 (70% from fat) • carb. 21g • pro. 5g • fat 26g
sat. fat 13g • chol. 158mg • sod. 149mg • calc. 86mg • fiber 1g

GELATO

Red Raspberry Gelato

Makes about fourteen ½-cup (125 ml) servings
4 cups (1 L) red raspberries (thawed if frozen)
1 cup (250 ml) granulated sugar
2¼ cups (550 ml) half-and-half, divided
6 large egg yolks
¼ cup (50 ml) fat-free powdered milk
1 cup (250 ml) heavy cream
2 teaspoons (10 ml) pure vanilla extract
1-2 drops red food colouring, optional (will enhance colour)

Place raspberries in a food processor fitted with the metal "s" blade or in a blender [if using a blender, 2 cups (500 ml) at a time for best results]. Process until completely puréed and smooth. Press raspberry purée through a fine mesh sieve or chinois with a wooden spoon or spatula. Discard seeds – you will have approximately 2 cups (500 ml) red raspberry purée; reserve.

Place the sugar and 1¼ cups (300 ml) of the half-and-half in a 2½ quart (2.4 L) saucepan with a heavy bottom. Bring to a simmer over medium heat and stir to dissolve the sugar. Keep warm over low heat. Place the egg yolks in a medium bowl and whisk until thickened, about 2 minutes (can use a hand or stand mixer fitted with the whip on low speed). While whisking, add ½ cup (125 ml) of the hot half-and-half/sugar mixture and whisk until blended. Stir the egg mixture back into the saucepan; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 180°F (82°C) when checked with an instant-read thermometer. Stir in remaining half-and-half, powdered milk and heavy cream. Strain the mixture through a fine mesh strainer; stir in reserved raspberry purée, vanilla, and food colouring. Cover and refrigerate at least 6 hours before continuing.

Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

For Raspberry Lavender Gelato, add 2 tablespoons (30 ml) dried edible lavender flowers to the half-and-half/sugar mixture when heating.

Nutritional information per serving:
Calories 214 (54% from fat) • carb. 22g • pro. 4g • fat 13g
sat. fat 7g • chol. 129mg • sod. 37 mg • calc. 96mg • fiber 2g

BLUEBERRY CASSIS GELATO

Makes about fourteen ½-cup (125 ml) servings
5 cups (1.25 L) blueberries (thawed if frozen)
¼ cup (50 ml) crème de cassis, divided
1 cup (250 ml) granulated sugar
2½ cups (625 ml) half-and-half, divided
6 large egg yolks
½ cup (125 ml) fat-free powdered milk
1 cup (250 ml) heavy cream
1 cup (250 ml) whole milk
2 teaspoons (10 ml) pure vanilla extract

Place blueberries in a food processor fitted with the metal "s" blade or in a blender (if using a blender, 2 cups (500 ml) at a time for best results). Process until completely puréed and smooth. Press blueberry purée through a fine mesh sieve or chinois with a wooden spoon or spatula. Discard seeds – you will have approximately 3 cups (750 ml) blueberry purée. Combine the blueberry purée with 3 tablespoons (45 ml) of the crème de cassis in a 2-quart (1.9 L) non-reactive saucepan and place over medium-low heat. Cook until the mixture is reduced by half. Remove from pan and chill.

Place the sugar and 1½ cups (375 ml) of the half-and-half in a 2-½ quart (2.4 L) saucepan with a heavy bottom. Bring to a simmer over medium heat and stir to dissolve the sugar. Keep warm over low heat. Place the egg yolks in a medium bowl and whisk until thickened, about 2 minutes (may use a hand or stand mixer fitted with the whip on low speed). While whisking, slowly add 1⁄2 cup (125 ml) of the hot half-and-half/sugar mixture and whisk until blended. Stir the egg mixture back into the saucepan; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 180°F (82°C) when checked with an instant-read thermometer. Stir in remaining half-and-half, powdered milk, heavy cream and whole milk. Strain the mixture through a fine mesh strainer; stir in reserved chilled blueberry purée, remaining tablespoon (15 ml) of crème de cassis and vanilla. Cover and refrigerate at least 6 hours before continuing.

Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:
Calories 215 (54% from fat) • carb. 22g • pro. 4g • fat 13g
sat. fat 7g • chol. 129mg • sod. 37mg • calc. 96mg • fiber 2g

MANGO GELATO

Makes about fourteen ½-cup (125 ml) servings

1½ pounds (680 g) 1-inch (2.5 cm) mango cubes (thawed, if frozen)
½ cup (125 ml) mango nectar
2 cups (500 ml) whole milk
1 cup (250 ml) sugar
¼ cup (50 ml) fat-free powdered milk
8 large egg yolks
1 cup (250 ml) light cream
1 teaspoon (5 ml) pure vanilla extract

Place mango cubes in a food processor fitted with the metal "s" blade or in a blender [if using a blender, 2 cups (500 ml) at a time for best results]. Process until completely puréed and smooth – you will have about 2½ cups (625 ml) mango purée. Stir in mango nectar and refrigerate while continuing with recipe.

Place the milk, sugar and powdered milk in a 3½ quart (3.3 L) saucepan with a heavy bottom. Bring to a simmer over medium heat and stir to dissolve the sugar. Keep warm over low heat. Place the egg yolks in a medium bowl and whisk until thickened, about 2 minutes (may use a hand or stand mixer fitted with the whip on low speed). While whisking, slowly add 1 cup (250 ml) of the hot milk/sugar mixture and whisk until blended. Stir the egg mixture back into the saucepan; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 180°F (82°C) when checked with an instant-read thermometer. Strain the custard through a fine mesh strainer into a medium bowl. Stir in light cream, reserved mango purée and vanilla. Cover and refrigerate at least 6 hours before continuing.
Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:
Calories 188 (35% from fat) • carb. 27g • pro. 4g • fat 8g
sat. fat 4g • chol. 138mg • sod. 41mg • calc. 104mg • fiber 1g

GREEN TEA GELATO

Makes about fourteen ½-cup (125 ml) servings

3¼ cups (800 ml) whole milk
8 green tea bags
¼ cup (50 ml) powdered fat-free milk
8 large egg yolks
1 cup (250 ml) granulated sugar
1 cup (250 ml) heavy cream

Place the milk in a medium saucepan and heat to a simmer. Pour half over the tea bags in a medium bowl and let steep for 30 minutes; strain, pressing all the liquid from the tea bags. Stir powdered milk into remaining milk and keep warm over low heat. Place egg yolks and sugar in a medium bowl. Using a hand mixer or whisk, beat until thick and pale yellow (the consistency of mayonnaise). While mixing, slowly add the hot milk and whisk until blended. Stir the egg mixture back into the saucepan and add the tea-infused milk; increase heat to medium. Stir the mixture constantly with a wooden spoon, until the mixture is thickened like a custard sauce and registers 180°F (82°C) when checked with an instant-read thermometer. Strain the custard through a fine mesh strainer into a medium bowl. Stir in cream, cover and refrigerate at least 6 hours before continuing.

Turn the machine on; pour mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The gelato will have a soft, creamy texture. If a firmer consistency is desired, transfer the gelato to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving:
Calories 190 (52% from fat) • carb. 19g • pro. 5g • fat 11g
sat. fat 6g • chol. 153mg • sod. 50mg • calc. 119mg • fiber 0g

FROZEN YOGURT

VANILLA FROZEN YOGURT

Makes about fourteen ½-cup (125 ml) servings

1⅔ cups (410 ml) whole milk
¾ cups (180 ml) granulated sugar
4 cups (1 L) fat-free vanilla yogurt
¼ cup (50 ml) heavy cream
1 tablespoon (15 ml) pure vanilla extract

In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in the yogurt, heavy cream, and vanilla. Turn the machine on; pour the mixture into freezer bowl, and let mix until

thickened, about 20 to 25 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.

Nutritional information per serving:
Calories 130 (22% from fat) • carb. 21g • pro. 5g • fat 3g
sat. fat 2g • chol. 14mg • sod. 62mg • calc. 145mg • fiber 0g

CHOCOLATE CHERRY FROZEN YOGURT

Makes about fourteen ½ cup (125 ml) servings

9 ounces (252 g) bittersweet or semisweet chocolate, cut in 1-inch (2.5 cm) pieces
1½ cups (375 ml) whole milk, heated to a simmer
4 cups (1L) lowfat vanilla yogurt
⅓ cup (80 ml) granulated sugar
¼ cup (50 ml) maraschino cherry juice
1 cup (250 ml) drained maraschino cherries, roughly chopped

Place the chocolate in a food processor fitted with the metal "s" blade. Pulse to chop. With the machine running, add the warmed milk in a slow, steady stream and process until the chocolate is melted. Add the yogurt, sugar, and cherry juice; process until smooth. Refrigerate until well chilled, at least 2 hours.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. During the last 5 minutes of freezing, add the chopped cherries. 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.

Nutritional information per serving:
Calories 203 (36% from fat) • carb. 30g • pro. 6g • fat 9g
sat. fat 5g • chol. 7mg • sod. 56mg • calc. 156mg • fiber 1g

VERY BERRY FROZEN YOGURT

Makes about fourteen ½-cup (125 ml) servings

¾ cup (180 ml) whole milk
⅓ cup (80 ml) granulated sugar
4 cups (1L) lowfat vanilla yogurt
18 ounces (505 g) frozen mixed berries, thawed, puréed and strained to remove seeds
1 teaspoon (5 ml) pure vanilla, almond, or lemon extract

In a medium mixing bowl, use a hand mixer to combine the milk and granulated sugar until the sugar is dissolved, about 1 to 2 minutes on low speed. Stir in the yogurt, berry purée and extract. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 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.

Nutritional information per serving:
Calories 98 (11% from fat) • carb. 18g • pro. 4g • fat 1g
sat. fat 1g • chol. 5mg • sod. 49mg • calc. 134mg • fiber 1g

COFFEE LATTE FROZEN YOGURT

Makes about fourteen ½-cup (125 ml) servings

1 cup (250 ml) whole milk
1 packet plain gelatin
½ cup (125 ml) granulated sugar
3 tablespoons (45 ml) instant espresso powder
1 quart (900 ml) about 3½ cups lowfat vanilla yogurt
½ cup (125 ml) half-and-half (can use fat-free)

Place milk in a 2-quart (1.9 L) saucepan; sprinkle with gelatin and let stand 1 minute. Heat milk and gelatin and stir until smooth. Stir in sugar and espresso powder; cook until sugar is dissolved.Transfer to a medium bowl and cool. Add yogurt and half-and-half, stir until completely blended. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 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.

Nutritional information per serving:
Calories 109 (19% from fat) • carb. 18g • pro. 5g • fat 2g
sat. fat 2g • chol. 9mg • sod. 56mg • calc.143mg • fiber 0g

SORBET

Bits of fresh citrus zest add a burst of flavour to these refreshing sorbets.

FRESH LEMON SORBET

Makes about fourteen ½-cup (125 ml) servings

6 cups (1.5 L) sugar
3 cups (750 ml) water
2¼ cups (550 ml) freshly squeezed lemon juice
1½ tablespoons (22 ml) finely chopped lemon zest *

Combine the sugar and water in a large saucepan and bring to a boil over medium-high heat. Reduce heat to low and simmer without stirring until the sugar dissolves, about 3 to 5 minutes. Cool completely. This

is called a simple syrup, and may be made ahead in larger quantities to have on hand for making Fresh Lemon Sorbet. Keep refrigerated until ready to use.

When cool, add the lemon juice and zest; stir to combine. Turn the machine on. Pour the lemon mixture into the freezer bowl, and mix until the mixture thickens, about 25 to 30 minutes. The sorbet will have a soft texture similar to a freshly scooped Italian ice. 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.

* When zesting a lemon or lime use a vegetable peeler to remove the coloured part of the citrus rind.

Nutritional information per serving:
Calories 339 (0% from fat) • carb. 89g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 3mg • calc. 5 mg • fiber 0g

For Fresh Lime Sorbet: Substitute 21⁄4 cups (550 ml) freshly squeezed lime juice for the lemon juice and 11⁄4 tablespoons (20 ml) finely chopped lime zest for the lemon zest.

For Fresh Lemon-Lime Sorbet: Use half lemon juice and half lime juice and 3⁄4 tablespoon (11 ml) each of finely chopped lemon and lime zest.

CRANBERRY SORBET

Makes about fourteen ½-cup (125 ml) servings

- 4½ cups (1.125 L) fresh cranberries, washed and drained, stems removed and discarded
- 2¼ cups (550 ml) granulated sugar
- 2¼ cups (550 ml) white cranberry juice
- 1¼ cups (375 ml) water
- ¼ teaspoon (1 ml) salt
- 3 tablespoons (45 ml) light corn syrup
- 2 teaspoons (10 ml) chopped fresh lime or orange zest

Place cranberries, sugar, white cranberry juice, water, and salt in a 33⁄4 quart (3.6 L) saucepan. Bring to a boil over high heat. Reduce heat to medium low and simmer for 15 minutes, until berries have popped and sugar has dissolved. Cool 10 to 15 minutes. Drain cranberries (reserve cooking liquid) and place in work bowl of food processor fitted with metal “s” blade or in a blender – you may need to do this in 2 batches. Add 1 cup (250 ml) cooking liquid. Cover and process until completely puréed and smooth. Press through a fine mesh strainer to remove seeds and pulp; discard seeds and pulp. Stir in remaining cooking liquid, corn syrup and zest. Cover and refrigerate until totally chilled – 6 hours or longer.

Turn the machine on. Pour the chilled mixture into the freezer bowl, and mix until the mixture thickens, about 25 to 30 minutes. The sorbet will have a soft texture similar to a freshly scooped Italian ice. 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.

For Cranberry Ginger Sorbet, add 1 tablespoon (15 ml) chopped fresh ginger to the cranberries, sugar and juice to cook. Finely chopped zest of 1 orange or lime may also be added.

Nutritional information per serving:
Calories 164 (0% from fat) • carb. 42g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 69mg • calc. 5mg • fiber 1g

CANTALOUPE SORBET

Makes about fourteen ½-cup (125 ml) servings

- ¾ cup (180 ml) granulated sugar
- ¾ cup (180 ml) water
- 2½ pounds (1.1 kg) cantaloupe cubes
- ⅔ cup (160 ml) tangerine or orange juice
- 1 tablespoon (15 ml) corn syrup

Place sugar and water in a 1½ quart (1.4 L) saucepan. Bring to a boil over medium high heat, reduce heat to medium and cook until the sugar is completely dissolved to make a simple syrup – you will have 1¼ cups (300 ml) simple syrup. Transfer to a bowl and cool completely.

Place the melon cubes in a food processor fitted with the metal “s” blade. Pulse to chop, then process until completely puréed – you will have about 6 cups (1.5 L) cantaloupe purée. Stir in the tangerine juice, corn syrup and cooled simple syrup. Cover and chill for 2 hours or longer.

Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The sorbet will have a soft, slushy texture, similar to a freshly scooped Italian ice. 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:
Calories 81 (3% from fat) • carb. 20g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 8mg • calc. 10mg • fiber 1g

DARK CHOCOLATE SORBET

Makes about fourteen ½-cup (125 ml) servings

4 cups (1L) water
1⅔ cups (410 ml) granulated sugar
⅓ cups (80 ml) brown sugar, packed
2 cups (500 ml) unsweetened cocoa powder
1 tablespoon (15 ml) pure vanilla extract

Combine the water and sugars in a 3¾ quart (3.6 L) non-reactive saucepan and place over medium heat. Stir until the sugar dissolves. Whisk in the cocoa and bring the mixture to a simmer. Simmer for 2 minutes, stirring constantly. Remove from the heat and transfer to a medium bowl. Stir in the vanilla. Chill in the refrigerator for 2 hours. Stir the chilled mixture. Turn the machine on; pour mixture into the freezer bowl and let mix until thickened, about 25 to 30 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:
Calories 138 (9% from fat) • carb. 35g • pro. 2g • fat 2g
sat. fat 1g • chol. 0mg • sod. 6mg • calc.19mg • fiber 4g

SWEET DARK CHERRY SORBET

Makes about fourteen ½-cup (125 ml) servings

½ cup (125 ml) granulated sugar
½ cup (125 ml) water
3 pounds (1.35 kg) pitted sweet dark cherries
¼ cup (50 ml) fresh lemon juice
½ cup (125 ml) orgeat syrup

Place sugar and water in a 1½ quart (1.4 L) saucepan. Bring to a boil over medium-high heat, reduce heat to medium, and cook until the sugar is completely dissolved to make a simple syrup – you will have about ⅔ cups (180 ml) simple syrup. Transfer to a bowl and cool completely.

Place the cherries in a food processor fitted with the metal “s” blade. Pulse to chop, then process until completely puréed – you will have about 6 cups (1.5 L) purée. Stir in the lemon juice, orgeat, and cooled simple syrup. Cover and chill for 2 hours or longer.
Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened, about 20 to 25 minutes. The sorbet will have a soft, slushy texture, similar to a freshly scooped Italian ice. 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:
Calories 66 (1% from fat) • carb.17g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 6 mg • fiber 0g

DRINKS

RASPBERRY ’RITAS

Makes six servings

16 ounces (450 g) chilled fresh or frozen, thawed raspberries
12 ounces (340 g) frozen limeade, thawed
3 ounces (85 g) chilled Triple Sec
8 ounces (227 g) chilled tequila thin lime slices for garnish

Combine raspberries and limeade in a blender or food processor fitted with the metal “s” blade. Process until smooth. Press through a fine mesh strainer to remove seeds. Turn machine on. Pour the juice mixture into the freezer bowl and mix until thickened, about 20 to 25 minutes (mixture should be very thick as liquors will thin it out). Add chilled Triple Sec and tequila during the last 2 to 3 minutes of mixing. Serve immediately in stemmed glasses with straws, or freeze until ready to serve. Garnish with a thin slice of lime.

For Peachy ’Ritas, substitute sliced peaches for the raspberries.

Nutritional information per serving:
Calories 286 (1% from fat) • carb. 37g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 19mg • fiber 5g

BROWN COW SLUSHY

Makes six servings

1½ cups (375 ml) fat-free half-and-half
½ cup (125 ml) granulated sugar
3 12-ounce (340 ml) bottles of best quality root beer

In a medium mixing bowl, use a hand mixer on low speed to combine the half-and-half and granulated sugar until the sugar is dissolved, about 1 to 2 minutes. Stir in root beer. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened and slushy, about 12 to 20 minutes, depending on thickness preferred. Transfer to tall glasses and serve with straws and a maraschino cherry garnish.

Nutritional information per serving:
Calories 218 (28% from fat) • carb. 39 g • pro. 2g • fat 7g
sat. fat 4g • chol. 22mg • sod. 49mg • calc. 73mg • fiber 0g

SLUSHIES

Makes six servings

6 cups (1.5 L) cola or other soda, lemonade, cranberry juice, white grape juice, Kool-Aid®, chilled*

Pour into freezer bowl, turn the machine on and let mix until thick and slushy, about 15 to 20 minutes. Serve immediately, or if desired, transfer to an airtight container and store in the freezer. Remove from freezer at least 20 minutes before serving. * Do not use sugar-free products to make slushies.

Nutritional information per cola serving:
Calories 43 (0% from fat) • carb. 11g • pro. 0g • fat 0g
sat. fat • 0g • chol. 0mg • sod. 4mg • calc. 3mg • fiber 0g

Kool-Aid® is a registered trademark of Kraft Foods, Inc.

SLUSHY JULIUS

Makes six servings

2 cups (500 ml) water
⅓ cup (80 ml) granulated sugar
12 ounces (340 g) frozen orange juice concentrate, thawed
2½ cups (625 ml) milk or coconut milk (unsweetened, can use lowfat)
2 teaspoons (10 ml) pure vanilla extract

Combine water and sugar and stir until sugar is completely dissolved. Stir in remaining ingredients. Turn the machine on; pour the mixture into freezer bowl, and let mix until thickened and slushy, about 12 to 20 minutes, depending on thickness preferred. Transfer to tall glasses and serve with straws and a maraschino cherry garnish. For an “adult” drink, use the coconut milk version and add ½-¾ cup (125-180 ml) rum.

Nutritional information per serving:
Calories 195 (16% from fat) • carb. 37g • pro. 5g • fat 4g
sat. fat 2g • chol. 14mg • sod. 54mg • calc. 141mg • fiber 0g

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on this Cuisinart® product. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® product that was purchased at retail for personal, family or household use. This warranty is not available to retailers or other commercial purchasers or owners.

We warrant that this Cuisinart® product will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

For warranty purposes, we would like to suggest that you register your product on-line at www.cuisinart.ca to facilitate verification of the date of original purchase. However, should you not wish to register on-line we recommend the consumer to maintain original receipt indicating proof of purchase. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

When calling our Authorized Service Centre for in warranty service please make reference to your model number and the manufacturing date code. This information can be found in the rating area on the body or underneath the base of your unit. The model number will follow the word Model: ICE-30BCC Series. The manufacturing date code is a 6 digit number. Example, 070630 would designate year, month & day (2007, June 30th).

If your Cuisinart® product should prove to be defective within the warranty period, we will repair it or, if we think it is necessary, replace it. To obtain warranty service, please call our Consumer Service Centre toll-free at 1-800-472-7606 or write to:

Cuisinart Canada

100 Conair Parkway,

Woodbridge, Ontario L4H 0L2

To facilitate the speed and accuracy of your return, please also enclose $10.00 for shipping and handling of the product. Please also be sure to include a return address, description of the product defect, product serial number, and any other information pertinent to the product's return. Please pay by cheque or money order.

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service.

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BEFORE RETURNING YOUR CUISINART PRODUCT

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