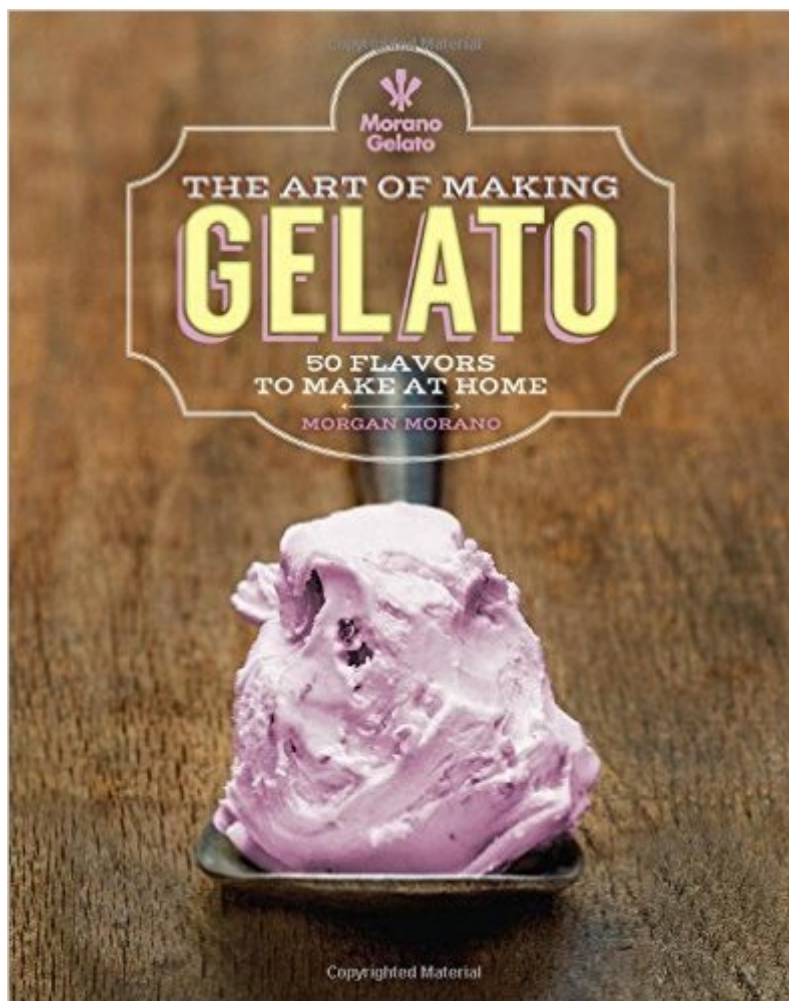


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# The Art Of Making Gelato: 50 Flavors To Make At Home



## 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!

## Book Information

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## Customer Reviews

[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.

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

I'm not Italian, but Italy is my second home. When I was there last summer I learned how to make sorbetto in one of my cooking classes. But when I tried the recipe at home it didn't work, so I bought a gelato maker last week to see if that helped, it didn't. I searched on for a book to help me out, I needed to understand the science so I could solve the problem. After five purchases and four returns, the only one left worth anything was The Art of Making Gelato. I'm a visual and descriptive person, tell me things like it turns glossy, or show me what "done" looks like and I'm off to the races. This book does that plus more. It is full of love and the heart and soul of true gelato. The raspberry sorbetto is crazy good so smooth and creamy just like it should be, and the espresso, that I turned

into jamocha, is insane, I should have it for breakfast. Morgan is an inspiration, for finding her passion and following her heart. Give this book a try and taste real Italy in a spoonful of heaven.

This book surprised me! I feel I can adapt the recipes to make my own creations and be successful doing so. The recipes are very similar in their base ingredients: powdered milk, milk, cream, sugar, tapioca starch, light corn syrup and then from this base you make different flavors. She also explains why different ingredients work, differences between American ice cream and gelato as well as including some recommendations for gelato/ice cream machines. Overall, I think this book is well written and if you love gelato I'm sure you'll find something you like in this book. The recipes I have tried so far (caff  and crema di cocco) are excellent both in flavor and texture. Note: The recipes are written in terms of grams and ounces so you do need a digital scale.

My first experience with gelato was in Florence in October 2001 and it was a great experience, although I realize today that there were probably better choices in the city than where we happened to come across that day. We've bought gelato at stores several times and enjoyed it but nothing like what I remember from that first experience. Costco has had some pretty good pistachio gelato imported from Italy but I haven't seen it for a while. Of course, none of that can be as fresh as what we can make at home. Our family used to make home made ice cream regularly in the summers 40+ years ago but dealing with ice and rock salt isn't much fun after a while so I recently purchased a Whynter ice cream maker  Whynter ICM-200LS Stainless Steel Ice Cream Maker, 2.1-Quart, Silver  and experimented with a couple of recipes. I grow some of my own fruits on my farm and garden and was experimenting some and was somewhat happy but thought I should be able to get better results. This book was recommended by   at the time of my purchase of the ice cream maker so I checked out the reviews and bought it. I read some of the pages in  s preview and the story of the author's journey to achieving gelato perfection was very inspiring. It's great to find someone who enjoys what they are doing with such passion. Two days later the book arrived and I made a cinnamon gelato a few hours later. I have a large walk-in cooler so I've been able to cool down my batches pretty quickly and enjoy my work pretty fast (the book recommends cooling cooked recipes for 3-4 hours before freezing). I would never have thought of a cinnamon flavored gelato myself but I had the ingredients on hand and was very pleased with the results. Great creamy/smooth/thick texture. Note: I suggest you purchase some tapioca flour/starch at the same time as ordering this book if you don't already have it on hand. One of the fruits I grow on my farm is pomegranates and I wanted to try making a pomegranate sorbetto or gelato. I wasn't sure what recipe to adapt so I

wrote Morgan and she kindly replied the following day. I used the lemon sorbetto recipe, substituting freshly-squeezed pomegranate juice for the lemon juice. The results were excellent (see photo). I grow many varieties of pomegranates and will experiment with another variety soon. The mint gelato I tried next was a bit too strong for everyone in our household. I may try it again with another brand of extract (I used Schilling which is all that was available at the store in our small town). Lesson learned from this was to taste the mix and gradually add the extract if you're unsure. A semi-exotic fruit I grow in my garden, white sapote, was used for a sorbet adapting the kiwi recipe with the addition of 8 grams of vanilla extract and the results were fantastic. In my opinion, this is a great vanilla ice cream substitute for anyone but especially someone who is lactose intolerant. How often have you had some bananas that were ripening faster than you are able to eat them? Banana bread is fine, but I've got this new book and machine and banana sorbet was my choice tonight! I had less fruit than called for in the recipe but it was easy to scale everything down to the appropriate amounts since everything is measured in grams. The results were again excellent. I've made 7 batches of gelato or sorbetto after having the book for just 6 days. I'm obsessed and enjoying it very much! I suggest if you have a lot of fruits on hand and anticipate making a lot of sorbetto that you make a much larger batch of sorbetto syrup (2 or 3 times) because once you have this on hand in the refrigerator it is very quick to turn your favorite fruits into sorbetto. One reviewer wrote negative comments about having to deal with recipes that measured everything in grams. I already had an Ozeri scale but had never used it before for cooking, etc. and was unsure if this would be a hassle or not. I was very surprised at how much easier it is to measure ingredients this way! Of course, it's more accurate/precise but it is also much faster. No measuring cups, spoons, etc. I put a bowl on the scale, tared it, poured in the appropriate amount of sugar or whatever, then poured that into my mixing bowl, measured the next ingredient, etc. Very fast. Morgan offers a shortcut tip of putting your mixing bowl on the scale and taring it after adding each ingredient, making it even faster, although she warns that caution is needed to make sure you don't pour in too much of an ingredient as it may be difficult to remove. I learned a trick from a friend who makes more typical ice creams and purchased 5.5 ounce plastic souffle cups and lids (bought at Smart and Final for a lot less than similar products here at are sold for) and spoon my finished product into these containers, labeling the lids. They harden up faster and are fast and convenient ways to serve various flavors to family and friends. In summary, this book allows us to make great gelato and sorbetto at home very easily and is highly recommended.

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