

Gelato a Mano

Hand made Ice Cream
(no machine required)

Ingredients

Whole milk 200 g

Fresh liquid cream 200g

Water 100 g

Sugar 100 g

Shelled pistachios 100 g
ground very fine (or other
flavouring, you will need to
experiment with each)



Method

Heat the sugar and water in a saucepan, on a low heat. Pour the milk and the cream into a jug. As soon as the syrup comes to the boil, turn off and cool. Add the syrup into the milk and cream mixture and blend with an immersion blender. Pour into a silicone mold and freeze for a night.

Blend everything until creamy, add the flavouring and blend until well mixed. Move to a container (aluminum, ceramic or glass, avoid plastic) and put in the freezer for at least 6 hours. Remove 5-10 minutes before serving and work it with a spoon, until it becomes creamy again. To make it even creamier put it back in the mixer briefly.

What is it with Gelato? So, after a meal of Antipasti, Primo Piatto, Secondo Piatto - you might feel a little snoozy. You wake up around 4pm, it is still hot but you need a little sugar hit. Time for a passeggiata and gelato, which is a)

cold and b) offers you an opportunity to check out everyone else with the same idea. In short, Italians have perfected a dessert which suits their climate, their culture and their national character .