



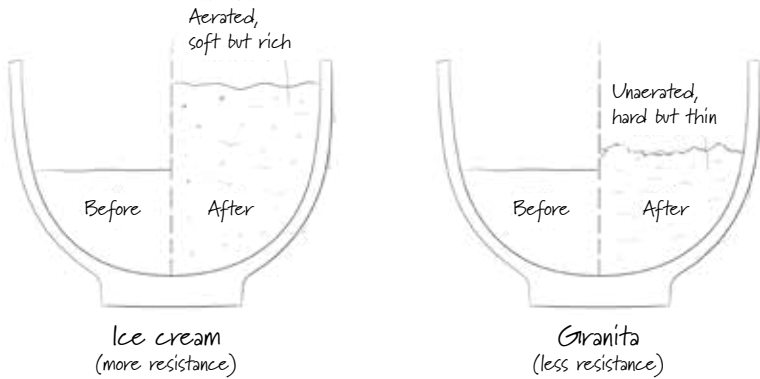
Tips & Techniques

*Frozen
desserts*

Sage[®]

The creamier they are, the richer they churn.

We all get a bit obsessed when it comes to ice cream, but there are lots of other equally moorish frozen treats to indulge upon.



Many frozen treats have varying levels of dairy and fat, from none of either in the case of sorbet, to lots of both in the case of some ice creams. Apart from impacting taste, dairy and fat levels affect resistance when they're being churned.

So if you go from making ice cream to say a sorbet, you need to stop churning at a different point in the process to get the right result.

The main reason for this is most dairy (at the right temperature) can be manipulated to retain air. From frothed milk to whipped cream, even whisked egg yolks, under the right conditions dairy will suspend air bubbles within, causing it to increase in size.

Ice cream, for example, can double its initial volume in going from a liquid to a solid, mainly due to the air retained whilst churning.

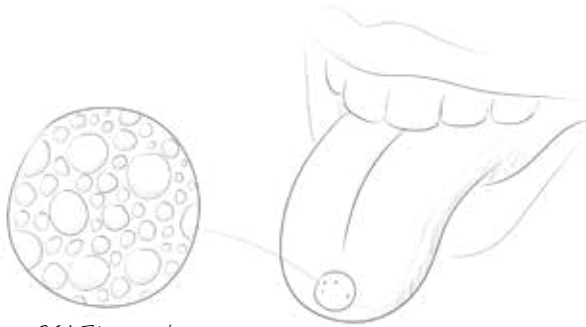
Furthermore, the fact that fat is more viscous than water means ice cream creates more resistance while churning than thinner, less aerated mixes like sorbet.

TIP

This ice cream maker senses the resistance to stop at the right time for whatever you're making but make sure you select the setting carefully, as it can make a big difference in the end result.

Chocolate ice cream. Add salt and make it sweeter!

We all know that salt tastes, well ... salty. Right?



SGLT1 sensor is located within the sweet-sensitive taste cells

A pinch of salt added to a chocolate ice cream, sorbet or gelato actually sweetens the taste of the mixture by stimulating the sweet-sensitive taste cells on your tongue.

SGLT1 is a sensor located with the sweet-sensitive taste cells on your tongue that transport glucose into the cells when small amounts of sodium are present. So a bit of salt triggers your taste buds to register sweetness.

It works with caramel and milk chocolate too, so add half a teaspoon of salt to the mix and let your tastebuds tang!

TIP

Make sure you find the right balance as adding too much salt will have the opposite effect by overpowering your tongue's ability to register sweetness. It is also important to remember that too much salt can affect the freezing point of icecream, so use this ingredient sparingly.

Sage[®]

www.sageappliances.com