

# YUMMY NORTHWEST

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SERVING IDAHO, MONTANA, OREGON, AND WASHINGTON

## Here's the scoop!

July is National Ice Cream Month, and the third Sunday of the month (July 19 this year) is National Ice Cream Day.

There are so many flavors to choose from. Why not try a different one each day this month and decide which is your new favorite?

## What kind of ice cream?

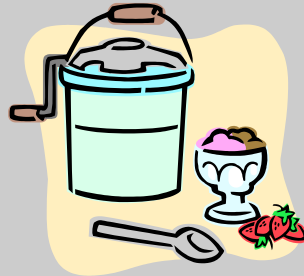
Here is a list of terms so you can compare the varieties of what the ice cream industry terms "frozen desserts." Many of them are commonly and generically known as ice cream. Whatever you call them, they are delicious.

**Frozen custard** – This must contain a minimum of 10 percent milk fat and at least 1.4 percent egg yolks.

**Frozen yogurt** – Cultured milk (that is, yogurt) that has been sweetened and flavored and then frozen.

**Gelato** – This is the Italian version of ice cream. Made with milk, sugar, and flavorings, it is served in a whipped state similar to soft-serve ice cream. However, the amount of air incorporated is minimal, making it quite dense.

**Ice cream** – By law this must contain at least 10 percent milk fat before any ingredients are added. The amount of incorporated air is also regulated; high-end ice cream has less than 55 percent incorporated air. Stabilizers and other additives may also be added.



## Cool facts

The United States leads the list of countries that consume ice cream. New Zealand follows in second place.

Annual consumption of ice cream in the United States is about 6 gallons per person.

The citizens of Portland, Ore., and Seattle, Wash., along with St. Louis, Mo., purchase the most ice cream per capita in the United States.

Almost 10 percent of the milk produced by U.S. dairy farmers is used to make ice cream.

Vanilla far outranks any other flavor, being preferred by nearly 30 percent of ice cream eaters. Chocolate comes in second, with about 10 percent choosing it.

It takes about 50 licks to finish off a single-scoop ice cream cone.

**Ice milk** – This must have less than 10 percent milk fat. Current law allows ice milk to be labeled as low-fat ice cream, and you can expect it to be full of additives to give it the texture of full-cream ice cream.

**Italian ice** – Made by processing syrup in the same way as ice cream.

**Low-fat ice cream** – This has 3 grams of fat per serving and is also called ice milk.

**Novelties** – Individually packaged frozen desserts, often on a stick. These include ice cream bars, ice cream sandwiches, fudge sticks, and juice bars.

**Sherbet** – Low milk fat content (1–2 percent) and often flavored with fruit.

**Soft-serve ice cream** – Usually contains about 5 percent milk fat and is kept at a lower temperature than regular ice cream. The amount of air incorporated affects the melting point, the flavor, and the texture. Soft-serve ice cream is always made in a special machine that dispenses the product on the spot where it is served.

**Sorbet, or fruit ice** – Contains no dairy products (although whipped egg whites might be added to sorbet) and often flavored with fruit. The word *sorbet* is derived from an Arabic word meaning "juice."

**Alternatives** – Although the name implies that cream or at least cow's milk is the main ingredient, ice cream can also be made with goat's milk or any milk-like product, such as soy milk, rice milk, or almond milk.



## What's special in your area?

Look for locally made ice cream in your supermarket, at a specialty ice cream shop, or at a farmers market. There are too many places to list here, but most of the following have Web sites to describe their products and where you can buy them.

**Idaho** – Look for potato ice cream. It's rare these days, so if you don't see it, ask for it. Maybe it will make a wider comeback.

**Montana** – Wilcoxson's Ice Cream ([wilcoxsonsiccream.com](http://wilcoxsonsiccream.com)), made in Livingston and Billings, has been a Montana favorite since 1912. Their popular Moose Tracks flavor (courtesy of Denali [[moosetracks.com](http://moosetracks.com)]) consists of vanilla ice cream swirled through with ribbons of delectable chocolate and studded with miniature peanut butter cups.

**Oregon** – The Oregon Ice Cream company ([oregonicecream.com](http://oregonicecream.com)), headquartered in Eugene, boasts 88 flavors of ice cream, frozen yogurt, and sorbet. Julie's Organic is a subdivision that produces ice cream and ice cream bars made with "exquisite and wholesome" ingredients.

Tillamook ([tillamookcheese.com](http://tillamookcheese.com)), in Tillamook, makes ice cream with hormone-free milk and local ingredients such as black walnuts, Oregon black cherries, and blackberries.

Turtle Mountain ([turtlemountain.com](http://turtlemountain.com)), in Eugene, specializes in dairy-free ice cream products made from soy milk or coconut milk, some naturally sugar-free. Their products come in a variety of tasty flavors, and include frozen yogurt, fudge bars, and ice cream sandwiches.

**Washington** – Snoqualmie Gourmet ([snoqualmiegourmet.com](http://snoqualmiegourmet.com)), located in Maltby, produces ice cream, gelato, and frozen custard in amazing flavors made from ingredients gathered as close to home as possible. Honey Lavender, Hazelnut, Rose Petal, and Skagit Valley Strawberry are just a few. Visit their Maltby ice cream parlor for a taste test.

## LOW-FAT "ICE CREAM"



- 1 large frozen banana, cut into chunks
- 2 tablespoons yogurt
- 1 teaspoon vanilla

Put all ingredients in a blender or food processor and carefully blend by pulsing. Don't overprocess or ice cream will be runny.

Serve immediately, or place in the freezer, covered, to harden for about 30 minutes.

Serves 1.

There are many variations possible, including chocolate (add 1 tablespoon cocoa) or pumpkin (replace yogurt with 1/3 cup canned pumpkin and add 1/4 teaspoon pumpkin pie spice).

From *Diet for Runners*, by Nathan Pritikin.



## Some history

The first frozen desserts were made with snow. (For more ancient history, see **Yummy Northwest**, January 2009.)

Thomas Jefferson was the first to serve ice cream in the White House, and he even created his own recipes. (See Jefferson's vanilla ice cream recipe in his own handwriting at [loc.gov/exhibits/treasures/tri034.html](http://loc.gov/exhibits/treasures/tri034.html).)

In 1846 an American woman invented the hand-cranked freezer, although others took the credit.

Commercial production of ice cream took off in the 1920s.

Many innovations have enhanced ice cream, including the invention of soft-serve ice cream in the 1930s by the founder of Dairy Queen, John McCullough. And of course, new flavors have certainly been welcome; among them: Rocky Road (1929), Cookies 'n Cream (1983), Chocolate Chip Cookie Dough (1991).

## Ice cream resource

An excellent resource for ice cream recipes and tips is David Lebovitz. He has written a book about ice cream (*The Perfect Scoop*) and maintains a blog that is both humorous and informative ([davidlebovitz.com](http://davidlebovitz.com)). On his blog he has posted recipes for Agave-Sweetened Chocolate Ice Cream and for Chocolate Sherbet, among many others. (He also has written a useful book called *The Great Book of Chocolate*.) If you don't see the flavor you crave, or have a question, write to David via his blog.

## About Yummy Northwest

Each monthly issue highlights an edible delight available in the Pacific Northwest and Montana.

## Contact the editor

Comments, corrections, topic ideas, and submissions are all most welcome at [Yummy\\_Northwest@hotmail.com](mailto:Yummy_Northwest@hotmail.com). View archives at [yummynorthwest.com](http://yummynorthwest.com).