

K-State Research and Extension Family Nutrition Program

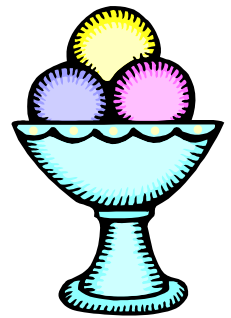
DINING ON A DIME

Eating Better for Less

May

We All Scream for Ice Cream

The summer season is almost upon us. No doubt the cool, sweet pleasures of ice cream will soon be requested. This issue of *Dining on a Dime* is focused entirely on this favorite all-American treat!



Have you ever shaken or rolled a can — or cranked an ice cream maker — to make homemade ice cream? Here are some tips to make your homemade ice cream the best! You want the finished product to have a smooth, creamy texture. Ice cream's texture depends on the size, shape and arrangement of the ice crystals in the frozen mixture. Large, flaky crystals give it a grainy, less desirable texture. How can you ensure smoothness? Read on!



Continuous Shaking, Rolling or Churning

Shaking or rolling the can while the ice cream mixture freezes, or churning it in an ice cream maker, is important because it adds air into the mixture. This makes the ice cream smooth and increases its final volume. Once you start shaking, rolling or churning, don't stop! If you did stop for a long break, large ice crystals would form in the coldest part of the mixture. This would produce a grainy texture in parts of the ice cream, but the center may not freeze at all. Shaking, rolling or churning also distributes the flavorings and brings the unfrozen portions of the mixture to the surface.

Using Salt & Ice

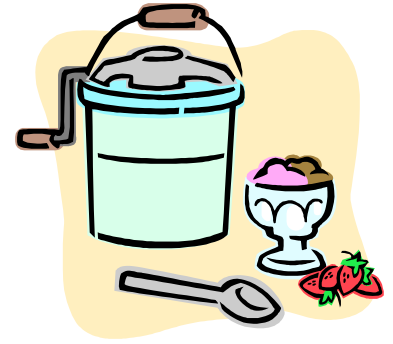
To help an ice cream mixture freeze, the container holding the mixture is surrounded with ice and salt. If you use too much salt, the ice cream mixture freezes too quickly and is not smooth. If you use too little salt, the ice cream might not freeze at all. Unless the ice cream recipe says otherwise, use 1/2 cup salt to 4 cups crushed ice. Table salt may be substituted for coarse rock salt when using the can method. If using an ice cream maker, coarse rock salt would work better.

Now you've learned some ice cream basics. Turn the page for important ways to keep your ice cream safe to eat, and look on page three for a great homemade ice cream recipe!

Be Wise about Ice Cream

Each day, eat a variety of fruits, veggies, calcium-rich foods, whole grains and lean proteins. Know your limits on fats and sugars. Since ice cream can add both sugar and saturated fat to the diet, enjoy it in moderate amounts.

Whether eating store-bought ice cream or a homemade variety, you want good quality and a safe product. When preparing or storing ice cream, follow these tips to make sure your “ice cream dream” doesn’t turn into a food safety nightmare!



Homemade Ice Cream Food Safety

If you choose an ice cream recipe that calls for eggs or egg yolks, take special care to avoid *salmonella* bacteria that can cause foodborne illness. Heat the egg mixture to a temperature of at least 160 degrees Fahrenheit (but do not boil it). Heat destroys these harmful bacteria and will make the ice cream safe to eat. Freezing does not destroy the bacteria that are present in a raw egg. Another choice is to use pasteurized eggs in an ice cream recipe that calls for raw eggs. Commercial pasteurization destroys salmonella bacteria, but does not cook the eggs or affect their color, flavor, nutritional value or other properties. Look in the egg section or in the frozen food section of the grocery store for boxes of pasteurized eggs. Ice cream recipes that use no eggs, like the recipe on page 3, are also safe and delicious choices when making homemade ice cream.

Homemade Ice Cream Storage

Homemade ice cream does not store as well as store-bought ice cream. For best results, transfer leftover homemade ice cream into a plastic airtight container. Store it in the freezer for no more than one week. If the texture of the stored ice cream is grainy, let the ice cream soften, then beat it before serving. This will smooth the texture.

Store-bought Ice Cream Storage

Store-bought ice cream must be properly stored, or it will become icy, pasty or gummy. If storing an opened box of ice cream for less than one week, cover the exposed area with aluminum foil or plastic food wrap to keep it from drying out. If storing for more than one week, transfer to an airtight container. Freeze for up to two months.

Source: Adapted from [4-H Dairy Foods Unit 2 Ice Cream](http://www.ca.uky.edu/agc/pubs/4ji/4ji02pc/4ji02pc.pdf), University of Kentucky Cooperative Extension Service, at www.ca.uky.edu/agc/pubs/4ji/4ji02pc/4ji02pc.pdf (Accessed 4/1/05)

Newsletter developed by: Erin Henry, R.D. Reviewed by: Mary Meck Higgins, Ph.D., R.D., L.D., CDE, K-State Research and Extension Human Nutrition Specialist and Associate Professor, Department of Human Nutrition. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office.

Dining on a Dime's Cooks' Corner

Homemade Lowfat Vanilla Ice Cream

(Makes 6 servings, each 1/2 cup)

Ingredients:

4 to 10 cups ice cubes
2 cups milk
2 tablespoons nonfat
dry milk powder
1/2 cup sugar
1/2 teaspoon vanilla
1 1/2 cups table salt

Equipment:

Empty, clean 13 or 16
ounce coffee can
Empty, clean 3 pound
coffee can
Two tight-fitting plastic
lids for cans
Duct tape



Directions:

1. Prepare ice cubes.
2. Mix milk, milk powder, sugar and vanilla together in the smaller coffee can (or in a manual or electric ice cream maker's freezer can). Do not fill the can more than two-thirds full.
3. Place a tight-fitting lid on the coffee can. Seal lid onto can securely with duct tape. (If using an ice cream maker, follow the directions that came with it.)
4. Place the sealed coffee can inside the larger coffee can.
5. Pack about 6 cups ice cubes between the two cans. Sprinkle about 3/4 cup salt evenly over the ice. Pour 1/2 cold water over the ice and salt mixture.
6. Place a tight-fitting lid on the larger can and seal securely with tape.
7. Shake can, or roll it back and forth on a table or the floor, continuously for 20 minutes. The can will be very cold. Protect skin from direct contact with it.
8. Open the outer can. Remove the inner can and rinse under cold running water. Remove lid.
9. If the ice cream mixture is not frozen, drain the larger can and repeat steps 3 through 8.
10. Serve immediately. Place any leftover ice cream in a plastic airtight container and keep frozen.

Nutrition facts per 1/2 cup serving: 120 calories, 3 g fat, 21 g carbohydrate, 3 g protein, 10 mg cholesterol, 40 mg sodium, 10% Daily Value calcium.

Source: Adapted from 4-H Dairy Foods Unit 2 Ice Cream, University of Kentucky Cooperative Extension Service, at www.ca.uky.edu/agc/pubs/4ji/4ji02pc/4ji02pc.pdf (Accessed 4/1/05)

This material was funded by USDA's Food Stamp Program through a program awarded by the KS Department of Social and Rehabilitation Services (SRS). The Food Stamp Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.



Get Dining on a Dime’s “Scoop” on Cold Treat Labels

What’s in a label? Check out the following descriptions to learn the difference between some favorite frozen desserts!

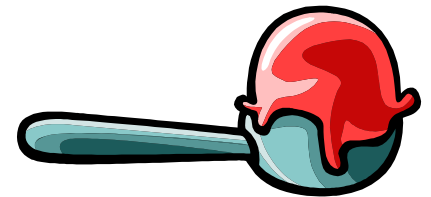
Frozen yogurt is made from low-fat yogurt flavored with fruit or other flavorings, then whipped and frozen.

Ice Cream is made up of milk, cream, sugar, flavorings and sometimes eggs.

Ice Milk contains less fat and milk solids than ice cream, but it is not always lower in calories. Read the label to see if extra sugar has been added. Fewer ice milk products are sold in grocery stores now. They are being replaced with light, reduced-fat, low-fat and fat-free ice creams.

Sherbet is made with only a small amount of mild solids and no eggs are used. Sherbet is also made up of water, sugar, fruit juice, fruit flavor and color.

Sorbet—Sorbet is an ice made with fruit puree or fruit juices and sugar.



Cooperative Extension Service
K-State Research & Extension

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