



Getting Around

By ETHEL SIMMONS

Summer means ice cream, but what about all those calories? If you're an ice cream lover and/or yogurt lover, you can think thin with the new yogurt connection at Alfred's in Troy.

The Somerset Mall restaurant and adjoining ice cream parlor has been serving Frosty Yogurt for the last three weeks, and customers are loving it.

I tried some at lunch the other day. It can be your whole lunch, if you're a dessert. Restaurateur Al (Alfred) Lowenstein said he sampled the frozen yogurt at trendy Bloomingdale's in New York after his business partner raved over it.

Alfred's buys the yogurt mix and special toppings from the same companies that supply Bloomingdale's. Alfred's also serves the yogurt the same way, with fresh fruit toppings of the day or special topping.

Fruit toppings include watermelon, which I tried, strawberry or banana. Nogget, rum raisin, peach melba, honey and nuts, and pina colada are the special toppings.

THE PLAIN yogurt is marvelous and creamy smooth, tasting much like ice cream from one of the stands that serve the mixture.

"I figured Bloomingdale's are pretty clever people. We couldn't go wrong following their marketing," Lowenstein said.

Frosty Yogurt is prepared at a yogurt bar in the ice cream parlor, from a machine which Alfred's bought and adapted to make the frozen dish.

Yogurt contains 35 calories an ounce, as contrasted to 180 calories in an ounce of ice cream. A four-ounce serving of Frosty Yogurt costs \$1.25, and a larger size is available, too. Lowenstein said no one has complained about the price so far.

Besides whipping up plain yogurt during the day, the machine is used to make blueberry, coffee, banana and strawberry flavors available for carry out, along with the plain. The packaged yogurt's texture is more like regular ice cream, or sherbert, but is also tasty.

Special toppings are offered for carry out.

The Frosty Yogurt is a new, it isn't even on the menu yet but table top display cards arrived just after I tried the new dish.

YE OLDE Fashion Custard is the name of an unimpressive cheddarblock structure where you can go to the other extreme of caloric delight.

Owner Marshall Katz said, "Everything I make is custard, even shakes." He describes custard, comparing it to ice cream, as "smoother, richer, fluffier. Custard tastes like whipped cream."

I visited his custard stand, expecting to see an egg yolk-based dessert but the custard, which has air whipped into it, is twisted into peaks and looks more like vanilla ice cream.

Ye Olde Fashion Custard is at 3819 Franklin Road in Southfield and may be a bit hard to find. Al Franklin and Twelve Mile, it's next to Brunetti's Italian restaurant.

KATZ USED to be an electrician, who sat down one day when that business was slow and just decided to open a custard stand. "I knew I had a good idea," he said.

This is his second season. He expects to move across the street into a new shopping center next year and also to open two more custard stands.

The custard is made for him, and he adds only a small percentage of air, to keep a mere solid custard.

He serves ice cream cones, sandwiches, sundaes, frozen bananas, parfaits, strawberry shortcakes and sherberts. He also has low-calorie ice cream (120 calories). His custard is available in carry-out cartons.

Ice milk and ice cream may contain from 24-48 per cent butterfat. His "100 per cent custard" contains 12 per cent butterfat and 250-400 calories. "Mine is just to enjoy," he said.

MY NATIVE Detroiters instincts are pleased by the new combination of two famous Detroit names—Senders and Vernors, who have come up with an ice cream flavor, ginger ale.

The ice cream, available in delicious cups at Senders counters or carry out and in half gallons to go, is much-colored, tastes nose-tingly and gingery.

Senders is the ice cream parlor that first introduced the ice cream soda in the 18th century. The Boston Cooler combining vanilla ice cream and ginger ale has long been a summertime favorite.

The new ice cream is called Vernors-Flavored Senders Ice Cream.

AN ICE CREAM fancier complained to me (and to a 31 flavors shop) about the carry-out ice cream she bought. "Two scoops in a cone cost 50 cents," she said, "and I paid 50 cents for the same two scoops in a carton, with a spoon. I told the clerk, 'How come it costs me more when somebody else pays less and gets to eat the container, too?'"



Frozen yogurt is just yummy.

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