

# Here's the scoop on a variety of frozen desserts

In the early 17th century, a French chef introduced "cream ice" to King Charles I of England. Initially, cream ice was a dessert reserved for royalty and people of the court. By the end of the century, commoners were allowed these confections. We now know these desserts as ice cream or frozen desserts.

The hand-cranked ice cream churn was invented in 1846, but it was 1904 before the first ice cream cone was sold. And this, of course, started a wave of frozen treats in a cone or on a stick. A trip to a modern '90s supermarket may confuse even the best shopper with all the names and definitions of available frozen desserts.

Frozen yogurt is either soft or hard. Soft frozen yogurts are served in cones or sundaes. Hard frozen yogurt has a smooth texture, but is less creamy than ice cream, and usually flavored with fruits. Since plain yogurts do not freeze well, sugar, a stabilizer, milk solids and fruits have been added.

Ice milk is a generic name for frozen desserts that cannot be labeled ice cream because they contain too much air and/or too little butterfat. It is made from milk, stabilizers and sweeteners, and sometimes contains more sugar than ice cream. Milk ice is a sherbet to which milk or cream has been added, but not enough to make it ice cream.

Sherbet can be called ice, water ice, Italian ice or fruit ice. Sherbet is

## Make two meals from grilled steak

Fire up the grill! A backyard barbecue makes healthy eating delicious, fun and easy.

Grilling requires no additional fat (such as butter or oil), so it's a heart-healthy way to prepare your favorite foods. Even the most popular summer pick-grilled steak — can be part of a low-fat diet.

Health experts recommend choosing lean beef cuts such as top sirloin, tri-tip or top round. Be sure to trim all visible fat before cooking, and remember that a serving is three ounces of cooked meat — not a half pound steak!

For a simple grillside accompaniment, pair fresh vegetables and herbs with cholesterol-free noodles. Tender and fluffy, they make a low-fat base for side dishes and salads, creating a healthful alternative to mayonnaise and sour cream-laden coleslaw and potato salad.

For two heart-healthy meals in one, fix Double Batch Sesame Sirloin for your family. Serve part of the juicy steak for dinner, and use the remaining steak and reserved marinade for Sesame Steak Salad the next day. Since the meat and dressing are already prepared, the salad takes just minutes to toss together. Steak strips, squash, mushrooms, pea pods and onions combine with cholesterol-free noodles and the reserved marinade for a cool summer salad delight.

### DOUBLE BATCH SESAME SIRLOIN

1/4 cup reduced-sodium soy sauce  
1/4 cup rice vinegar or white wine vinegar

2 tablespoons Oriental sesame oil  
4 teaspoons sugar  
2 teaspoons grated fresh ginger  
2 garlic cloves, crushed  
2 pounds boneless sirloin steak, cut 1-inch thick, well-trimmed  
1/4 package (6 ounces) cholesterol-free noodles

Combine soy sauce, vinegar, oil, sugar, ginger and garlic. Place sirloin steak in plastic bag; add half of soy sauce marinade; reserve remaining marinade for salad. Close bag and marinate in refrigerator up to 6 hours, turning occasionally. Remove steak from marinade; discard marinade. Place steak on grill over medium coals. Grill 16 to 20 minutes, turning once for rare to medium. Meanwhile, cook No Yolks according to package directions without salt. Drain noodles. Remove steak from grill; reserve half of steak for salad. Slice remaining steak and serve with noodles.

Note: If desired, steak may be broiled. Place steak on rack in broiler pan, 3 to 4 inches from heat. Broil 14 to 18 minutes for rare to medium.

### SESAME STEAK SALAD

1/4 package (6 ounces) cholesterol-free noodles  
1 pound reserved Sesame Sirloin (see recipe above)  
Reserved soy sauce marinade (see recipe above)  
1 cup thinly sliced yellow squash  
1 cup sliced mushrooms  
1 cup blanched pea pods  
1 cup sliced green onions  
1 teaspoon toasted sesame seeds

Cook noodles according to package directions without salt. Meanwhile, cut steak into 2x1x1/4-inch strips. Drain noodles. Toss with reserved marinade, steak strips, squash, mushrooms, pea pods, onions and sesame seeds. Chill before serving. Makes 6 (1-1/4 cup) servings.

generally made from pulverized fruit pulp, fruit juice and sugar syrup. The French sorbet made with a light syrup, is slightly grainy and has an intense fruit flavor. Italian sorbetti are made with a heavier syrup and tend to be smoother and sweeter. Sherbets are less sensitive to texture changes than ice cream so for the finest eating quality, storage time should be limited.

Italian gelato contains less air than most French or American ice cream so it is denser and firmer. Spanish granita refers to the slightly grainy, granular texture because it has been frozen without constant churning so it can be made in your home freezer. Serve slightly thawed and slushy. Both the gelato and granita make refreshing, between course, palate cleansers.

Ice cream is a frozen dessert made from egg yolk, milk, cream, sugar, and flavorings. According to federal standards, to be sold as ice cream, the product must have at least 10 percent butterfat, 20 percent milk solids and not more than 50 percent air.

For the many people who cannot have lactose, the sugar in milk products or those just wanting to cut back on fat and cholesterol there are some other alternatives. You will need to carefully read the labels on these products. There are products made from tofu, fruit purées, brown rice and other low lactose products.

Ice cream and other frozen desserts should be stored at low temperatures to protect the texture and flavors. Don't let ice cream thaw too much. Repeated thawing and refreezing will destroy the texture. Homemade ice cream should "ripen" for several hours, but should be eaten within one or two days. Ice cream stored for long periods develops "ice crystals" on its surface and



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acquires a heavy undesirable texture.

Do the unusual with frozen desserts. Cut off the top of a navel orange, and hollow out the pulp, fill with ice cream, sherbet or fruit ice, use the top for a lid and freeze individually. Allow about one-half hour to defrost and serve to your delighted guests.

A bombe is a classic shape for molded ice cream, it looks like half a

football. A bombe is a mixture of two or more frozen desserts of different colors layered and packed into the mold.

A watermelon bombe would certainly impress your friends. Layer the inside of the mold with vanilla ice cream, press plastic wrap against the ice cream and freeze at least four hours. Slice chocolate chips into raspberry sherbet to simulate watermelon seeds. Remove the plas-

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tic from the vanilla mold and fill the cavity with the sherbet. Cover and freeze. After the bombe has been unmolded, paint the outside of the molded ice cream with green food coloring until it looks like a watermelon, slice to serve.

Ice cream and other frozen confections are good year round but especially welcome in the summer. Invite friends and family for a homemade "ice cream or sherbet" making party in the summer. Modern ice cream makers have made it very simple to make these taste treats on a regular basis.

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