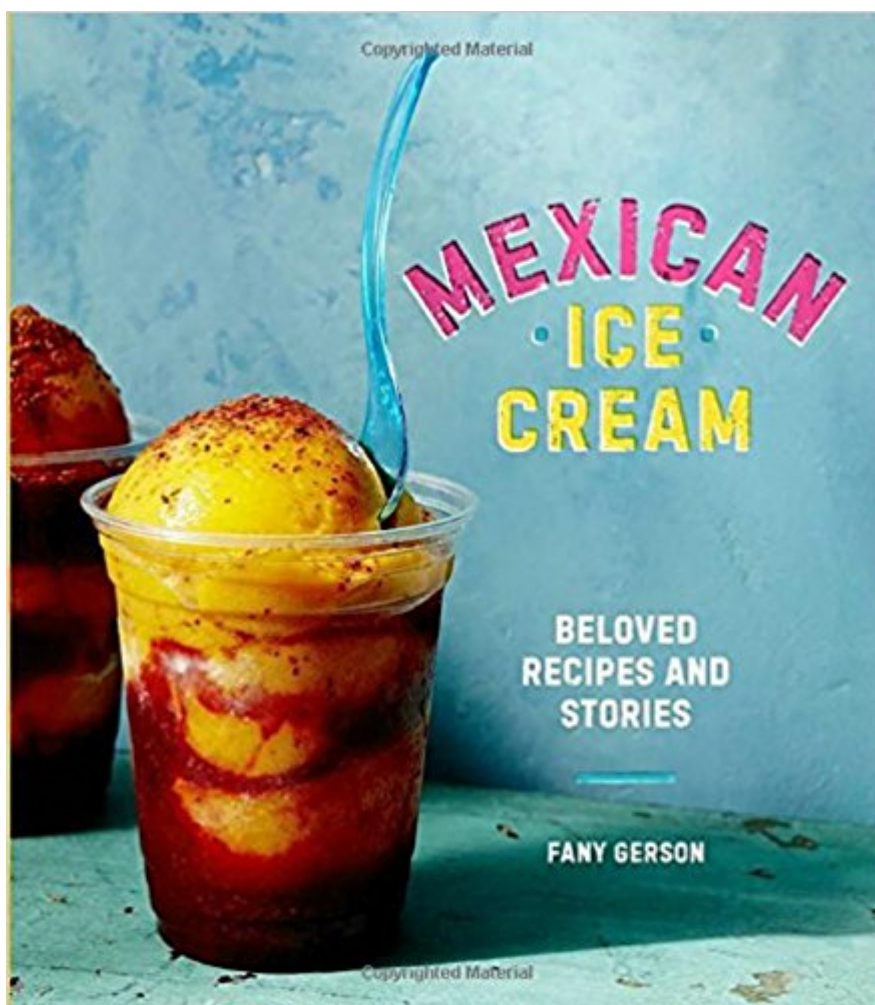


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# Mexican Ice Cream: Beloved Recipes And Stories



## Synopsis

A collection of 60+ flavor-packed recipes for ice creams and frozen treats rooted in Mexico's rich and revered ice cream traditions. This new offering from the incredibly popular baker and sweets maker Fany Gerson, the powerhouse behind Brooklyn's La Newyorkina and Dough, showcases the incredibly diverse flavors of Mexican ice cream while exploring the cultural aspects of preparing and consuming ice cream in Mexico. Gerson uses unique ingredients to create exciting and fresh flavors like Red Prickly Pear Ice Cream, Oaxacan-style Lime Sorbet, Avocado-Chocolate Ice Cream, and Rice-Almond Ice Cream with Cinnamon. All recipes are created with the home cook in mind, and written in Fany's knowledgeable but accessible voice. Mexican Ice Cream features vibrant location photography and captures the authentic Mexican heladerias that Gerson has been visiting for decades. For anyone looking to up their summer ice cream game, this is the book.

## Book Information

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## Customer Reviews

[View larger](#) [Pineapple-Herb Sorbet](#) Nieve de Piña y Hierba Guadalajara, the second-largest city in Mexico, is well-known for its nieves, and Nevera San Antonio is one of my favorite shops. Famous for its small counter with rows and rows of garrafas, barrels used for hand-churning ice cream, the shop has modernized and expanded since I was a child, but the ice cream is still as good as I remember. On my last visit to Guadalajara, I drove straight from the airport to the nevera to try one of their seasonal flavors, nieve de piña y hierba, or pineapple-herb sorbet. It was so good I had to go the next day to get more. The flavor of

pineapple is very refreshing, and it pairs beautifully with any kind of herb. Never a San Antonio used spearmint for their version, but try it with lemon thyme or basil for something different. Have fun and make it your own. Recipe - Makes about 1 Quart In a blender or food processor, puree the pineapple chunks, sugar, water, lime juice, and salt until smooth. Add the herb and pulse until the herb is broken down into green specks. Pour the mixture into a bowl, cover, and refrigerate the base until cold, at least 3 hours or up to overnight. Whisk the base gently to recombine. Freeze and churn in an ice cream maker according to the manufacturer's instructions. For a soft consistency, serve the sorbet right away; for a firmer consistency, transfer it to a container, cover, and allow to harden in the freezer for 2 to 3 hours. Ingredients 1 small pineapple, cored, peeled, and cut into chunks (about 3 cups) 1 cup sugar 1 cup water Juice of 1 lime 1 teaspoon kosher salt 2 tablespoons chopped fresh herb, such as mint, basil, or rosemary

"You'll want to feature this colorful cookbook prominently on your bookshelf. Starring ingredients range from cinnamon and avocado to mangoes and Mexican chocolate. Flipping through the pages will transport you to Mexico and have you craving a towering cone of ice cream or sorbet." Grace Elkus, *A Real Simple* "The combinations are as vibrant as those in the chef's signature popsicles. Stories of Gerson's memories seeking out and eating ice cream as a child in Mexico are interspersed with recipes for uncommon combinations like chocolate with peanut marzipan; avocado and passionfruit; goat cheese with *hoja santa*; mole; and a sour, spicy, and sweet concoction: sour cream with guajillo chile and piloncillo-roasted apricots. Transport yourself to the streets of Mexico City with a scoop of Gerson's deviled mango sorbet topped with chamoy, a must-taste condiment made from pickled plums that brightens the floral sweetness of mango." Daniela Galarza, *Eater* "Praise for My Sweet Mexico:" Fany's irresistible take on Mexican sweets is as smart and instructive as it is inspiring. Recipe after recipe--from traditional *Buñuelos* to an updated Chocolate Rum Tres Leches Cake--I'm reminded why she's one of the most gifted pastry chefs around." Scott Jones, executive food editor, *Southern Living* "Like many of you, perhaps, we haven't given Mexican desserts a lot of thought. Sure there's flan and quite a few delicious ice creams to be had in Mexico, but there's also a lot of brightly-colored pastries that are more decorative than delectable. But looking through the photographs in this truly stunning cookbook might win a few converts...I'm happy to have this book in my collection if only to dream of sweet treats...and future trips to one of my favorite places, Mexico." David Lebovitz, author of *My Paris Kitchen* "What a super-delicious and inspiring celebration of unique flavor combinations! Fany, my incredibly

talented gal pal, brings us on a tour of her beloved Mexico through this creative, joyful, and beautifully photographed collection of ice creams and sorbets. These recipes conjure happy memories that make you long to attack a cone of your own. You'll be rushing to your local Latin-American grocery store and plugging in your ice cream maker in no time!

Christina Tosi, chef/founder/owner of Milk Bar "Fany's enthusiasm and genuine love for Mexican ice cream is contagious. This cookbook reads like a fairytale and swept me off to a place I didn't know existed. Deeply engrossed, I wanted to make each and every flavor not to mention head straight to Mexico, the source of some of the greatest ice cream in the world."

Jeni Britton Bauer, James Beard Award-winning author of *Jeni's Splendid Ice Creams at Home*

A graduate of the Culinary Institute of America, FANY GERSON has worked in a range of fine-dining kitchens around the world. She is the founder of La Newyorkina, a catering company, roving food truck, and soon-to-be brick and mortar restaurant in Manhattan, and Dough bakery. Her work has been featured in the New York Times, Gourmet, Fine Cooking, Daily Candy, and more. Her previous titles include *Paletas* and *My Sweet Mexico*.

I LOVE this book! Great stories of Mexico, regional favorites, beautiful photos and OH! the recipes!!! Now I can make Mole Icecream with my leftover mole (full disclosure, I am a chef and Mexican cuisine is one of my specialties, but so much to learn here and it's easy to understand and follow the recipes) or there's a great recipe to make your own mole. Plus so many interesting flavors (Horchata Ice Cream anyone? Or Walnut with Pomegranate? Deviled Mango Sorbet?) and all the toppings, even a recipe for Cajeta, Mexico's famous goat milk caramel, instructions on how to make your own Sugar Cones, even Vanilla & Tequila Whipped Cream. Best \$12 I've spent in a long time!!! Great summer gift, too!

This is the 2nd book that I bought from Fany Gerson, a pastry chef who loves eating ice cream especially her childhood favorites, and made other adapted recipes that feature all sorts of flavors popular in Mexico. She also features the types of ice cream gadgets that never use to make their signature flavors of ice cream. This is another awesome cookbook that features different recipes on making Mexican ice cream. I also never expected to find sorbets, popular Mexican toppings and other frozen treats. One of the great cookbooks that feature stories from popular and famous regional frozen treats, flavors unique to a few regions in Mexico, and the process of making these

wonderful treats. I really liked her writing because it is so fun to read an introduction of each unique flavor of the popular Mexican ice cream. This is a keeper in my frozen treat Kindle library.

I'd been waiting on this book for a while and was worried I'd hyped it up in my head. It was what I wanted and so much more. Though, I am not Mexican - the flavor palettes in this are 100% down my alley (cinnamon, chile, roses, chocolate) - the cricket one was a bit out of my realm of experience but almost all the recipes are amazing. Still so excited about this book!

It's nuts that this book doesn't have more raving reviews. Quite frankly, leaving thru it is some form of achievable pornography. These might take a step or two to make but ice cream, generally speaking, is not rocket science. I just love the flavor combos and at times using the recipes as a jumping off point for some improvisation to please our tastes. So far, we've done the Lime Pie Ice Cream (used key limes) and the Horchata Ice Cream. Both were just amazing. Can't wait to try more. Thank you for opening my mind with this!

Beautifully researched, written and photographed book. The recipes are sophisticated and combine flavors that we had never thought of putting together. Despite the intriguing flavors, the recipes are quite easy to follow and the instructions are simple. This book is a true labor of love and the ice cream is fun, creative and inviting.

Brilliantly executed! A winning book YOU must get ASAP. Killer recipes. Love Fany's work!!!

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Loved everything about this book. Never imagined the depth that can be taken into the flavors and ingredients of Mexican ice creams. Fany Does an amazing job of not only taking us deep into these flavors but also into the lives of the people that bring us these flavors. It makes me want to book a trip to Mexico just to go meet all these ice cream makers. Beautiful photos and great writing bring this together. If you love making ice cream give this a real chance, the recipes are very easy to follow and inspiring to make your own combinations. But this is so much more than a cook book. A true treasure to my cook book collection.

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