

Ah, Ice Cream!
by MariLu McGinnis

Ah, Ice Cream! Do we tend to think it's our invention or at least the best of all versions? I think we do and it sure tastes wonderful in a cone or on a stick on a summer day or on a fruit pie in the fall ... or heck anytime you feel like an indulgence. But hey, the Romans brought their too long banquets to an end with ices that the Persians probably taught the Moors how to make with snow from the various mountains scattered around the continents. The Moors called it Shribab. We call it sherbet. They put things in it we wouldn't enjoy. It was cold and frozen though and while they (they being the Moors) were in Sicily from 700 to 1000 AD, the technique improved and somewhere along the kitchen line it became gelato. Real gelato is to ice cream as Mom's apple pie is to store-bought. It's richer, creamier, without as much milk solids so it has less calories. Flavorings taste sharper and yummiier. The result of intense mixing is that it is both dense and light. So there is a way of tasting a bit of Italy without making that trip. Not knocking good ole ice cream. I'm just sayin'.