

Made in Denver

By Nancy Martz

If I gave you this list of names for a product, what do you think that product might be? Cuttlefish, Ox Tongue, Big Mouth, Blood and Guts, Honey Chili Pepper, Smoked Porter, Seaweed, Mung Bean, Spinach, and Wasabi. I'll bet none of you would pick the actual product, which is flavors of ice cream made throughout the world.

The ancient Greeks may have been among the first to savor a frozen treat called Ambrosia consisting of ice from Mt. Olympus crushed with fruit juices, wine, and honey. It was thought to be the food that kept Zeus, Hera, and the other gods immortal, and it doesn't sound bad to me, either. The ancient Persians mixed ice with saffron, fruits, nuts and rose water or grape juice, which also has its appeal. Arabs may have been the first to use milk in place of fruit juices, and Kublai Khan is said to have eaten it in royal secrecy until Marco Polo visited and sneaked the recipe to Italy where it was made with a less fatty milk and called gelato.

Quakers brought the recipe for ice cream to the U.S., and George Washington, Ben Franklin, and Thomas Jefferson all loved it and indulged in it regularly. During American Prohibition, soda fountains gained in popularity.

In a *Sunday Denver Post*, columnist Fred Brown referred to the unremarkable session of the Colorado General Assembly as "vanilla ice milk, flat and uninteresting" before it turned to "Rocky Road when House Speaker Frank McNulty called a recess, effectively killing the civil unions bill along with about 30 others." Actually Fred must not know that vanilla is the world's number one flavor chosen by 29%. And Rocky Road is a distant 14th, preferred by just 1.4% of the world's ice cream eaters.

Today's flavors around the world include Kimchi in Korea; Stilton Cheese in Great Britain; Octopus, Squid and Eel in Japan; Mustard at Ohio State University; Lobster in Las Vegas, and Fried Ice cream in Taos, New Mexico.

However, right here in Denver is "one of the best ice cream spots in the country," according to *USA Today Magazine* 5280 claims it is "Denver's best ice cream," and *Westword* calls it "the world's best ice cream for the milk-averse." You can get it at the restaurant called *Sweet Action Ice Cream* at 52 Broadway, and it is made in Denver from Colorado dairy cows. This ice cream restaurant has several hundred flavors, but alas, all are not offered at once. Among them are chocolate and vanilla, but also Baklava, Blackberry Lavender, Brown Bread Molasses, Stranahan's Whiskey Brickle, Tangerine Wheat, and a number of Vegan flavors like Cookie Dough, Cinnamon, Pretzel, and Red Velvet.

One that I haven't yet tried, but will do so very soon, is the Maple Walnut Caramel or the Brown Sugar Banana or the Chocolate Malt Whopper or the E.T. Mimosa or the Salted Butterscotch or the Chocolate Toffee or the Blackberry Whiskey or maybe the Chocolate Mint Sorbet... well, I'll have to think about it.

So let us rejoice in the Made in the USA version of ice cream, unless you prefer the imported Kimchi from Korea or Pit Viper from Japan. I, myself, plan to support the good old USA by licking the made in Denver brand as soon as possible.