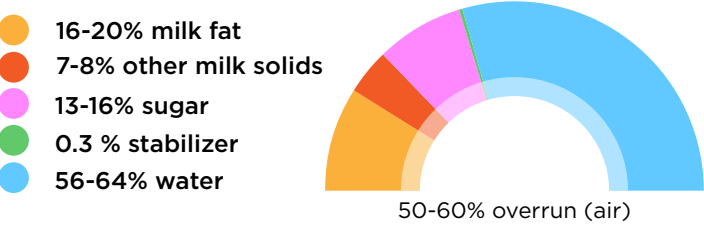


Ice Cream and Friends

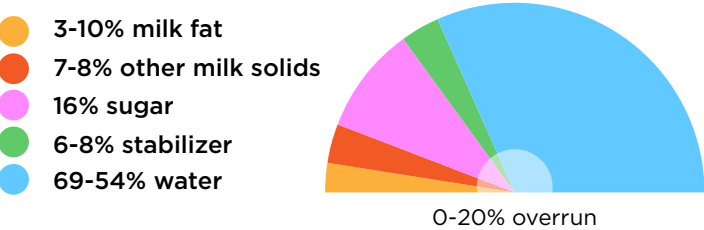
Here’s the scoop on some of the differences between types of frozen treats.

Premium Brand



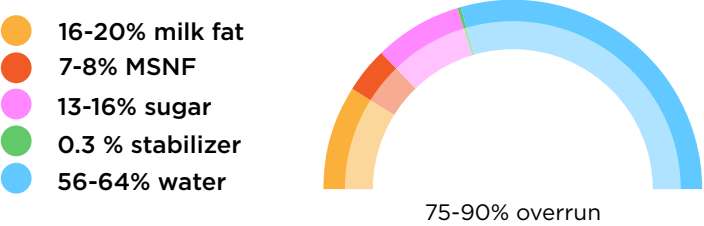
These are your Ben & Jerry’s and Häagen-Dazs-type thick ice creams. The richness of the ice creams in this category comes from the high percentage of milk fat.

French Style



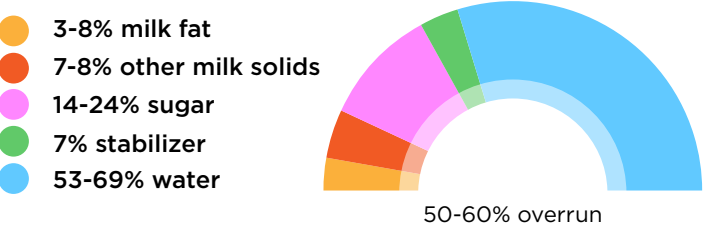
Light up a cigarette, go on strike from your job at the Métro, and cook up an egg-custard base to make this smooth, rich ice cream.

Low Fat



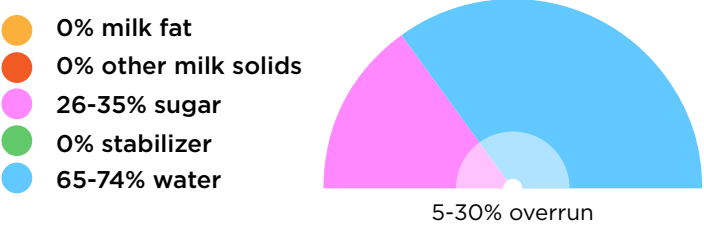
Before a flurry of new U.S. food regulations in the mid-nineties, this stuff bore the unappealing label of “ice milk.” Today, a frozen mixture with a low percentage of milk fat can be classified as “low-fat ice cream”—and millions of dieters don’t bother skimping on dessert.

Gelato



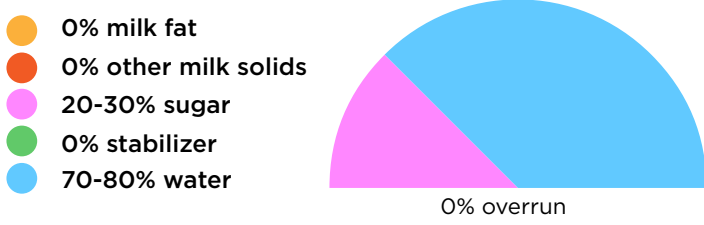
This Italian ice cream has less fat than its American counterpart. It’s also churned more slowly to introduce less air. The lower fat content makes gelato a great choice when it comes to fresh fruit flavors, which can get masked in higher-fat ice cream.

Sorbet



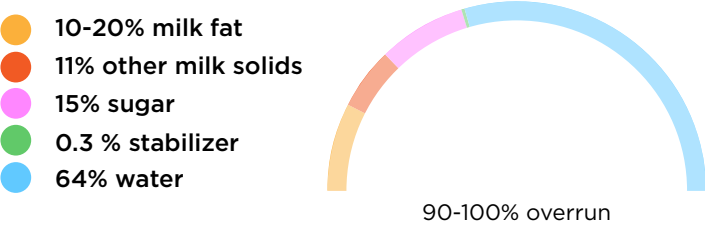
The ultimate palate cleanser, sorbet is a lot like sherbet only without the dairy. Some people use the term “ices” and “granitas” to mean sorbet, but the former two generally have a more granular texture.

Ice Pop



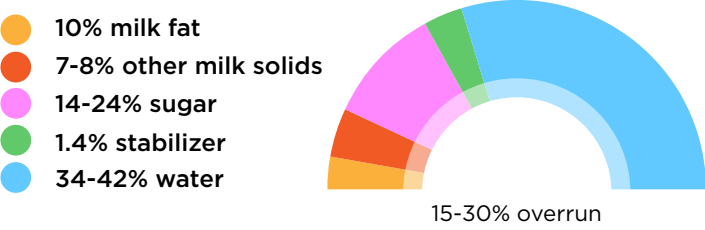
Popsicle®, ice lolly, ice block, icy pole, freeze pop, yeti finger, glacier pencil, snowman bone... by any name, it’s frozen sugar water with some kind of flavor.

Economy Brand



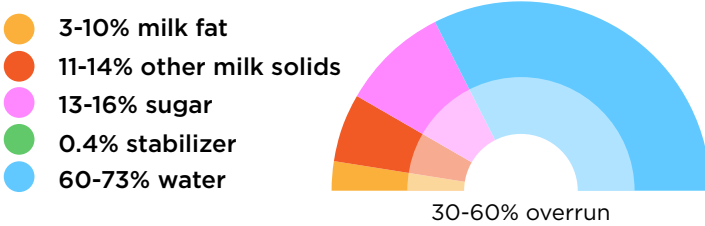
Why does that bucket of cheap, frozen treat feel lighter than the pint with the umlaut on the label? Economy brands tend to contain more air than their higher-end freezer friends. Not necessarily a bad thing—some people prefer a more airy ice cream.

Frozen Custard



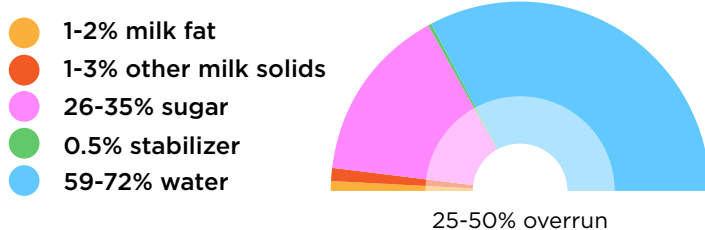
With plenty of egg yolks and a lot less air than ice cream, this frozen dessert is remarkably dense and creamy. Invented in New York, it enjoys an especially fervid fan base in the American Midwest.

Soft Serve



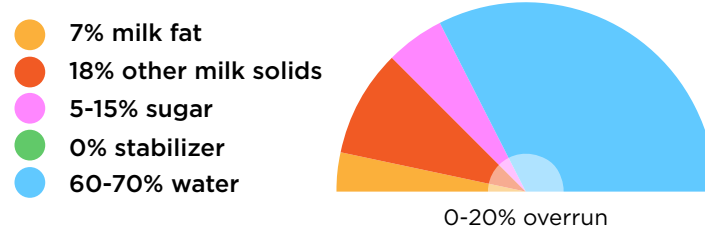
Carvel and Dairy Queen both claim to have invented this air- and water-filled frozen favorite, commercially available since the 1930s and so soft you can pour it out of a spigot.

Sherbet



In the U.S.A., sherbet is a kind of ice cream with 1-2% milk fat and more sugar than low-fat ice cream. Expect it to be flavored with fruit.

Kulfi



Good old Kulfi, just like mama used to get from the matka of the kulfiwala back in Bangalore.



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and more at [ChefSteps.com](https://www.chefsteps.com)