

INGREDIENTS

Makes 2 quarts

1 batch Sicilian-Style Gelato Base or Classic Gelato Base
2 cups [500 ml] fruit puree of your choice (recipes follow)

Prepare the gelato base of your choice according to the recipe instructions. Refrigerate until thoroughly cold. Whisk in one or a combination of the fruit purees of your choice, then pour into the bowl of an ice cream maker. Freeze according to the manufacturer's instructions. Stop the machine when the gelato is icy but still soft.

Transfer the gelato to an airtight container and freeze until firm, about two hours. The gelato will keep, frozen, for up to two weeks. Always take the gelato out to room temperature 10 to 15 minutes before serving to soften it and make it easier to scoop.



BLUEBERRY, STRAWBERRY, SWEET CHERRY, RASPBERRY, OR BLACKBERRY PUREE

Makes about 2 cups [500 ml]

3 cups [750 ml] fresh or frozen blueberries, strawberries, raspberries, or blackberries
(strawberries should be measured sliced)

¼ cup [60 ml] granulated, cane sugar, maple syrup, or honey (adjust the quantity according to the sweetness of the fruits you use)

2 tbsp [30 ml] freshly squeezed lemon juice (from about half a lemon)

Place the fruits in a large bowl, then add the sugar and lemon juice. Mix to coat the fruits thoroughly. Let rest at room temperature for 15 to 30 minutes.

Transfer the macerated fruits to a saucepan. Place over medium-low heat and cook until the fruits have broken down and the syrup has thickened, 8 to 10 minutes. Remove from the heat and let cool to room temperature. Transfer to an airtight container and refrigerate at least 2 hours or overnight.

Transfer the fruit mixture to a blender and blend until you get a fine puree consistency (you can also use a stick blender to do this).

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If making blueberry, strawberry, or sweet cherry puree, the puree is now ready to use: measure out 2 cups [500 ml] (save the remaining puree, if any, to spoon over the churned gelato as a coulis, or use in a smoothie.) Whisk the fruit puree to the gelato base of your choice and churn according to the manufacturer's instructions.

If making raspberry or blackberry puree, strain it to remove seeds, then measure out 2 cups [500 ml] (save the remaining puree, if any, to spoon over the churned gelato as a coulis, or use in a smoothie.) Add the puree to the gelato base of your choice. Churn according to the manufacturer's instructions.

VARIATION

To make a gelato with fruit chunks in it, you can save a half cup of the macerated fruits before blending the rest to a fine puree. Add the saved macerated fruits to the ice cream maker after pouring the gelato base/fruit puree mixture. Churn according to the manufacturer's instructions. The macerated fruit will break down further during the churning process but nice juicy chunks will remain.

MANGO, PEACH, OR NECTARINE PUREE

Makes about 2 cups [500 ml]

1 lb [454 g] ripe mangoes, peaches, or nectarines
¼ cup [60 ml] granulated, cane sugar, maple syrup, or honey (adjust the quantity according to the sweetness of the fruits you use)
1 tsp [5 ml] freshly squeezed lemon juice

If using mangoes: Peel the mango, then cut the flesh off from the pit. Chop the flesh coarsely.

If using peaches or nectarines: Blanch the fruit to remove their skins. To do so, prepare a large bowl with ice water. Bring a large saucepan of water to a boil. Using a sharp knife cut a small X into the bottom of the peaches or nectarines. Immerse the fruits in the boiling water and leave for about 1 minutes to loosen the skins (the riper the fruits, the less time required). Using a slotted spoon, remove the fruits and immediately plunge them into the bowl of ice water. Let sit until cool enough to handle, about 1 minute. Peel the peaches or nectarines by pulling on the skin, starting from the X incision you made. Remove the pit and chop the flesh coarsely.

To make the puree: Place the chopped fruits, sugar, and lemon juice in the bowl of a food processor. Process until the puree is very smooth, scraping down the sides of the bowl along the way. Strain the puree, pushing it through a fine mesh sieve to extract all the liquid. Discard the solids. Cover and refrigerate the puree until cold, at least 1 hour.

Measure out 2 cups [500 ml] of puree (save the remaining puree, if any, to spoon over the churned gelato as a coulis, or use in a smoothie.) Whisk the fruit puree to the gelato base of your choice and churn according to the manufacturer's instructions.