



# Who wants ice cream?

If you desire a frozen treat, first read the label carefully and then don't be afraid to mix it up

**M**odern ice cream emerged from a vague and meandering history. More than 3,000 years ago, the Chinese enjoyed flavoured ices. Centuries later, King Solomon sipped frosty drinks during the blazing harvest heat, and Alexander the Great brought ice from the Greek mountains to mix with fruit and honey. By the 1600s Europe had embraced ice cream, adding eggs, cream and other flavours to create a



Charmian Christie

decadent frozen treat.

But such indulgences were only for the well-to-do. It wasn't until the mid-1800s that ice cream made its way from palaces to the public. In 1851, a Maryland company, wanting to use up its surplus cream, started



## Stemmler's Mother's Day Crispy Chicken with Charred Buttery Salad

Serves 4 People (30 min prep / 1hr total cook time)

### Ingredients

- 2 Tbsp Olive Oil
- 1 3 1/2 - 4-lb. Chicken OR pieces of skin on legs, thighs and breasts
- 2 Tbsp Salted Butter
- 3 Medium Shallots, sliced into rings
- 2 Cups Sugar Snap Peas, strings removed, Halved
- 1/2 Bunch Fresh Local Asparagus (cut into 1 inch pieces)
- 2 heads Buttery Green lettuce (Boston Bibb or Green Leaf), quartered
- 1 Tbsp fresh thyme leaves
- Sea salt and freshly ground black pepper
- Lemon wedges (for serving)

### Instructions:

Heat oil in pan, season the chicken and sear off the skin. Remove it and place on baking sheet in a 400F oven for 20 minutes until cooked. In the same pan, add the shallots until soft. Add the asparagus, snap peas and fresh thyme. Season and cook 5 minutes. Remove everything then add butter to the empty pan. Once it's melted and hot, add the lettuce and sear all sides. Should only take 45 seconds each. Place lettuce on the plate, season lightly, add the mixed vegetables then top with the cooked Chicken. Squeeze lemon all over and serve.

## Stemmler's Father's Day Roadhaus & Pork Jowl Burger with Sweetened Slaw

Serves 4 People (30 min prep / 1hr total cook time)

### Ingredients

- 8 Stemmler's Roadhaus Burgers
- 4 Fresh Baked Pretzel Buns
- 4 Pcs Stemmler's Smoked Pork Jowl
- 1/2 Cup Applewood Smoked Cheddar (Shredded)
- 1/4 Cup Caramelized Shallot & Onion Confit (purchased at Stemmler's)
- 4 Tbsp Oatshine BBQ Sauce (ChefScottyCooks)
- 1 Tbsp Salted Butter (melted)
- 4 Pcs Buttery Greens (Boston Bibb or Green Leaf)
- 4 Slices Tomato seasoned with Salt & Pepper
- 4 Stemmler's Garlic Dill Pickles
- 1 Cup Coleslaw (store bought or make your favourite one with sweetened dressing)

### Instructions:

Make the coleslaw to your liking with a light vinaigrette. Refrigerate. Slice the Pork Jowl and place in hot pan. Cook on each side for about 5 minutes. Remove from pan and place on paper towel. Add the shallots and cook in the same pan. Once they are golden brown and soft, remove from the pan. If you are cooking the burgers inside, add to the same pan and season with your favourite spice. Otherwise, cook them on the bbq. Once they are finished add the shredded cheese to melt. Place the Pork Jowl Bacon on top. Repeat this to make a double burger! Place the shallot and onion confit on the bottom, then the burger and top with lettuce/tomato. On the inside top of the bun, add the Oatshine BBQ sauce then brush the top with melted butter. Serve with pickles and the slaw.



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the first large-scale manufacturing, and the rest is delicious history.

Today, you'll find the freezer aisle full of flavours once found only in the ice-cream parlour. But not all advances have been positive.

Real cream and Canadian milk can be replaced by vegetable oils and dairy from beyond our borders. According to the Dairy Farmers of Canada, the label is key to knowing what sort of frozen dessert you're putting in your cart. To be labelled "ice cream," the product must contain at least 10 per cent butterfat and be made with milk, not non-dairy fat. Anything else must be called a "Frozen Dessert."

Want to buy Canadian? A Dairy Farmers of Canada label is your assurance 100 per cent of the milk or milk ingredients, such as milk solids, are from Canada, and therefore contain no artificial hormones or antibiotics.

Not all frozen desserts are inferior. Coconut milk frozen dessert is a treat for those who can't have dairy. Ice milk and frozen yogurt can be lower in fat. And sorbet is clean and refreshing. The ingredient label will help guide you.

#### Buying

Overrun, the amount of air churned into ice cream, is a factor in quality. A bit keeps ice cream soft and scoopable. A lot results in a less expensive product that melts quickly and delivers less flavour.

While overrun percentages aren't printed on the label, you can make an educated guess by picking up a carton. The more overrun, the lighter the carton. Ice cream that's heavy for its volume will melt more slowly and have a more pronounced flavour.

#### Storing

Because ice cream shouldn't be defrosted and refrozen, bring an insulated grocery bag and chill pack with you to buy extra time on a hot summer day. Once home, keep ice cream at the back of the freezer where it's coldest, not in the door where it's exposed to temperature fluctuations.

Always return the carton to the freezer as quickly as possible since thawing and refreezing can cause ice crystals. Commercial ice cream keeps for a couple of months. Homemade should be consumed in a couple of weeks.

#### Make the Most of Mix-Ins

When I was a child, ice cream was usually vanilla or chocolate. If we were lucky, mom bought butterscotch ripple. It was such a treat, I used to liberate the butterscotch swirl, gouging it out with my spoon straight from the carton. The rest of the family was left with nothing but tunnelled vanilla. And I didn't care.

Today, I no longer hog the butterscotch. In fact, I make my own ice cream with lots and lots and lots of whatever catches my fancy thanks to mix-ins.

If you don't make ice cream from scratch, you can add mix-ins to premium store-bought. Don't feel limited to vanilla. Chocolate and coffee are good choices, providing they don't contain a ripple or mix-in already. Soften the ice cream in the bowl of a stand mixer fitted with a paddle. Once softened slightly – not liquid – stir in your mix-in pieces or layer with ripples.

Whether using store bought or homemade, a good rule of thumb is 1 1/2 to 2 cups of mix-ins per litre of ice-cream base. But not all mix-ins are created equal.

- Cookies and pretzels can get soggy. Tossing the bits in melted chocolate first will not only maintain their crunch but also add flavour.

- Fruit can get icy. To avoid this, either cook the fruit first or add a bit of vodka to the mix to prevent freezing.

- For small pieces, like chopped nuts, chocolate chips or toffee bits, fold them into the ice cream base at the last minute, just before freezing.

- For a rippled effect, don't stir. Layer. Spread a smear of the sauce on the bottom of the container, then alternate layers of the base and the sauce. The swirl will form when you scoop.



#### BASIC VANILLA NO-CHURN ICE CREAM

No ice cream maker? No problem. Sweetened condensed milk – NOT evaporated milk – is the key here. Lightened with whipped cream, this base needs no churning yet is decadent enough to be embraced by every food guru from Martha to Nigella. It also offers up endless possibilities.

**1 300 mL can sweetened condensed milk**  
**1 teaspoon (5 ml) vanilla extract**  
**Generous pinch fine sea salt**  
**2 cups (500 ml) cold whipping cream**

1. Scoop the sweetened condensed milk into a large bowl, making sure you scrape all the milk from the tin. Mix in the vanilla extract and fine sea salt.

2. Using a hand mixer or a stand mixer fitted with a whisk, whip the cream until it holds stiff peaks, about two to three minutes.

3. Mix a generous scoop of whipped cream into the condensed milk. Fold in the remainder of the whipped cream being careful to keep as much air in the mix as possible. If using mix-in pieces, fold them in now.

4. Transfer the base to a freezable container. If making a ripple ice cream, alternate layers of base and sauce at this stage. Cover the ice cream by placing a piece of plastic wrap directly on the surface to prevent ice from forming. Freeze for at least six hours or overnight. Keeps for up to two weeks.

5. To make Butter Pecan or Raspberry Ripple Ice Cream, add the mix-ins below.

#### BUTTERED PECANS

**1/4 cup (60 ml) butter**  
**2 cups (500 ml) pecan halves**  
**1/4 cup (60 ml) brown sugar**  
**2 tablespoons (30 ml) whipping cream**

1. Line a baking pan with parchment or aluminum foil. Set aside.

2. In a medium saucepan, melt the butter over medium-high heat. Add the pecans with a wooden spoon and toss to coat the nuts. Quickly add the sugar and whipping cream. Stirring constantly, cook the pecans until the sugar caramelizes, about three minutes.

3. Spread the pecans on the prepared pan. Once cool, chop roughly before folding into ice cream as a mix-in or sprinkling on top.

#### RASPBERRY RIPPLE

**2 cups (500 ml) raspberries, fresh or frozen and slightly thawed**  
**1/4 cup (60 ml) granulated sugar**  
**1 tablespoon (15 ml) vodka (Don't omit. This prevents the sauce from freezing.)**

1. Place raspberries in a large bowl and sprinkle with sugar and vodka. Mash with a fork until a few lumps remain. Cover and refrigerate until ready to use.

2. Once ice cream is ready, spread a bit of sauce on the bottom of the freezer container. Top with a layer of ice cream.

3. Alternate layers of sauce and ice cream. The swirls will appear when you scoop. 

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