

ICED°
METHOD

by StefanoChef

CATEGORY C · CHILL · METHOD N°01

Chill Tiles

Thin stackable frozen tiles. A modular storage system for those without enough containers.

Have a **TEFAL DOLCI**, **MOULINEX DOLCI** or **NINJA CREAMI DELUXE** and few original containers? Chill Tiles let you store much more gelato, sorbet, frozen yogurt and creative bases — always ready to be processed. **Field-tested method.**

⊙ TEFAL / MOULINEX DOLCI

⊙ NINJA CREAMI DELUXE

↳ THE FRAMEWORK

The four phases of ICED workflow.



The *Chill Tiles* were born here.

You opened your Dolci box and inside there were three bowls. Or you have a CREAMi with a few extra pints, but the freezer fills up fast. **You want more flavors ready, you have no more space.**

Chill Tiles are my answer. **A tile** (from English: tile, square) is a portion of gelato base pre-frozen in a flat bag, stacked in the freezer, transferred into the original container only at the moment of use.

Eight thin tiles take up the space of a few pints, but contain twice the gelato. The same freezer holds many more recipes ready to be processed.

Chill Tiles are part of **category C — Chill** of ICED Method. It's an experimental system developed by the community: **not covered by Tefal, Moulinex or Ninja manuals**. Neither explicitly authorized nor forbidden — simply not contemplated by the official flow. Whoever applies it assumes their own risk.

The following pages are the method as I refined it, with real numbers from my tests and all technical care to minimize risks.

— Stefano

CHEF · ICED METHOD · MORAVIA, 2026

tile

From English: tile, square. The Chill Tiles module.

Beaker

Pacojet · stainless steel 1 L · fill 80%.

Pint

Ninja CREAMi · plastic ~710 ml.

Bowl

Dolci · Tritan ~480 ml · 3x in box.

01 *The real problem.*

Dolci bowls: only 3.

~**1.5 kg max** at a time. Three Tritan bowls in the box, no extra cups on the consumer market. Three total flavors, zero reserve.

CREAMi pints: bulky.

Five vertical cylindrical pints fill half the freezer drawer and need 24h of freezing. Six pints take up a lot of space for a few kg of base.

Six pints in the same space? Eight tiles, double the gelato.

BEFORE · 6 CREAMI PINTS



SIX PINTS · STANDARD STORAGE

FIG. A

~4 kg

of total gelato

AFTER · 8 CHILL TILES



EIGHT TILES · SAME SPACE

FIG. B

10-11 kg

of total gelato

3 DOLCI BOWLS

~1.5 kg

box equipment

three total flavors

6 CREAMI PINTS

~4 kg

freezer occupied

vertical cylinders

8 CHILL TILES

10-11 kg

same space as 6 pints

2.5× more gelato

Also for those with more Dolci bowls.

If you have 6 Dolci bowls of ~500 ml, they contain about **3 kg** of total base. In the same space you can keep **6-7 kg of Chill Tiles** safely — even more if the tiles are thinner. The principle scales on any machine with dedicated containers.

03 *The physics of tiles.*

THERMAL EXCHANGE

Thin = *fast*. Thin = *better*.

This is the point that changes everything compared to freezing in the machine container. **A thin tile freezes much faster than a thick block** — and freezes better, with smaller ice crystals.

Result: **smooth final texture** after scraping, no sandy perception on the tongue.



CLOSE STACK · DIFFERENT THICKNESSES

FIG. C

Why *thin* freezes faster.

The freezer cools the base **from the surface to the center**. Heat must travel from the heart of the mass to the outer edge, where the cold air absorbs it. **The farther the center is from the surface, the slower the thermal exchange.**

CREAMY PINT · 710 ML

~4.5 cm

center-wall distance · 24h freezing

THIN TILE · 5-10 MM

2.5-5 mm

center-surface distance · 8-12h freezing

A 1 kg tile spread on 30×30 cm and 1 cm thick has about **1,800 cm² of surface** exposed to cold air. A 710 ml pint has about 400 cm². **Four times more surface for the same mass.**

Fast freezing = **small ice crystals** = smooth creamy final texture. Slow freezing = large crystals = sandy texture. Thin tiles, freezing quickly, **preserve base quality better.**

5

Where to start: 5 mm thickness.

For first trials, start with a thickness of **5 mm**. Balance point: freezes in 6-8 hours, breaks by hand in a few minutes, optimal malleability. From there experiment: at 3-4 mm you're faster, at 8-10 mm you're more capacious. **Every recipe finds its optimal thickness after 2-3 trials.**

04 Which bags to use.

FIELD-TESTED

RECOMMENDED

BASE TIER



Zip freezer 3.5 L

TESTED · 1 KG PER TILE

Key criterion: sealable *while flat*. **Material:** food-grade LDPE, BPA-free, freezer-safe to -40°C. **EU standard:** Reg. 10/2011.

- + Anywhere, reusable, Archimedes possible.
- Residual air always present.

PRO TIER · CHAMBER



Chamber vacuum 30×40

TESTED · 1-2 KG PER TILE

Material: PA/PE smooth multilayer. **Machine:** chamber vacuum (handles liquids). **Degassing:** at least 3 cycles without sealing, then seal.

- + Liquids manageable, zero residual air.
- Expensive machine, single-use bag.

ADVANCED TIER · BAR



Embossed vacuum

Material: embossed PA/PE multilayer. **Compatible:** Laica, Foodsaver, Caso. **Limit:** liquids get sucked into the seal — pre-freeze 30-60 min or use PULSE VACUUM.

- + Domestic compromise.
- Liquids delicate, single-use.

DIY vacuum with zip bags.

WATER DISPLACEMENT

Documented and physically correct method: it exploits the **hydrostatic pressure of water** to push air out of the zip bag. **It's not a true vacuum**, a small percentage of residual air remains. For Chill Tiles it's more than sufficient.

- 1 Fill the bag with cooled base, leaving 3-4 cm from the closure.
- 2 Close the zip 90%, leaving a 2 cm corner open.
- 3 Basin with cold water. Immerse slowly.
- 4 Pressure pushes air out from the opening — you see it rise in bubbles.
- 5 When the opening is almost at water level, **close the zip quickly**.

Chamber vacuum: degassing cycles.

With **chamber machine** or vacuum that handles liquids: the content must be **degassed in multiple cycles without sealing**. Start the vacuum, watch that the liquid doesn't exit the bag, interrupt before sealing. **At least 3 degassing cycles**, then seal at the last cycle.

External bar vacuum (Laica, Foodsaver): liquids get sucked into the seal. **Pre-freeze base 30-60 min** until pasty, then vacuum. Or use **PULSE VACUUM** for short controlled cycles.



Double bag, always.

Even with vacuum: **an inner bag + an outer zip over-bag**. Protects from freezer breaks, blocks aroma migration, doubles food safety.

05 Procedure, six steps.

TESTED METHOD

I.

Preparation and maturation.

Blender, pan, mixing bowl or glass bowl. **Fully dissolve** sugars, proteins, stabilizers. If the recipe is cooked: cool quickly in ice bath, then mature in fridge for a few hours with film contact. Flavors and hydrocolloids balance.

II.

Filling and degassing.

Zip 3.5 L → up to **1 kg**. Chamber vacuum 30×40 cm → up to **1.5-2 kg**. Expel air: zip with **Archimedes method**, chamber vacuum with **3+ controlled degassing cycles**. Double bag always.

CRITICAL

III.

Manual remix + flattening.

Once the bag is closed, **mix the content manually again** from outside. Ingredients must be distributed **uniformly** across the surface. Place on a suitable support (baking sheet, plate, rack, grid, inverted sheet pan) and bring to **uniform thickness**. For first trials: **start from 5 mm**.

IV.

Perfectly flat freezing.

Tray in freezer at **-20/-22°C**, position **perfectly flat**. Time: 5 mm → 6-8h, 8-10 mm → 10-14h. **Always label** with flavor, weight, date. Once frozen, tiles are self-supporting and stackable.

V.

Transfer · no added liquids.

Break the tile into large pieces with hands or a spoon. Transfer into pint/bowl. **No added liquids**. Press well with spoon or spatula to eliminate empty spaces, level the surface. For precision: use the **container lid as cookie cutter**. Don't exceed MAX FILL lines.

VI.

Consolidation and process.

Two equivalent options. **A:** refreeze in container 30-60 min, then process. **B:** process immediately if tile was well frozen, then final refreeze to consolidate texture. **RE-SPIN as default** if first pass comes out grainy.

Partial bag use.

A 1 kg tile **doesn't have to be consumed all at once**. Break half for today's gelato, reseal the bag and put it back in the freezer with its label. Next time use it whole, or the pieces as mix-in/re-spin in another recipe.

Scenario. Fior di latte bag: 500 g today for a full bowl, 250 g tomorrow as mix-in in a mango sorbet (= sherbet), 250 g Saturday in a chocolate (= reverse stracciatella).

Sherbet · sorbet + dairy base.

Sherbet is fruit sorbet combined with dairy base. Hard at home, trivial with tiles: process a **fruit sorbet** tile, add as mix-in or **re-spin** pieces of a **dairy base** tile. Eyeball dosage: start with 20-30%, adjust.

Scenario. Raspberry sorbet + 30% fior di latte flakes in re-spin = raspberry sherbet with dairy creaminess.

Swirls · double flavor.

Process a base, add pieces of a second tile in **re-spin** for visible swirls, in **mix-in** for uniform integration.

Scenario. Vanilla + dark chocolate flakes in re-spin → natural stracciatella, managed by you.

On-demand contaminations.

With 5-8 tiles of different flavors in the freezer you have a **combination kit** always available. No dedicated preparations, no 24h waits.

Scenario. Pistachio + raspberry, coconut + mango, chocolate + coffee — combinations that would require two ice cream makers or two full cycles.

↳ SECTION 07 · TRY IT. JOIN THE GROUP.

Experiment. Discuss. Improve.

CHILL TILES is a **living method**. Every recipe behaves differently, every freezer has different temperatures, every user finds their own optimal setup. The guidance in this guide is the **starting point, not the end point**.

Join the ICED Method Facebook group. We talk about it every day: variations for specific recipes (protein, keto, vegan, alcoholic), problems and solutions, creative combinations, optimal thicknesses and times for Dolci and CREAMi, improvements proposed by members.

👤 FACEBOOK GROUP

🌐 ICEDMETHOD.COM

📱 TIKTOK @ICEDMETHOD

— Alone you go faster. Together we go further.

08 *What the manuals say. What they don't say.*

TECHNICAL
TRANSPARENCY

!

*The method is not covered by manuals. **I declare it clearly.***

HONEST DISCLAIMER

Official Tefal, Moulinex and Ninja manuals describe **their flow**: external preparation, cooling, transfer into original container, freezing in container, processing. **No manual talks about pre-freezing the base in an external bag** and transferring it later at use time. Neither explicitly authorizes nor forbids it. Simply doesn't mention it.

↳ QUOTES FROM DOLCI MANUAL

Do not process a solid block of ice or ice cubes.

Refers to pure frozen water. A gelato base with fats and sugars is not ice: it breaks by hand.

Don't run a program if the preparation is not frozen.

The product must always be processed frozen. The method's consolidation + refreeze satisfies this requirement.

↳ WHAT THE MANUAL DOESN'T SAY

It's not forbidden to pre-freeze in a bag and transfer at use time.

Simply not contemplated. The manual describes its flow, doesn't exclude other flows.

It's not forbidden to break the product and refreeze in the original container before processing.

As long as the final result is compact, flat, leveled and frozen as prescribed.

↳ ICED METHOD POSITION

We don't seek manufacturer authentication. We acknowledge that the manual talks about a different flow and that **CHILL TILES is a parallel path**, developed by the community.

Technical care points (manual remix, leveling, thin thickness, brief refreeze, no added liquids) don't serve to "respect the manual", they serve to **minimize risks** of this specific experimental flow.

Honest disclaimer.

CHILL TILES is an **experimental procedure** developed by the ICED Method community. **It has not been approved, validated or tested by Tefal, Moulinex, Ninja**, nor by any vacuum sealer manufacturer.

It presents **unknowns** not yet clarified by deep testing: real storage duration, behavior with differently balanced bases, variability between freezer models, compatibility with bags of different brands.

Whoever applies the method does so **at their own personal risk**. Any damage to the machine, alterations to the product or storage issues are individual responsibility. For commercial or professional use: consult the machine manufacturer and adopt appropriate HACCP protocols.

Idea, method and procedure.

Conceived, tested and documented by **Stefano Chef** — ICED Method, 2026.

Distributed free in the community for non-commercial use, with source citation.

For editorial, commercial or educational use: prior contact required.

© 2026

© 2026 — ICED Method