

ICED° METHOD

Homemade ice cream

Homemade ice cream

English edition - 2026
20 recipes for the scraping-blade machine
Free distribution - ICED Method Community

Tefal Dolci • Moulinex Dolci • Ninja Creami

Homemade ice cream · 20 recipes

Stefano Chef ICED Method

I am Stefano, an Italian chef based in Moravia, Czech Republic, where I run a restaurant-pizzeria. My family is Italian-Japanese: my wife comes from Kanagawa and she is also a cook. This exchange between two very different gastronomic cultures — Italian generosity and Japanese precision — has deeply nourished my cuisine, and in the future we will also publish four-hand works.

For years I have been working with machines that transform frozen bases into creamy preparations: first the professional Pacojet, then the Ninja Creami Deluxe, and today also the Tefal / Moulinex Dolci.

Over time I have refined a systematic method to obtain gelateria quality with home machines. I called it ICED Method — a simple framework, in four steps, that eliminates 90% of ice crystal, phase separation, and powdery texture problems.

This little book you hold in your hands — or more likely on your screen — is offered free of charge to the Moulinex Dolci / TEFAL Facebook community. No technical jargon, no impossible-to-find ingredients from the supermarket around the corner. 20 clean recipes, written to be successfully repeated from the first time.

Good ice cream to all.

Stefano

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Bringing scraping-blade machines to their maximum potential

The silent work of our community

Frozen-block scraping-blade machines — Ninja Creami, Tefal / Moulinex Dolci — are a domestic revolution. They allow anyone to produce at home ice creams, sorbets and creamy preparations whose consistency rivals, in good part, that of professional gelateria laboratories.

But these machines are also young. Technical literature on their use is rare, scattered, often approximate. Many recipes found online are copy-paste without balance calculations, without understanding of what makes ice cream creamy or rock-hard straight out of the freezer.

ICED Method is the result of several years of testing, measurements and cross-validations between the professional Pacojet and domestic machines. We work on the parameters that really matter: PAC (anti-freezing power), POD (sweetening power), total solids, fats, free water balance, verifiable scientific sources (Goff & Hartel, USDA FoodData Central).

Without going into details that you don't need as home gelato-makers, every recipe in this book has been calculated, tested, and reformulated until it gives you a result that works. There is no magic, there is food science applied with honesty.

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The only group where these machines are really discussed

You bought your Tefal Dolci or Moulinex Dolci. The manual has 12 pages. The included booklet gives 6 recipes. And then?

Then come the real questions: how do I clean the lid? What do I do when the blade no longer descends? Why does the program stop after 30 seconds? Which compatible accessory to buy? How long are spare parts available? My ice cream is grainy — why? The re-spin didn't work — what did I do wrong?

You will find other recipe books for these machines. You will find YouTube videos. But only one place, to our knowledge, really gathers French-speaking, Italian-speaking and international users who share everything: recipes, photos, problems, repairs, accessory comparisons, breakdown experiences, cleaning tips.

MOULINEX DOLCI · TEFAL COMMUNITY

Facebook group founded by the community, carefully moderated.

No advertising, no sponsored products. Only real users helping each other.

facebook.com/groups/icedmethod

If you buy a recipe book, you will use it for a few weeks. If you join an active community, you will benefit from it for years. This book is an invitation to enter, not a final destination.

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The basics in one page

Compatible machines

Machine	Container	Recommended program
Tefal Dolci · Moulinex Dolci	500 ml (Tritan)	GELATO or ICE CREAM
Ninja Creami NC299 / NC300	500 ml (pint)	GELATO or LITE ICE CREAM
Ninja Creami Deluxe NC500 / NC501	710 ml (XL pint)	GELATO or LITE ICE CREAM

All recipes have two ingredient columns: on the left for 500 ml container (Tefal / Moulinex Dolci, Ninja standard); on the right for 710 ml container (Ninja Deluxe). Choose according to your machine.

The 6 steps common to all recipes

- 1 Mix (or blend) all ingredients in the container.**
- 2 Put the container in the freezer WITHOUT lid, on a perfectly flat surface. Freezing: 24 hours minimum. Without a lid, the liquid expands freely upward without forming a dome that would damage the blade.**
- 3 If a dome has formed in the center, level it with a spoon before inserting the container in the machine.**
- 4 Insert the container and start the program indicated in the recipe.**
- 5 If the result is powdery or not creamy enough: add 1-2 tablespoons of milk or cream through the central hole and start the re-spin on LIGHT ICE CREAM (Tefal / Moulinex Dolci) or the same program (Ninja Creami).**
- 6 Taste immediately for maximum creaminess. Storage: up to 3 weeks in freezer (but re-spin necessary after 48 h).**

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The ICED° method

Four steps, in technical memory

The name ICED is not just a word: it's an acronym that describes the four phases of every recipe in this book.

I – Ingredients	Simple, balanced, traceable ingredients
C – Chill	24 h without lid, flat surface, -18°C
E – Extract	The machine extracts texture through scraping
D – Delight	Pure pleasure, to share as soon as ready

Spin difficulty legend

Each recipe carries a colored badge. It indicates the probability of having to do a re-spin. It is calculated from the actual fat rate of the recipe (verified by calculation from the USDA and Goff & Hartel scientific bases) — not from a rough estimate.

GREEN	1 spin often enough (Fat > 17%)
YELLOW	Re-spin likely (Fat 11-17%)
RED	Re-spin + liquid (Fat < 11%)

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Five golden rules to succeed from the first recipe

1. Weigh, don't estimate

A 0.1 g precision kitchen scale is essential. In small quantities (500 ml container), a 10 g deviation completely changes the balance of the recipe. Never eyeball.

2. 24 h of freezing, not less

The container must be perfectly solid before processing. Less than 24 h = soft heart = powdery result. Plan the day before.

3. Flat surface, no lid

The container must be perfectly level in the freezer (test with a spirit level if necessary) and WITHOUT lid. Otherwise the frozen surface forms a dome that damages the blade.

4. Room temperature before processing

Take the container out of the freezer 5-10 minutes before starting the machine. The blade attacks a slightly softened block better and consumes less motor.

5. Re-spin without shame

Re-spin is not a failure, it's a normal step for low-fat recipes (< 11% MG). Add 1-2 tablespoons of cold liquid (milk or cream) and restart the LIGHT ICE CREAM or GELATO program (Ninja).

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recipe #1

Hazelnut & banana spread

Very easy

RED

1 container	5 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- 120 g Hazelnut spread (Nutella or similar)
- 150 g Whole milk
- 50 g Fresh cream 35% fat
- 100 g Ripe banana (with black spots)
- 12 g Granulated sugar (optional)
- 170 g Hazelnut spread
- 215 g Whole milk
- 70 g Fresh cream 35% fat
- 140 g Ripe banana
- 17 g Granulated sugar (optional)

METHOD

- 1 Peel the banana and mash it with a fork until you get a smooth paste, without lumps.
- 2 Blend banana + spread + milk + cream for 30 seconds with immersion blender or in the cup.
- 3 Pour into the container up to the MAX line. Put in freezer 24 h without lid, on flat surface.
- 4 Start the GELATO program.
- 5 A re-spin will almost always be necessary: add 1-2 tablespoons of milk through the central hole and start LIGHT ICE CREAM (Tefal / Moulinex Dolci) or GELATO (Ninja Creami).
- 6 Serve immediately with a few slices of fresh banana.

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recipe #1 · Hazelnut & banana spread

My observations

PAIRINGS · COMBINATIONS

Crunchy granola, unsweetened cocoa powder, dark chocolate flakes

SPECIFIC TECHNICAL ADVICE

Banana provides a lot of water (75% of the fruit). Re-spin with 1-2 tablespoons of milk is almost always necessary. Use very ripe bananas (skin spotted black): sweeter, creamier.

SIMPLE SUBSTITUTION

Hazelnut spread: any supermarket brand works (Nutella, Nocciolata, private label).

NEXT TIME · TODAY WE TRY SOY LECITHIN

What is it? a natural emulsifier in granules, extracted from soy. Organic store, ~7 €/100 g.

What is it for? prevents spread and banana from separating into oil and water.

The experiment add 1 g of soy lecithin granules to the base.

Note if the base is more homogeneous, less "pearled" oily on the spoon.

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recipe # 2

Tiramisu

Easy

GREEN

1 container	15 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- | | |
|--|------------------------------------|
| • 150 g Mascarpone | • 215 g Mascarpone |
| • 120 g Whole milk | • 170 g Whole milk |
| • 60 g Fresh cream 35% fat | • 85 g Fresh cream 35% fat |
| • 50 g Granulated sugar | • 70 g Granulated sugar |
| • 20 g Egg yolk (PASTEURIZED - carton) | • 28 g Pasteurized egg yolk |
| • 60 g Savoiardi biscuits crumbled | • 85 g Savoiardi biscuits crumbled |
| • 30 ml Strong espresso coffee cooled | • 45 ml Espresso coffee cooled |
| • 1 pinch Unsweetened cocoa powder | • 1 pinch Unsweetened cocoa powder |

METHOD

- 1 In a bowl, whisk egg yolks with sugar until pale and foamy (3-4 min).
- 2 Add mascarpone at room temperature and mix delicately without over-whipping.
- 3 Add cold milk and cream, mixing gently.
- 4 Pour the mixture into the container. Sprinkle the crumbled biscuits soaked lightly in espresso on top. Do NOT mix — they will disperse during scraping.
- 5 Freezer 24 h without lid, on flat surface. Start GELATO.
- 6 Dust with cocoa just before serving. Never before, or it dissolves during processing.

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recipe #2 · Tiramisu

My observations

PAIRINGS · COMBINATIONS

Cocoa powder, coffee beans, amaretti biscuits crumbled

SPECIFIC TECHNICAL ADVICE

PASTEURIZED YOLKS ARE MANDATORY: in bricks (fresh section) or in shell certified pasteurized. Never raw eggs, especially for at-risk subjects. Mascarpone at room temperature integrates better and doesn't give clumps.

SIMPLE SUBSTITUTION

Savoiardi: pandoro or panettone crumbled (rich, decadent variant). **Coffee:** barley coffee for a caffeine-free version.

NEXT TIME · TODAY WE TRY INULIN (SOLIDS WITHOUT SUGAR)

What is it?	soluble fiber (chicory or agave), tastes vaguely sweet. Health food shop, ~15 €/kg.
What is it for?	adds structural solids without increasing sugar. Perfect for reducing sugars in the recipe.

The experiment replace 20 g of sugar with 25 g of inulin.

Note if perceived sweetness remains adequate and texture even more velvety.

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recipe #3

Ricotta & honey

Very easy

YELLOW

1 container	5 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- 200 g Cow ricotta (well drained)
- 150 g Whole milk
- 60 g Fresh cream 35% fat
- 60 g Chestnut or millefiori honey
- 15 g Granulated sugar
- 1 pinch Salt
- 285 g Cow ricotta
- 215 g Whole milk
- 85 g Fresh cream 35% fat
- 85 g Honey
- 21 g Granulated sugar
- 1 pinch Salt

METHOD

- 1 Drain the ricotta at least 2 h in a colander in the fridge (essential to eliminate excess whey).
- 2 In blender: ricotta + milk + cream + honey + sugar + salt. Blend until perfectly smooth (2 min).
- 3 Sift through a fine sieve to eliminate residual grains: this is what makes the difference between a home ice cream and a gelateria one.
- 4 Pour into container. Freezer 24 h without lid.
- 5 Start GELATO. Re-spin possible with a spoon of cream if too dry.
- 6 Serve with a light drizzle of raw honey and toasted walnuts.

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recipe #3 · Ricotta & honey

My observations

PAIRINGS · COMBINATIONS

Raw millefiori honey, toasted walnuts, orange or lemon peel julienned

SPECIFIC TECHNICAL ADVICE

THE SIEVE IS THE SECRET. Ricotta always contains micro-grains that give sandy texture. Sifting eliminates them and gives silky texture. Choose Italian sheep or cow ricotta, well-drained, freshest possible.

SIMPLE SUBSTITUTION

Cow ricotta: sheep ricotta (more character) or goat ricotta (bolder taste). **Honey:** chestnut for winter, orange blossom for spring.

NEXT TIME · TODAY WE TRY LOCUST BEAN GUM (LBG - E410)

What is it? flour from carob seeds. Natural stabilizer used by professional gelato-makers.

What is it for? gives velvety mouthfeel typical of ice cream shops.

The experiment add 0.3 g of LBG (weigh with 0.01 g precision scale) to the base.

Note the difference in creaminess: less water separation on the spoon.

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recipe #4

White chocolate & raspberries

Easy

GREEN

1 container	10 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- 80 g White chocolate (min 28% cocoa butter)
- 180 g Whole milk
- 80 g Fresh cream 35% fat
- 30 g Granulated sugar
- 60 g Frozen raspberries
- 1 pinch Salt
- 115 g White chocolate
- 255 g Whole milk
- 115 g Fresh cream 35% fat
- 42 g Granulated sugar
- 85 g Frozen raspberries
- 1 pinch Salt

METHOD

- 1 Heat milk and cream to 60°C (do not boil).
- 2 Off the heat, add coarsely chopped white chocolate + sugar + salt. Whisk until completely dissolved. If needed, blend with immersion blender.
- 3 Cool to 4°C (30 min in ice bath or 1 h in fridge).
- 4 Pour half in the container, place the frozen raspberries whole, then cover with the rest of the base.
- 5 Freezer 24 h without lid. Start GELATO.
- 6 The raspberries will crumble during scraping creating fruit veins in the ice cream. Serve with fresh raspberries.

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recipe #4 · White chocolate & raspberries

My observations

PAIRINGS · COMBINATIONS

Fresh raspberries, mint leaves, white chocolate shavings

SPECIFIC TECHNICAL ADVICE

The white chocolate must be quality (at least 28% cocoa butter, look at ingredients). Cheap white chocolates contain little cocoa butter and more vegetable fats: the ice cream will be less structured. FROZEN raspberries, never fresh: they crumble better and don't oxidize.

SIMPLE SUBSTITUTION

Raspberries: frozen wild strawberries or blackberries. White chocolate: milk chocolate for a more classic variant.

NEXT TIME · TODAY WE TRY PECTIN NH (E440)

What is it?	thermoreversible pectin used in professional confectionery.
What is it for?	gelifies raspberry juice released during scraping, avoiding "watery" spots.

The experiment mix 1 g of pectin NH with sugar before dissolving in milk.

Note if raspberry veins are firmer, less liquid on the tongue.

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recipe #5

Caramelized banana

Medium

YELLOW

1 container	15 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- | | |
|---------------------------------------|-----------------------------|
| • 120 g Ripe banana (peeled) | • 170 g Ripe banana |
| • 40 g Granulated sugar (for caramel) | • 55 g Sugar for caramel |
| • 160 g Whole milk | • 225 g Whole milk |
| • 80 g Fresh cream 35% fat | • 115 g Fresh cream 35% fat |
| • 30 g Additional sugar | • 42 g Additional sugar |
| • 1 pinch Salt | • 1 pinch Salt |
| • 1 pinch Ground cinnamon | • 1 pinch Ground cinnamon |

METHOD

- 1 Cut banana into thick slices. In a non-stick pan, melt sugar over medium heat until amber caramel.
- 2 Add banana and cook 3-4 min turning gently. Salt and cinnamon.
- 3 Pour into blender. Add hot milk (attention to splashes) + cream + additional sugar. Blend 1 min.
- 4 Cool to 4°C.
- 5 Pour into container. Freezer 24 h without lid.
- 6 GELATO. Re-spin with tablespoon of cream if necessary. Excellent with salted caramel.

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recipe #5 · Caramelized banana

My observations

PAIRINGS · COMBINATIONS

Homemade salted caramel, caramelized pecans, whipped cream

SPECIFIC TECHNICAL ADVICE

THE CARAMEL MUST BE DARK AMBER (170°C), not light: it gives that bitter and profound note that balances banana sweetness. Don't burn it (blackish = bitter and unpleasant).

Bananas caramelize better when very ripe (natural sugar amplifies flavor).

SIMPLE SUBSTITUTION

Banana: pear Williams caramelized for elegant autumn variant. Cinnamon: cardamom powder or nutmeg.

NEXT TIME · TODAY WE TRY DEXTROSE (E1200)

What is it? grape sugar, simpler than sucrose. Buy at organic or pharmacy.

What is it for? has higher PAC than sucrose: keeps softer at low temperatures.

The experiment replace 10 g of sugar with 15 g of dextrose.

Note if the ice cream is more scoopable straight from freezer.

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recipe # 6

Coconut & pineapple

Easy

YELLOW

1 container	10 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard)	CONTAINER 710 ml (Ninja Deluxe)
• 120 g Coconut milk (min 60% coconut)	• 170 g Coconut milk
• 100 g Whole milk	• 140 g Whole milk
• 60 g Fresh cream 35% fat	• 85 g Fresh cream 35% fat
• 50 g Granulated sugar	• 70 g Granulated sugar
• 120 g Fresh pineapple in cubes	• 170 g Fresh pineapple in cubes
• 15 g Unsweetened coconut flakes	• 21 g Unsweetened coconut flakes
• 1 pinch Salt	• 1 pinch Salt

METHOD

- 1 Cut pineapple into small cubes (max 5 mm to avoid blocking blade).
- 2 In blender: coconut milk + whole milk + cream + sugar + salt. Blend 30 sec.
- 3 Pour into container. Add pineapple cubes distributed evenly.
- 4 Freezer 24 h without lid.
- 5 Start GELATO. Add coconut flakes with MIX-IN after first spin for crunch.
- 6 Serve with fresh pineapple slice and toasted coconut on top.

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recipe # 6 · Coconut & pineapple

My observations

PAIRINGS · COMBINATIONS

Fresh pineapple, toasted coconut flakes, dark rum drops (adult version)

SPECIFIC TECHNICAL ADVICE

CHOOSE COCONUT MILK RICH IN FAT (60-70%). The one at 40% is too watery and gives ice. Fresh pineapple, never canned (syrup makes it sweeter and watery). The maximum size of 5 mm for cubes is essential to avoid damaging the Ninja Creami blade.

SIMPLE SUBSTITUTION

Pineapple: fresh mango (slightly less water). **Coconut flakes:** toasted almond flakes.

NEXT TIME · TODAY WE TRY GLUCOSE SYRUP DE 42

What is it?	liquid sugar with reduced sweetening power. Confectionery ingredient.
What is it for?	reduces PAC of very sweet recipes, gives more elegant texture, less "sticky" than sucrose.

The experiment replace 20 g of sugar with 25 g of glucose syrup.

Note if less "sugary crystals" perceived on the tongue.

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recipe #7

Speculoos Biscoff

Very easy

GREEN

1 container	5 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

- CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard)
- CONTAINER 710 ml (Ninja Deluxe)
- 80 g Speculoos spread (Biscoff)
 - 180 g Whole milk
 - 80 g Fresh cream 35% fat
 - 30 g Granulated sugar
 - 50 g Speculoos biscuits crumbled (mix-in)
- 115 g Speculoos spread
 - 255 g Whole milk
 - 115 g Fresh cream 35% fat
 - 42 g Granulated sugar
 - 70 g Speculoos biscuits crumbled

METHOD

- 1 In blender: speculoos spread + milk + cream + sugar. Blend 30 sec until smooth.
- 2 Pour into container. Freezer 24 h without lid.
- 3 Start GELATO.
- 4 Add crumbled biscuits with MIX-IN after first spin for crunch that stays.
- 5 Serve with whole speculoos biscuits alongside.

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recipe #7 · Speculoos Biscoff

My observations

PAIRINGS · COMBINATIONS

Speculoos biscuits, cinnamon, brown sugar caramel

SPECIFIC TECHNICAL ADVICE

The Speculoos spread is already very sweet: 30 g of additional sugar is the maximum. Increasing more gives cloying taste. Biscoff biscuits crumbled EITHER: whole, they don't distribute uniformly. Add during MIX-IN to keep them crunchy.

SIMPLE SUBSTITUTION

Speculoos spread: cookie butter (US brand). Speculoos biscuits: Digestive or ginger biscuits.

NEXT TIME · TODAY WE TRY FOOD VEGETABLE GLYCERIN (E422) - MAX 3 g!

What is it?	humectant used in pâtisserie and cosmetics. Pharmacy or specialized store.
What is it for?	keeps ice cream soft at very cold temperatures. Ideal for freezers at -25°C.

The experiment add MAXIMUM 3 g of glycerin (not one more!) to the base.

DANGER: exceeding 3 g gives chewing-gum consistency and can have laxative effects. Weigh with 0.1 g scale.

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recipe # 8

Strawberry & basil sorbet

Easy

RED

1 container	10 min	24 h	SORBET
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- 300 g Fresh or frozen strawberries
 - 120 g Water
 - 80 g Granulated sugar
 - 20 g Fresh lemon juice
 - 8-10 leaves Fresh basil
 - 1 pinch Salt
- 425 g Strawberries
 - 170 g Water
 - 115 g Granulated sugar
 - 28 g Lemon juice
 - 12-14 leaves Fresh basil
 - 1 pinch Salt

METHOD

- 1 In small saucepan, bring water and sugar to boil to make syrup. Off heat, add 4-5 basil leaves and infuse 5 min. Filter.
- 2 In blender: strawberries + basil syrup (still warm) + lemon juice + salt + remaining basil leaves fresh. Blend 1 min.
- 3 Sift through fine mesh to eliminate strawberry seeds (optional but improves texture).
- 4 Cool to 4°C.
- 5 Pour into container. Freezer 24 h without lid.
- 6 Start SORBET. Re-spin with tablespoon of water if too dry.

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recipe # 8 · Strawberry & basil sorbet

My observations

PAIRINGS · COMBINATIONS

Fresh strawberries in half, fresh basil leaves, black pepper drop (advanced pairing)

SPECIFIC TECHNICAL ADVICE

THE BASIL SYRUP IS THE KEY: hot infusion of basil in sugar syrup extracts aromas better than fresh basil directly in blender. **RED PILL** because dry sorbet: re-spin with 1-2 tablespoons of cold water is almost always necessary. This is normal.

SIMPLE SUBSTITUTION

Basil: fresh mint (more classic pairing) or thyme (advanced). **Strawberries:** raspberries, blackberries or wild strawberries.

NEXT TIME · TODAY WE TRY INVERT SUGAR (or ACACIA HONEY)

What is it?	sugar decomposed into fructose + glucose. Higher PAC than sucrose.
What is it for?	reduces "granulosity" typical of fruit sorbets, more velvety texture.

The experiment replace 20 g of sugar with 20 g of invert sugar or acacia honey.

Note the difference in creaminess: less "crumbly" ice, more scoopable.

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recipe #9

Crema catalana

Medium

GREEN

1 container	20 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- 40 g Egg yolk (PASTEURIZED)
 - 60 g Granulated sugar
 - 160 g Whole milk
 - 80 g Fresh cream 35% fat
 - 1 stick Cinnamon
 - 1 peel Untreated lemon
 - 1 pinch Salt
- 55 g Pasteurized egg yolk
 - 85 g Granulated sugar
 - 225 g Whole milk
 - 115 g Fresh cream 35% fat
 - 1 stick Cinnamon
 - 1 peel Lemon
 - 1 pinch Salt

METHOD

- 1 Infuse milk + cream + cinnamon stick + lemon peel + salt at 60°C for 10 min. Filter.
- 2 In separate bowl, whisk yolks with sugar until pale and foamy.
- 3 Slowly pour warm milk over yolks stirring constantly. Return everything to saucepan.
- 4 Heat to 82-85°C stirring continuously with wooden spoon (thickens like custard). ATTENTION: don't exceed 85°C or yolks curdle.
- 5 Cool quickly to 4°C in ice bath.
- 6 Pour into container. Freezer 24 h. GELATO. Add sugar caramelized on top just before serving.

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recipe #9 · Crema catalana

My observations

PAIRINGS · COMBINATIONS

Caramelized brown sugar with kitchen torch (classic crema catalana touch), cinnamon powder

SPECIFIC TECHNICAL ADVICE

PASTEURIZED YOLKS ARE MANDATORY. If you use fresh yolks, **MUST** heat to 82-85°C (min 3 min in that range). Do not exceed 85°C or you get scrambled eggs. This recipe requires careful thermal management.

SIMPLE SUBSTITUTION

Cinnamon + lemon: whole star anise + orange peel (Provençal variant). **LACTOSE-FREE version:** replace milk and cream with lactose-free equivalents (works well).

NEXT TIME · TODAY WE TRY DEXTROSE + INULIN (BALANCE STUDY)

What is it?	combination of high-PAC sugar + neutral solid.
What is it for?	reduces total sugars maintaining structure and improves scoopability.

The experiment replace 20 g sugar with 10 g dextrose + 10 g inulin.

Note if sweetness is lower but scoopability better. Ideal to prepare for testing "less sugar" recipes.

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recipe #10

Mango & cardamom

Easy

YELLOW

1 container	10 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- 180 g Ripe mango pulp (fresh or frozen)
- 120 g Whole milk
- 60 g Fresh cream 35% fat
- 40 g Granulated sugar
- 4 pods Green cardamom (crushed)
- 10 g Fresh lime juice
- 1 pinch Salt
- 255 g Mango pulp
- 170 g Whole milk
- 85 g Fresh cream 35% fat
- 55 g Granulated sugar
- 6 pods Green cardamom
- 14 g Lime juice
- 1 pinch Salt

METHOD

- 1 Heat milk and cream to 60°C with crushed cardamom pods (only seeds). Infuse 15 min. Filter.
- 2 In blender: mango pulp + infused milk-cream (cooled) + sugar + lime + salt. Blend 1 min.
- 3 Cool to 4°C.
- 4 Pour into container. Freezer 24 h without lid.
- 5 Start GELATO. Re-spin with tablespoon of milk if necessary.
- 6 Serve with fresh mango cubes and crushed pink pepper.

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recipe #10 · Mango & cardamom

My observations

PAIRINGS · COMBINATIONS

Fresh mango cubes, pink pepper, coconut flakes, small mint leaves

SPECIFIC TECHNICAL ADVICE

GREEN CARDAMOM IN PODS, never in powder (loses aromas). Crush pods with knife blade to extract seeds, which contain 90% of aroma. Ripe mango is essential: choose it very soft to the touch. Kent or Alphonso varieties are ideal.

SIMPLE SUBSTITUTION

Cardamom: fresh ginger (2 cm grated). **Mango:** yellow peach or apricot.

NEXT TIME · TODAY WE TRY XANTHAN GUM (E415) - PROFESSIONAL DOSAGE

What is it? natural polysaccharide, powerful stabilizer.

What is it for? gives elegant "long" mouthfeel typical of gelateria fruit gelati.

The experiment add 0.2 g of xanthan gum (0.01 g scale!) mixed with sugar before dissolving in milk.

Note if mango feels "silky" less watery on tongue.

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recipe # 11

Strawberry frozen yogurt

Very easy

YELLOW

1 container	5 min	24 h	FROZEN YOGURT
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- | | |
|--------------------------------------|------------------------------|
| • 200 g Greek yogurt 10% fat | • 285 g Greek yogurt 10% fat |
| • 100 g Whole milk | • 140 g Whole milk |
| • 50 g Fresh cream 35% fat | • 70 g Fresh cream 35% fat |
| • 45 g Granulated sugar | • 63 g Granulated sugar |
| • 120 g Fresh strawberries in pieces | • 170 g Fresh strawberries |
| • 10 g Lemon juice | • 14 g Lemon juice |
| • 1 pinch Salt | • 1 pinch Salt |

METHOD

- 1 Cut strawberries into small cubes. Marinate 10 min with sugar and lemon juice: they release juice and become sweeter.
- 2 In blender: Greek yogurt + milk + cream + salt. Blend briefly (10 sec, don't break yogurt structure too much).
- 3 Pour into container. Add strawberry cubes distributed evenly.
- 4 Freezer 24 h without lid.
- 5 Start FROZEN YOGURT (or GELATO if program not available).
- 6 Serve with fresh strawberries in half and Greek yogurt drizzle.

Homemade ice cream · 20 recipes

recipe #11 · Strawberry frozen yogurt

My observations

PAIRINGS · COMBINATIONS

Fresh strawberries in half, Greek yogurt drizzle, granola, honey

SPECIFIC TECHNICAL ADVICE

GREEK YOGURT (also called "strained yogurt"), not classic yogurt. Fat 10% or more. Avoid light or 0%: too watery, gives icy result. The pre-macerated strawberries with sugar release juice that penetrates the base during freezing, creating natural fruit veins.

SIMPLE SUBSTITUTION

Strawberries: fresh blueberries, raspberries or peaches. **Greek yogurt:** kefir well drained (advanced variant).

NEXT TIME · TODAY WE TRY MILK POWDER (concentrated MSNF)

What is it? dehydrated skimmed milk. Available at supermarket.

What is it for? increases total solids, reduces crystals, more creamy texture.

The experiment add 15 g of milk powder dissolved in liquid milk.

Note if the yogurt is more velvety and less "icy" out of freezer.

Homemade ice cream · 20 recipes

recipe #12

Pistachio

Easy

YELLOW

1 container	10 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

- CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard)
- CONTAINER 710 ml (Ninja Deluxe)
- 60 g Pure pistachio paste (100%)
 - 200 g Whole milk
 - 80 g Fresh cream 35% fat
 - 50 g Granulated sugar
 - 20 g Skimmed milk powder
 - 1 pinch Salt
 - 10 g Chopped pistachios (mix-in, optional)
- 85 g Pure pistachio paste
 - 285 g Whole milk
 - 115 g Fresh cream 35% fat
 - 70 g Granulated sugar
 - 28 g Skimmed milk powder
 - 1 pinch Salt
 - 14 g Chopped pistachios

METHOD

- 1 Heat milk and cream to 50°C. Add sugar, milk powder and salt. Whisk until dissolved.
- 2 Add pistachio paste and mix long (paste oil slowly binds to milk).
- 3 Cool in fridge 1 h.
- 4 Pour into container. Freezer 24 h without lid.
- 5 Start GELATO. Re-spin likely: 1 tablespoon of milk if necessary.
- 6 Add chopped pistachios with MIX-IN after first spin for crunch.

Homemade ice cream · 20 recipes

recipe #12 · Pistachio

My observations

PAIRINGS · COMBINATIONS

Chopped pistachios (Bronte if possible), acacia honey, fresh mint leaves

SPECIFIC TECHNICAL ADVICE

Use **PURE PISTACHIO PASTE** (100% pistachios, no added sugars), not cream. Pure paste dissolves more slowly: mix long and patiently. If paste is Bronte DOP, taste changes totally.

SIMPLE SUBSTITUTION

Pistachio paste: almond paste (same quantity) + few drops of bitter almond extract.

NEXT TIME · TODAY WE TRY LECITHIN (FAT PASTES)

What is it? natural emulsifier in granules, soy or sunflower.

What is it for? in ice creams with nut pastes, prevents natural oil of paste from separating.

The experiment add 1 g of soy lecithin together with pistachio paste.

Note appearance after 48 h: fewer "oily spots" on surface.

Homemade ice cream · 20 recipes

recipe #13

Chocolate & mascarpone

Easy

GREEN

1 container	15 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard)	CONTAINER 710 ml (Ninja Deluxe)
• 80 g Dark chocolate 60-70%	• 115 g Dark chocolate 60-70%
• 100 g Mascarpone	• 140 g Mascarpone
• 120 g Whole milk	• 170 g Whole milk
• 60 g Fresh cream 35% fat	• 85 g Fresh cream 35% fat
• 35 g Granulated sugar	• 50 g Granulated sugar
• 10 g Unsweetened cocoa powder	• 14 g Unsweetened cocoa powder
• 1 pinch Salt	• 1 pinch Salt

METHOD

- 1 Chop chocolate finely. Heat milk to 60°C.
- 2 Off heat, add chocolate + cocoa + sugar + salt. Whisk until completely melted (may need to reheat gently).
- 3 Cool to room temperature. Add mascarpone at room temperature and cold cream. Blend well.
- 4 Cool to 4°C.
- 5 Pour into container. Freezer 24 h without lid.
- 6 Start GELATO. Excellent as is, or with chocolate flakes MIX-IN.

Homemade ice cream · 20 recipes

recipe #13 · Chocolate & mascarpone

My observations

PAIRINGS · COMBINATIONS

Dark chocolate flakes, cocoa nibs, fresh cream, crumbled amaretti biscuits

SPECIFIC TECHNICAL ADVICE

CHOCOLATE 60-70% CACAO is the ideal balance: less is sweeter (need to reduce sugar), more is bitter. Fine chopping favors dissolution. Mascarpone at room temperature integrates better; if cold, it forms lumps. Do not boil chocolate: it seizes.

SIMPLE SUBSTITUTION

Mascarpone: whole ricotta well sifted (less caloric variant). **Dark chocolate:** 100% chocolate (increase sugar to 45 g).

NEXT TIME · TODAY WE TRY GLUCOSE POWDER (DE 21)

What is it? anti-crystallizing sugar for chocolate-based recipes.

What is it for? reduces sugar crystallization risk in chocolate ice creams, more scoopable texture.

The experiment replace 15 g of sugar with 20 g of powder glucose.

Note if the ice cream stays scoopable straight from freezer without becoming stone.

Homemade ice cream · 20 recipes

recipe #14

Watermelon & mint

Very easy

RED

1 container	10 min	24 h	SORBET
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- 300 g Watermelon pulp (without seeds)
- 80 g Water
- 70 g Granulated sugar
- 15 g Fresh lemon juice
- 6-8 leaves Fresh mint
- 1 pinch Salt
- 425 g Watermelon pulp
- 115 g Water
- 100 g Granulated sugar
- 21 g Lemon juice
- 10-12 leaves Fresh mint
- 1 pinch Salt

METHOD

- 1 Prepare mint syrup: bring water + sugar to boil. Off heat, add 3-4 mint leaves torn. Infuse 5 min. Filter.**
- 2 Extract watermelon pulp with a spoon and remove all seeds (essential to avoid blocking the blade).**
- 3 In blender: watermelon + mint syrup (warm) + lemon + salt + remaining mint leaves fresh. Blend 30 sec.**
- 4 Cool to 4°C.**
- 5 Pour into container. Freezer 24 h without lid.**
- 6 Start SORBET. Re-spin with 1-2 tablespoons cold water almost always necessary (watermelon is 92% water).**

Homemade ice cream · 20 recipes

recipe #14 · Watermelon & mint

My observations

PAIRINGS · COMBINATIONS

Fresh watermelon cubes, fresh mint leaves, feta drop (courageous savory pairing)

SPECIFIC TECHNICAL ADVICE

WATERMELON WITHOUT SEEDS: filter carefully because a single seed damages the Ninja Creami blade. **RED** pill because 92% water: sorbet dry as chalk out of freezer. Re-spin with 1-2 tablespoons of water and 1 tablespoon of syrup is essential.

SIMPLE SUBSTITUTION

Watermelon: yellow melon (creamier variant, **YELLOW** pill). **Mint:** fresh basil (more sophisticated pairing).

NEXT TIME · TODAY WE TRY SORBITOL (E420)

What is it?	sugar alcohol used in confectionery. Health food store.
What is it for?	increases PAC without increasing sweetness. Perfect for sugar-poor sorbets.

The experiment add 10 g of sorbitol to the base.

Note if sorbet more scoopable straight out of freezer, less "block of ice".

Homemade ice cream · 20 recipes

recipe # 15

Coffee & dulce de leche

Medium

GREEN

1 container	10 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard)	CONTAINER 710 ml (Ninja Deluxe)
• 40 g Strong espresso (2 shots)	• 55 g Strong espresso
• 160 g Whole milk	• 225 g Whole milk
• 80 g Fresh cream 35% fat	• 115 g Fresh cream 35% fat
• 50 g Dulce de leche or condensed milk cooked	• 70 g Dulce de leche
• 25 g Granulated sugar	• 35 g Granulated sugar
• 10 g Instant coffee powder	• 14 g Instant coffee powder
• 1 pinch Salt	• 1 pinch Salt

METHOD

- 1 Prepare 2 strong espressos. Cool completely.
- 2 Heat milk to 50°C. Off heat, dissolve sugar + instant coffee powder + salt.
- 3 Add cold espresso, dulce de leche and cold cream. Mix well until dulce de leche is uniform.
- 4 Cool to 4°C.
- 5 Pour into container. Add dollops of extra dulce de leche in the surface (they will create sweet veins).
- 6 Freezer 24 h without lid. GELATO. Serve with a coffee bean whole and a spoon of dulce de leche.

Homemade ice cream · 20 recipes

recipe # 15 · Coffee & dulce de leche

My observations

PAIRINGS · COMBINATIONS

Coffee beans, dulce de leche drizzle, cocoa powder, amaretti biscuits

SPECIFIC TECHNICAL ADVICE

INSTANT COFFEE + FRESH ESPRESSO is the double coffee dose that gives depth: espresso brings aromatic notes, instant one intensity. Dulce de leche must be at room temperature (if from fridge it clumps). If you don't have dulce de leche, boil a can of unopened condensed milk for 2 h in water.

SIMPLE SUBSTITUTION

Dulce de leche: caramel condensed milk (Nestlé) or homemade cajeta. **Espresso:** strong moka coffee.

NEXT TIME · TODAY WE TRY PROLINE INULIN (COLD SOLUBLE)

What is it?	special inulin that dissolves cold. Baker's ingredient.
What is it for?	increases MSNF without heating (important for coffee-based recipes).

The experiment add 15 g of proline inulin directly to cold base.

Note if the coffee taste is cleaner and less "burnt".

Homemade ice cream · 20 recipes

recipe #16

Cheesecake

Medium

GREEN

1 container	15 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

- CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard)
- CONTAINER 710 ml (Ninja Deluxe)
- 120 g Philadelphia cream cheese
 - 80 g Whole milk
 - 60 g Fresh cream 35% fat
 - 20 g Egg yolk (PASTEURIZED)
 - 55 g Granulated sugar
 - 10 g Lemon juice
 - 50 g Digestive biscuits crumbled
 - 1 pinch Salt
- 170 g Cream cheese
 - 115 g Whole milk
 - 85 g Fresh cream 35% fat
 - 28 g Pasteurized egg yolk
 - 78 g Granulated sugar
 - 14 g Lemon juice
 - 70 g Digestive biscuits crumbled
 - 1 pinch Salt

METHOD

- 1 In small bowl: yolks + 20 g of sugar. Whisk until pale foamy.
- 2 In separate bowl: cream cheese at room temperature + remaining sugar + lemon + salt. Whisk until smooth.
- 3 Add cold milk and cream to the yolks. Then combine with cream cheese blend.
- 4 Pour half in container. Add half of crumbled biscuits. Cover with remaining base + remaining biscuits on top.
- 5 Freezer 24 h without lid. GELATO.
- 6 Excellent with strawberry coulis (heat 50 g strawberries + 20 g sugar for 5 min, cool, drizzle at time of serving).

Homemade ice cream · 20 recipes

recipe #16 · Cheesecake

My observations

PAIRINGS · COMBINATIONS

Strawberry coulis, digestive biscuits crumbled, mint leaves, honey drizzle

SPECIFIC TECHNICAL ADVICE

PASTEURIZED YOLKS ARE MANDATORY (see recipe safety notes). Cream cheese at room temperature is essential: if cold it clumps. The biscuits are added in layers (not blended into base) to keep the crunch. Digestive biscuits are the classic base of English cheesecake.

SIMPLE SUBSTITUTION

Cream cheese: fresh ricotta well drained (Italian variant). **Digestive biscuits:** dry pastry biscuits or graham crackers.

NEXT TIME · TODAY WE TRY PECTIN NH (VEINS AND COULIS)

What is it? thermoreversible pectin used in professional confectionery.

What is it for? stabilizes fruit coulis added to base, creating more marked and permanent veins.

The experiment add 0.5 g of pectin NH to the strawberry coulis while heating.

Note if the strawberry veins in the cheesecake are more distinct and less liquid.

Homemade ice cream · 20 recipes

recipe #17

Lemon & yogurt

Very easy

YELLOW

1 container	5 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

- CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard)

 - 180 g Greek yogurt 10% fat
 - 120 g Whole milk
 - 60 g Fresh cream 35% fat
 - 50 g Granulated sugar
 - 30 g Fresh lemon juice
 - 1 peel Untreated lemon
 - 1 pinch Salt
- CONTAINER 710 ml (Ninja Deluxe)

 - 255 g Greek yogurt 10% fat
 - 170 g Whole milk
 - 85 g Fresh cream 35% fat
 - 70 g Granulated sugar
 - 42 g Lemon juice
 - 1 peel Lemon
 - 1 pinch Salt

METHOD

- 1 Grate lemon peel with fine grater (only yellow part, no white bitter).
- 2 In blender: Greek yogurt + milk + cream + sugar + peel + salt. Blend briefly (15 sec).
- 3 Add lemon juice AT THE END and mix delicately with spatula (not blender: excessive acidity separates yogurt).
- 4 Pour into container. Freezer 24 h without lid.
- 5 Start GELATO.
- 6 Serve with additional lemon peel grated and mint sprig.

Homemade ice cream · 20 recipes

recipe #17 · Lemon & yogurt

My observations

PAIRINGS · COMBINATIONS

Fresh lemon peel, mint leaves, cornetti biscuits, honey drizzle

SPECIFIC TECHNICAL ADVICE

ADD LEMON JUICE AT THE END, never in blender. High acidity + high-speed rotation separates yogurt (curdles). Untreated lemon is mandatory: peel absorbs pesticides. Choose IGP Sorrento or Amalfi lemons for exceptional aroma.

SIMPLE SUBSTITUTION

Lemon: lime (variant more Caribbean, add mint). Greek yogurt: skyr Icelandic (similar but even more protein).

NEXT TIME · TODAY WE TRY CARRAGEENAN (E407) - LACTIC-YOGURT SPECIFIC

What is it?	stabilizer from red algae, specialized for dairy.
What is it for?	binds free water from acidified yogurt, more creamy final texture.

The experiment add 0.1 g of iota carrageenan to base with milk.

Note if the yogurt is more silky and there is less water separation on the spoon.

Homemade ice cream · 20 recipes

recipe #18

Chocolate & orange

Easy

GREEN

1 container	15 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- 80 g Dark chocolate 70%
 - 140 g Whole milk
 - 80 g Fresh cream 35% fat
 - 40 g Fresh orange juice
 - 2 peels Untreated oranges
 - 40 g Granulated sugar
 - 10 g Unsweetened cocoa
 - 1 pinch Salt
- 115 g Dark chocolate 70%
 - 200 g Whole milk
 - 115 g Fresh cream 35% fat
 - 55 g Orange juice
 - 2 peels Untreated oranges
 - 55 g Granulated sugar
 - 14 g Unsweetened cocoa
 - 1 pinch Salt

METHOD

- 1 Grate orange peels (only orange part). Squeeze juice.
- 2 Heat milk + cream + orange peels to 60°C. Infuse 15 min. Filter to remove peels.
- 3 Chop chocolate finely. Off heat, add to infused milk + cocoa + sugar + salt. Whisk until dissolved.
- 4 Cool to room temp. Add orange juice at the end (acidity can separate cream if hot). Blend well.
- 5 Cool to 4°C. Pour into container. Freezer 24 h without lid.
- 6 Start GELATO. Serve with candied orange peel and dark chocolate flakes.

Homemade ice cream · 20 recipes

recipe #18 · Chocolate & orange

My observations

PAIRINGS · COMBINATIONS

Candied orange peel, dark chocolate flakes, Grand Marnier drop (adult version), mint

SPECIFIC TECHNICAL ADVICE

THE INFUSION OF ORANGE PEELS in warm milk-cream is essential to extract the aromatic oils. Grate **ONLY** the orange part (the white part is bitter). Orange juice at the end because its acidity can seize chocolate if added hot. Choose fresh, tasty oranges (Tarocco or Sanguinello).

SIMPLE SUBSTITUTION

Orange: mandarin (softer variant) or blood orange (dramatic red color). **Chocolate 70%:** 85% for intense adult version (increase sugar to 55 g).

NEXT TIME · TODAY WE TRY GRAND MARNIER OR COINTREAU (adult version)

What is it? orange-flavored liqueur.

What is it for? intensifies orange note without adding water. Alcohol keeps ice cream softer.

The experiment add 8 g of Grand Marnier to cold base.

Max 12% alcohol on total: measure precisely to not exceed. Note if orange feels more intense.

Homemade ice cream · 20 recipes

recipe #19

Vanilla & crushed cone

Easy

GREEN

1 container	10 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard) CONTAINER 710 ml (Ninja Deluxe)

- 1 pod Madagascar vanilla (or 1 teaspoon extract)
 - 180 g Whole milk
 - 100 g Fresh cream 35% fat
 - 20 g Egg yolk (PASTEURIZED)
 - 50 g Granulated sugar
 - 60 g Sugar cones crumbled
 - 1 pinch Salt
- 1 pod Madagascar vanilla
 - 255 g Whole milk
 - 140 g Fresh cream 35% fat
 - 28 g Pasteurized egg yolk
 - 70 g Granulated sugar
 - 85 g Sugar cones crumbled
 - 1 pinch Salt

METHOD

- 1 Cut vanilla pod lengthwise and extract seeds with knife tip. Reserve pod for infusion.
- 2 Heat milk + cream + salt + vanilla pod + seeds at 60°C. Infuse 15 min. Remove pod.
- 3 In bowl: yolks + sugar. Whisk until pale foamy.
- 4 Slowly pour warm milk over yolks stirring. Return to saucepan.
- 5 Heat to 82°C stirring constantly (like custard). Cool quickly to 4°C.
- 6 Pour into container. Add crumbled cones in layers. Freezer 24 h. GELATO.

Homemade ice cream · 20 recipes

recipe #19 · Vanilla & crushed cone

My observations

PAIRINGS · COMBINATIONS

Additional crumbled cones, honey drizzle, mint, milk chocolate flakes

SPECIFIC TECHNICAL ADVICE

PASTEURIZED YOLKS ARE MANDATORY. Madagascar Bourbon vanilla is the ideal choice for Italian-style ice cream (fine, elegant, floral notes). Tahitian vanilla is more expensive and gives a more perfumed taste. Vanilla EXTRACT (min 40% alcohol) is acceptable alternative but 1 teaspoon = 1 pod.

SIMPLE SUBSTITUTION

Cones: waffle biscuits or crumbled speculoos. Vanilla: 1 teaspoon vanilla paste (concentrated, contains seeds).

NEXT TIME · TODAY WE TRY TREHALOSE (PROFESSIONAL SUGAR)

What is it?	natural sugar of mushrooms and honey. Anti-crystallizing, low sweetness.
What is it for?	reduces perceived sweetness maintaining structure, enhances vanilla note.

The experiment replace 15 g of sugar with 20 g of trehalose.

Note if vanilla is more perceived without excessive sweetness.

Homemade ice cream · 20 recipes

recipe #20

Gelateria-style hazelnut

Medium

YELLOW

1 container	15 min	24 h	GELATO
PORTIONS	PREPARATION	FREEZING	PROGRAM

INGREDIENTS

CONTAINER 500 ml (Tefal / Moulinex Dolci · Ninja standard)

CONTAINER 710 ml (Ninja Deluxe)

- | | |
|---|----------------------------------|
| • 60 g Pure hazelnut paste (100%) | • 85 g Pure hazelnut paste |
| • 200 g Whole milk | • 285 g Whole milk |
| • 80 g Fresh cream 35% fat | • 115 g Fresh cream 35% fat |
| • 55 g Granulated sugar | • 78 g Granulated sugar |
| • 20 g Skimmed milk powder | • 28 g Skimmed milk powder |
| • 20 g Toasted hazelnuts chopped (mix-in) | • 28 g Toasted hazelnuts chopped |
| • 1 pinch Salt | • 1 pinch Salt |

METHOD

- 1 Heat milk and cream to 50°C. Off heat, add sugar + milk powder + salt. Whisk until dissolved.
- 2 Add hazelnut paste and mix long (paste oil binds slowly to milk, be patient 3-4 min).
- 3 Cool to room temperature, then to 4°C in fridge 1 h.
- 4 Pour into container. Freezer 24 h without lid.
- 5 Start GELATO. Re-spin with tablespoon of milk possible.
- 6 Add chopped hazelnuts with MIX-IN after first spin for crunch that stays.

Homemade ice cream · 20 recipes

recipe # 20 · Gelateria-style hazelnut

My observations

PAIRINGS · COMBINATIONS

Toasted hazelnuts, dark chocolate flakes, chestnut honey

SPECIFIC TECHNICAL ADVICE

Use **PURE HAZELNUT PASTE** (100%, no added sugars). Piedmont IGP hazelnut gives a totally different taste. Hazelnuts for mix-in must be well toasted (10 min at 160°C).

SIMPLE SUBSTITUTION

Hazelnut paste: almond paste (same quantity) + 1 teaspoon of crumbled amaretto.

NEXT TIME · TODAY WE TRY LOCUST BEAN GUM FLOUR

What is it?	flour from carob seeds (E410). Hydrocolloid of professional gelato-makers.
What is it for?	gives that characteristic "velvet" of Italian artisan gelato.

The experiment add 0.2 g of locust bean gum flour while heating milk with hazelnut paste.

Note the difference with classic homemade ice cream: more "gelato-maker's spoon".

Homemade ice cream · 20 recipes

RINSING program & machine maintenance

Careful cleaning after each use prolongs the life of the blade, motor and container.
Count 5 minutes total.

The RINSING program (Tefal / Moulinex Dolci)

- 1** Empty the container of any ice cream residue (you certainly won't waste it).
- 2** Fill the container with warm water halfway, with a few drops of mild dish soap.
- 3** Insert the container in the machine and start the RINSING program. The blade turns for 1-2 minutes expelling the soapy water.
- 4** Empty, rinse the container with clean water, repeat without soap to eliminate any detergent trace.
- 5** Dry gently with a clean cloth. Let the blade aerate for 10 minutes before storing everything.

Always do

- Clean within an hour of use
- Disassemble the lid completely (the silicone seal comes off)
- Dry each piece separately before reassembly
- Store the blade protected (never loose with other utensils)

Absolutely avoid

- Dishwasher for the blade (never)
- Boiling water directly on the Tritan container (deformation)
- Abrasive sponges or polishing cream (scratches)
- Storing wet (corrosion, bad smells)

Homemade ice cream · 20 recipes

The 7 most frequent problems

1 The ice cream is powdery or grainy even after re-spin

Add 2 tablespoons of cream (not milk) through the central hole and redo a re-spin on LIGHT ICE CREAM (Tefal / Moulinex Dolci) or same program (Ninja Creami). If it persists, the recipe really has too little fat: increase the cream in the next version.

2 Re-spin is almost always necessary

It's normal for these machines. Home freezers don't maintain constant temperature and ice crystals are larger than in industry. Re-spin mechanically breaks them and incorporates air. It's not a recipe error.

3 A dome has formed on the frozen block

Level with spoon or spatula BEFORE inserting the container in the machine. Never introduce a container with a central protrusion: the blade damages at first contact.

4 Ice crystals visible in final consistency

Three possible causes: insufficient fat (add more cream) · container not perfectly flat during freezing · freezer opened too often during 24 h.

5 The ice cream is too hard straight out of freezer

Your freezer is probably colder than -18°C (some domestic ones drop to -25°C). Leave the container 5-10 minutes at room temperature before the program, or go directly to re-spin with liquid.

6 The blade doesn't descend all the way

The block is too hard. Leave 5 minutes at room temperature. If it persists, check that the container is correctly inserted in its housing.

7 The program stops before the end

Motor thermal protection. Let cool for 30 minutes before restarting. If it happens repeatedly with the same recipe, the base is too hard: less sugar or more liquid.

Homemade ice cream · 20 recipes

Warnings · Safety · Contacts

USE OF THIS BOOKLET

Recipe booklet intended for personal, family and community use. It is offered free of charge to the ICED Method community and cannot be resold, redistributed for payment, or reincorporated into commercial works without written permission from the author. Recipe results vary according to the quality of ingredients, the exact model of the machine and the performance of the home freezer. No guarantee of reproducible result is given: each recipe is a guide, not a promise.

FOOD SAFETY

Do not leave ice cream at room temperature for more than 30 minutes. Never refreeze an ice cream that has already been processed (microbiological risk). Recipes #2 (Tiramisù), #9 (Crema catalana) and experiments that provide for it (#2, #9, #16) **EXCLUSIVELY REQUIRE PASTEURIZED** yolks or whites, in carton or pasteurized in shell, **NEVER** raw eggs. Do not serve preparations with eggs to immunocompromised persons, pregnant women, children under 3 years, fragile elderly. Storage: 3 weeks maximum at -18°C, with mandatory re-spin after 48 h.

ALLERGENS AND INTOLERANCES

Systematically read the composition of ingredients used. This booklet contains recipes with: **MILK** and derivatives (all recipes except #8 and #14 - sorbets), **EGGS** (#2, #9), **TREE NUTS** (#1, #12, #20), **SOY** (in experiments with lecithin), **GLUTEN** (#7 Speculoos, #16 cheesecake, #19 cone). Recipe #9 (Crema catalana) proposes a lactose-free version as experiment. If you are intolerant or allergic, substitute or omit the ingredient, and always check commercial brand labels.

"NEXT TIME" EXPERIMENTS

The optional experiments introduce gelato tools (dextrose, xanthan, soy lecithin, locust bean gum, inulin, glucose syrup, food-grade vegetable glycerin, pasteurized egg white). These ingredients are food additives authorized in the European Union (E410, E415, E422, etc.). **SCRUPULOUSLY** respect the indicated dosages: for micro-dosages (xanthan 0.15-0.5 g, LBG 0.2-0.3 g, lecithin 1 g) a 0.01 g precision scale is essential. Vegetable glycerin (#7) has a non-exceedable maximum limit of 3 g per 500 ml container: exceeding this dose gives a sticky chewing-gum consistency and can cause laxative effects. Allulose, cited in some forums, is **BANNED** in various European countries: **DO NOT** use it if you have not verified local legislation.

MACHINE AND APPLIANCE

ALWAYS follow the user manual of your machine manufacturer (Tefal, Moulinex, Ninja). Do not disassemble the blade or motor except for cleaning operations described in the official manual. Never immerse the motor block in water. Do not use the dishwasher for the blade (loses sharpness). The times indicated in the recipes (5-15 min preparation, 24 h freezing) are indicative: your freezer may require more time if it is not cold enough or often opened. ICED Method is not affiliated with Tefal, Moulinex, Groupe SEB or Ninja: names are cited exclusively for technical reference.

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