**Frozen Desserts**

**Ice cream**- To be called ice cream it must contain a certain amount of fat, at least 10% milk fat for vanilla and at least 8% for other ice creams. Ice creams made with a vanilla sauce are known as custard style and have a richer texture.

**Gelato-** Known as Italian ice cream typically made without eggs and has a denser texture than a custard style ice cream and churns for a shorter amount of time.

**Sorbet-** A is a churned frozen dessert that is basically a mixture of sweetened fruit juice or puree and water. Never contains any dairy and in its simplest form is concentrated simple syrup with flavorings. It typically contains twice the amount of sugar than ice cream. A small amount of egg white is added to sorbet syrup to improve texture. Often used as a palate cleanser.

**Sherbet-** A frozen dessert made with fruit juice or puree but also contains dairy to improve texture. They contain more sugar than ice cream but less dairy.

**Granita- A** light and refreshing frozen dessert based on sugar, water and a flavored liquid or liquor. The freezing process is different than other frozen desserts as it is stirred or scraped by hand. The texture of Granita is similar to crushed ice and can be savory or sweet.

**Frozen Yogurt-** contains low fat or non-fat yogurt in addition to the normal ice cream ingredients, takes longer to freeze and longer to melt than ice cream.