

Frozen Delights

I scream, you scream, we all scream for ice cream! There is a frozen treat for everyone, whether soft serve, gelato, frozen yogurt, or any other types of ice cream. Have you ever wondered about the difference between your favorite ice cream and other types of frozen desserts?

Soft Serve Ice Cream

Soft serve is one of the most popular types of ice cream, especially when flavored with vanilla, strawberry, or chocolate. It is also known as soft ice and is made with sugar and milk. Unlike some other types of ice cream, soft serve typically does not contain eggs. The swirly and light texture of this ice cream comes from being rapidly churned, which causes the ice cream to have more air than other types of ice cream. In the US, soft serve can be found in specialty stores or carnivals, but it is not prepackaged and readily available at grocery stores.

Frozen Custard

Frozen custard and ice cream are basically created from the same three ingredients: milk, cream, and sugar. The major difference between the two is that custard must contain at least 1.4% pasteurized egg yolk per the Food and Drug Administration. The addition of eggs gives it a smooth and creamy texture.

Gelato

Gelato is an Italian ice cream made with whole milk instead of cream, making it a lower fat percentage than American ice cream. It is made without stabilizers and eggs. Gelato is churned at a lower speed, creating a dense, thick ice cream texture.

Frozen Yogurt

Yogurt is a great snack, but have you ever tried it frozen? Frozen yogurt is made with yogurt and other dairy or non-dairy products. It is similar to soft serve consistency.

Sherbet

The delicious fruit-based frozen dessert known as sherbet contains little dairy. Sherbet also contains no more than three percent milk fat. This dessert is commonly made with milk or cream, fruit juice, egg whites, and sometimes gelatin. Traditional ice cream is much more creamy than sherbet. This smooth treat comes in many flavors, including lime, orange, lemon, and rainbow.

Sorbet

Sorbet sounds very similar to sherbet, but they are very different. Sorbet is made with frozen fruit, sweetened water, wine, juice, or honey. This differs from sherbet as there is no dairy in sorbet. It has a flaky texture similar to shaved ice. Sorbet can be easily scooped into a cone due to its melty texture. This frozen treat makes for a refreshing dessert for vegans and lactose-intolerant people.

Rolled Ice Cream

Rolled or stir-fried ice cream is a popular sweetened frozen dessert that originated in Thailand. To make rolled ice cream, milk, cream, sugar, and other ingredients are stirred together. As they are stirred, they are cooled and take in air. Once this treat is frozen, it is “rolled” and served in a verticle position.

Mochi

Mochi is another type of dairy ice cream, but it is shaped and served slightly differently. This Japanese ice cream adds flavor to the sweet rice dough it is wrapped in. The rice dumpling gives this ice cream a unique sweetness and texture. Mochi can be found in many flavors, including vanilla, chocolate, strawberry, chocolate chip, and green tea.

Non-dairy Ice Cream

All major ice cream brands produce non-dairy ice creams in many different flavors. The name suggests that no-dairy ice cream is made without cow’s milk. Instead, the most popular vegan ice creams are usually made from almond, soy, coconut, cashew, rice, or oat milk. Even if you are lactose intolerant, you can still indulge in eating non-dairy ice cream whenever you want a frozen treat.

Soft serve is one of the most common types of ice cream available. Some people love the soft, melty texture of sorbet, and others love the airy texture of rolled ice cream. Next time you plan an ice cream stop, why not try something new?

(Sources: fda.gov, fsi.colostate.edu, northernnester.com; thespruceeats.com)