

ARTISANAL ITALIAN GELATO

RECIPES & TECHNIQUES

BY

TRENTO

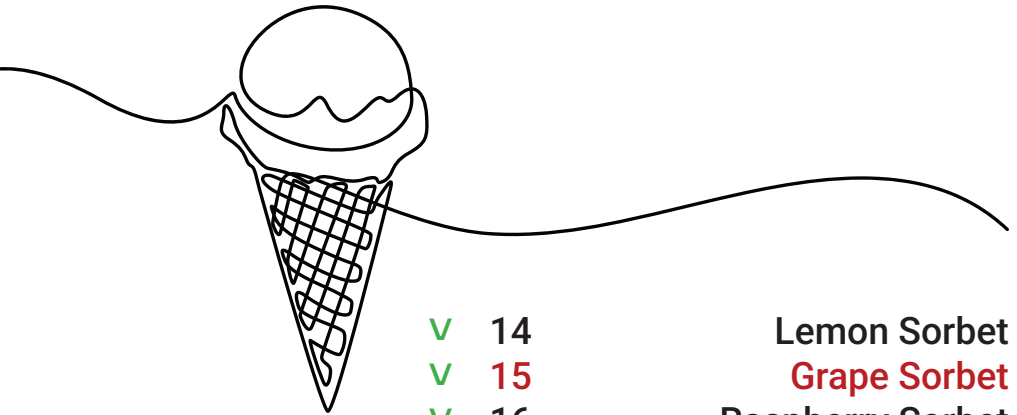
MUSSO 



MASTERING THE ART OF FROZEN DELIGHTS

NEW EDITION

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Trento Equipment

Canada: 3115 Pepper Mill Crt, Mississauga, ON L5L 4X5

USA: 12854 Florence Ave, Santa Fe Springs, CA 90670

*v = Vegan

Hazelnut Gelato



Preparation Method

Dissolve the sugar into the milk in a pan over a low heat or in a double boiler, and bring the mixture up to 70°C. Add cream, egg yolk and hazelnut paste, blend with immersion blender and leave to cool. Pour cold mixture into ice cream machine.

Ingredients for 470g

200 ml Whole Milk

100 ml Cream

1 Egg Yolk

80 g Sugar

90 g Hazelnut Paste

Tips

- » You can avoid adding the egg yolk by increasing amount of cream.
- » Pistachio gelato is made the same way, use pistachio paste instead of hazelnut.
- » If hazelnut paste can't be found, you can grind hazelnuts in a food processor until they release oil.

Garnishes not depicted in recipe

Depiction served with: Lace Tuile Basket (Caramelized sugar), Candied Hazelnuts, Crushed Toasted Hazelnuts, Chocolate Wafers.



Ingredients for 700g

300 g Full fat yogurt

250 ml Cream

150 g Sugar

Garnishes not depicted in recipe

Preparation Method

Put all the ingredients into a bowl and mix together well. Blend the mixture with an immersion blender and pour into your ice cream machine.

Tips

- » The recipe for yogurt gelato is one of the simplest and gives a sure result. Using a cream-top yogurt found in shops gives an even softer and creamier gelato.
- » Yogurt gelato goes well with fresh fruit, crumbly desserts and soft cakes, such as sponge cake.

Depiction served with: Blueberries, Mint Leaves, Pistachios, Raspberries, Raspberry Jam.



Preparation Method

Mix sugar, skim milk powder and carob-bean seed flour in a bowl. Heat together with milk, cream, honey and glucose syrup to 40°C (104 °F).

Bring to 65°C (149°F) while mixing well.

Leave to cool, and churn in ice cream machine.

Ingredients for 700g

380 ml Whole Milk

150 ml Cream

1 Pinch Salt

80 g Sugar

15 g Honey

35 g Skim Milk

Powder

2 g Carob-Bean Seed
Flour

35 g Glucose Syrup

Depiction served with: Chervil Sprigs, Lace Tuile (Water,Oil,Flour,Sugar), Honey, Toasted Hazelnuts, Strawberries.



Ingredients for 700g

250 ml Whole Milk

250 ml Cream

150 g Sugar

4 Egg Yolks

Lemon Zest (large)

or

Vanilla Pod

Preparation Method

Beat egg yolks and sugar together until frothy. Heat milk and cream in a sauce pan and add lemon zest or a vanilla pod for flavor. Pour egg yolks and sugar into the hot milk pan, then bring the mixture up to 82°C. Leave to cool (if you have time, leave in fridge for a few hours), remove lemon zest or vanilla pod, then pour mixture into ice cream machine.

Tips

The custard base lends itself to several variations on the theme.

- » You can add coarsely crumbled cornmeal biscuits or cookies directly to mixture when almost ready.
- » To get creamier gelato, add locust bean gum.
- » You can add or accompany with raisins, melted chocolate, nougats or anything your imagination suggests.

Depiction served with: Lattice Tuile (Oil,Water,Flour,Honey), Melted Chocolate, Cocoa Powder, Nougat, Raisins, Marigold Flowers, Edible Gold Leaf



Preparation Method

Heat milk and instant coffee. (Remove from heat)

Beat egg yolks thoroughly with sugar. Add to hot milk while stirring constantly. Put back onto heat until custard can coat the back of a spoon.

Mix coffee and cream, and pour in the custard slowly while stirring constantly. Leave to cool, then pour into ice cream machine.

Ingredients for 700g

200 ml Whole Milk

100 ml Cream

1 Egg Yolk

80 g Sugar

90 g Hazelnut Paste

Garnishes not depicted in recipe

Depiction served with: Edible: Latticed Chocolate, Candied Pecans, Chocolate Crispy Pearls (Valrhona Style), Chocolate Sauce, Cocoa Powder, Shaved Chocolate. Non-Edible: Fennel Sprig



Ingredients for 700g

140 g Dark Chocolate

445 ml Water

60 g Sugar

20 g Honey

80 g Glucose Syrup

2.5 g Locust Bean

Gum Powder

Garnishes not depicted in recipe

Preparation Method

Bring water almost up to a boil with sugar, honey, glucose and locust gum while mixing well. Remove from heat, add chocolate, and mix for a long time. Leave to cool, then pour into ice cream machine.

Depiction served with: Moulded Chocolate Lattice Tuile, Candied Cherries, Shaved Chocolate, Chocolate Chips, Powdered White Sesame.



Preparation Method

Heat milk, cream, honey, glucose, and tahini to 40 °C (140 °F).

Mix sugar, skimmed milk powder and locust bean gum powder in a bowl, then add to liquid mixture.

Bring to 65°C (149 °F) while mixing well. Leave to cool, then pour into ice cream machine to churn.

Ingredients for 700g

480 ml Whole Milk

50 ml Cream

15 g Honey

80 g Sugar

35 g Glucose Syrup

35 g powdered milk
(skim)

2 g locust bean gum
powder

50/70 g Tahini

(depending on type)

Garnishes not depicted in recipe

Depiction served with: Spun Sugar Nest (Flecked with White Sesame), Candied Walnuts, Crushed Walnuts, Candied Citrus Peel, Honey, Mint Leaves, Viola Flower.





White Coffee Gelato

Ingredients for 750g

200 g Coffee Beans

250 ml Cream

150 g Sugar

150 ml Water

Garnishes not depicted in recipe

Preparation Method

Pour coffee beans (whole) and water into a pan. Bring to a boil, then take off heat and add sugar. Stir occasionally until sugar is completely dissolved, then cover and leave to cool. Strain coffee beans out of syrup, then add cream, and pour into ice cream machine.

Depiction served with: Edible Gold Flakes, Sliced Toasted Almonds, Cocoa Powder



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Preparation Method

Stir cream and milk together in a pan and heat until bubbles appear around the edge. Beat eggs and sugar together in a bowl until the mixture is soft and frothy. Add to the milk and cream, then put back on heat and stir until mixture reaches 85 °C. Remove from heat and add Parmigiano-Reggiano. Leave to cool, then place in refrigerator for 4 hours. Pour into ice cream machine.

Tips

- » For best results, use Parmigiano-Reggiano that has been aged for at least 18 months.
- » Parmigiano-Reggiano gelato goes well with crispy prosciutto (oven dried). May be also served on Parmigiano-Reggiano wafers or simply eaten with grapes.

Ingredients for 750g

400 ml Milk

150 ml Cream

2 Egg Yolk

125 g Sugar

60 g Grated

Parmigiano-Reggiano

Garnishes not depicted in recipe

Depiction served with: Cheese Tuile, Grapes, Balsamic Reduction, Walnuts. Non-Edible: Rosemary Leaves



Ingredients for 750g

430 ml Milk

200 ml Cream

60 g Icing Sugar

60 ml Condensed Milk

1 tbsp Sulla Honey

1 Pinch Saffron

1 Pinch Salt

4 Ladyfingers

walnuts

Garnishes not depicted in recipe

Preparation Method

Heat milk and sugar in a pan until you see the first bubbles appear around the edge. Take off heat and add condensed milk and all other ingredients except walnuts. Leave to stand in refrigerator for a couple of hours. Pour mixture into ice cream machine.

Crumble and add walnuts when gelato has almost reached final consistency. Break ladyfingers in half and serve as sandwiched skewers.

Tips

- » Saffron and Walnut Gelato should be served in small portions to appreciate the unusual combination of flavors.

Depiction served with: Crushed Walnuts, Sesame Biscuit, Powdered Sugar



Risotto alla Milanese Gelato



Preparation Method

Wash rice well. Pour into cold water and bring to a boil, cooking for 15 minutes. Take rice off heat, add sugar, a pinch of salt and a pinch of saffron. Let stand.

Beat egg yolks well with sugar, zest, and locust bean gum. Bring milk and cream to a boil, mixing into beaten egg yolk mixture, and leave to cool.

Add boiled rice and mix well, then pour into ice cream machine.

Ingredients for 700g

50 g Rice

250 ml Cold Water

70 g Sugar (for Rice)

1 Pinch Salt, Saffron

400 ml Milk

40 ml Cream

100 g Sugar

2 Egg Yolks

2.5 g Locust Bean Powder

Lemon, Orange Zest

Garnishes not depicted in recipe

Depiction served with: Moulded Cheese Tuile, Toasted Rice Grains, Edible Gold Flakes, Saffron, Balsamic Reduction, Chervil Sprig



Ingredients for 700g

250 g Cooked Pumpkin

25 g Butter

265 ml Milk

35 ml Cream

25 g Sugar

80 g 30DE Glucose

Powder

44 g Dextrose

20 g Skim Milk Powder

3 g Locust Bean Gum

1 Pinch Salt

Garnishes not depicted in recipe

Preparation Method

Bake pumpkin at 180°C for at least 40 minutes. Set a few rosemary leaves aside, and saute the rest in butter with salt on low heat. Add finely chopped pumpkin and cook for 10 minutes on low heat, stirring well. Heat milk and cream to 40°C. Mix glucose, dextrose, sugar, skimmed milk powder, and locust bean gum powder in a bowl, then add to milk and cream.

Bring to 65°C while stirring to an even consistency.

Leave to cool and add pumpkin.

Stir together to an even consistency with sprigs of rosemary. Add to ice cream machine.

Depiction served with: Isomalt Sphere, Pine Nuts, Crushed Toasted Pine Nuts, Edible-Gold Powder Dusted Pumpkin Jelly Cubes, Pumpkin Butter, Balsamic Reduction



Preparation Method

Put 300g of diced peach in a medium bowl with lemon juice and two tablespoons of sugar. Leave to steep, and then purée.
Put remaining diced peach in a small bowl with a tablespoon of sugar, leave to steep.
Beat yolks well with tablespoon of sugar.
Bring milk to a near-boil, mix in egg yolks beaten with sugar and put back on heat.
Continue stirring until mixture is thick enough to coat back of spoon.
Add jam and peach purée, and stir for a long time before mixing in cold cream. Stir again, leave to cool, then pour into ice cream machine.

Ingredients for 700g

400 g Diced Peaches
3 tbsp Sugar
300 ml Milk
200 ml Cream
150 g Sugar
3 Egg Yolks
40 g Peach Jam

Garnishes not depicted in recipe

Depiction served with: Lavender Honey & Amaranth Leaf, Glazed Peach Fans (Glazed with Lavender-Infused Honey), Slivered Almonds, Crushed Candied Pralines, Peach-Vanilla Jelly Cubes& Pearls, Praline Tuile Biscuit



Vegan

Ingredients for 850g

3 Lemon Zest

600 ml Water

250 ml Lemon Juice

260 g Sugar

Preparation Method

Blend lemon zest and sugar.

Add to water in a saucepan, and bring to boil while stirring to dissolve.

Continue boiling for about 1 minute, leave to cool.

Stir in lemon juice.

Put in refrigerator for a few hours.

Pour mixture into ice cream machine.

Garnishes not depicted in recipe

Depiction served with: Lemon Curd, Candied Lemon Peel, Crushed Pistachios, Citrus Pearls, Honey, Microgreen Sprigs



Grape Sorbet



Preparation Method

Peel grapes and remove seeds. You can leave the skin on some or all of the grapes to give sorbet a streaky effect. Blend all ingredients together and pour mixture into ice cream machine.

Tips

- » You can also use Fragola Grapes

Vegan

Ingredients for 675g

500 g Moscatel

Grapes

175 g Sugar

Half Lemon Juice

Garnishes not depicted in recipe

Depiction served with: Moscatel Wine Syrup, Frosted Grapes, Toasted Almonds, Grape Juice Caviar Pearls, Aged Balsamic Reduction, Microgreens (Sorrel Leaves, Violet Petals)



Vegan

Ingredients for 700g

500 g Raspberries

175 g Sugar

Half Lemon Juice

Garnishes not depicted in recipe

Preparation Method

Blend all ingredients together and pour mixture into ice cream machine

Tips

- » The same quantities and methods can be used to make sorbets with other berries.
- » Mixture must not be left to stand. Consequently, berry sorbets are the quickest to make.

Depiction served with: Raspberry Coulis, Halved Raspberries, Jelly Cubes (Champagne with Elderflower, Raspberry), Streusel (Butter, Raspberry Infused), Cacao Nibs, Gel Drops (Lemon), Micro Basil Sprigs



Pear Sorbet with Ginger & Pink Pepper



Preparation Method

Heat water in a pot. Mix sugar, dextrose and locus bean gum powder, and add when water reaches 40°C (104 °F). Mix syrup well and bring to 65°C (149°F). Leave to cool to room temperature, then add ginger extract and lemon juice. Peel and chop pears, add to syrup and mix for at least 3 minutes.

Churn, rinse sugar from chopped candied ginger and add just before ready along with pink pepper.

Vegan

Ingredients for 700g

375 g Comic Pears

158 ml Water

120 g Sugar

80 g 30DE Glucose
Powder

13 g Ginger Extract

2.5 g Locust Bean

Gum Powder

Lemon Juice

Garnishes not depicted in recipe

Depiction served with: Dehydrated Pear Chips, Pear Juice Caviar Pearls, Toasted Walnuts, Graham Biscuit Crumble, Caramel Spiced Pear Coulis, Balsamic Reduction, Micro Thyme Sprigs



Vegan

Ingredients for 700g

300 g Late Black Figs

65 ml Water

15 g Lemon Juice

400 g Syrup

2 g Locust Bean Gum

1 Pinch Salt

Garnishes not depicted in recipe

Preparation Method

Soak unpeeled black figs for a few minutes in a bowl of water and lemon juice.

Cut in half, and add water, lemon, syrup (200 ml water + 200 g sugar), locust bean gum powder and a pinch of salt.

Blend mixture thoroughly and pour into ice cream machine.

Depiction served with: Caramelized Figs, Pomegranate Arils, Toasted Walnuts, Creme Anglaise, Microgreens, Spiced Honey Reduction



Preparation Method

Put organic cold-pressed, deodorized sunflower oil, cocoa powder, rice flour, kudzu, locust bean gum powder and rice milk in a sauce pan.

Blend well with a blender.

Put on heat and bring to near boil, stirring to prevent sticking.

Remove from heat and add rice syrup.

Cover and leave to stand on table until almost cold. Place container for a couple of hours in the fridge.

Pour creamy liquid into ice cream machine to churn for 35-40 minutes.

Vegan

Ingredients for 700g

50 g Sunflower Oil

40 g Unsweetened

Cocoa

10 g Rice Flour

210 g Rice Syrup

435 g Rice Milk

5 g Kudzu Powder

2 g Locust Bean Gum Powder

Garnishes not depicted in recipe

Depiction served with: Vegan Chocolate Cream, Cocoa Dusted Vegan Chocolate Truffles, Vegan Dark Chocolate Squares with Sea Salt, Toasted Hazelnuts, Vegan Dark Chocolate Curl, Espresso Reduction



Vegan

Ingredients for 700g

150 ml Water

150 g Sugar

250 g Tomato Extract

1 Pinch Salt

1 Tbsp Extra Virgin

Olive Oil

Preparation Method

Bring water and sugar to a boil for 2 minutes, then leave to cool.

Add tomato extract and mix well with a pinch of salt and a tablespoon of olive oil.

Churn in ice cream machine.

Garnishes not depicted in recipe

Depiction served with: Toasted Croutons with Sea Salt, Hydrated Basil Seeds, Dehydrated Tomato Skins, Olive Oil, Microgreens (Basil)



Vegan Raspberry Gelato



Preparation Method

Clean and gently wash raspberries in cold water.

Drain thoroughly.

Place in tall container with slightly warm water, rice syrup, lemon juice and locust bean gum powder. Blend well with a blender, and put into ice cream machine for 35 minutes.

Vegan

Ingredients for 700g

300 g Raspberries

160 ml Water

250 g Rice Syrup

2 g Locust Bean Gum Powder

20 g Lemon Juice

Garnishes not depicted in recipe

Depiction served with: Raspberry Coulis, Crushed Macadamias and Raspberry Shortbread, Key Lime Caviar Pearls, Whole Raspberries, Raspberry Jam, Mint Leaves



MASTER THE ART

ITALIAN GELATO TECHNIQUES & SECRETS

Welcome to the ultimate guide. Unlock the precise methods and hidden secrets for creating perfectly smooth, authentic Italian gelato and sorbets in your own kitchen or professional studio. This comprehensive guide covers simple to advanced recipes that explore both dependable crowd pleasers to special exotic recipes developed by masters in the field.



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Trento Equipment

CANADA: 3115 Pepper Mill Crt, Mississauga, ON L5L 4X5

USA: 12854 Florence Ave, Santa Fe Springs, CA 90670