

The Latest Hullabaloo

Hullabaloo Food "We put in less ... so that you can have more."

NEWSLETTER 16: OCTOBER 2008

Hi all,

Summer is officially on it's way to Hobart! On Saturday I scraped last year sausages off the BBQ and fired it up because the sun stayed out for more than 2 hours. It is also the season for icy poles after school, lots and lots of them.

I have had a wonderful time exploring the ins and outs of icecream – and you will be pleased to know that it is actually very easy. Cooking anything from scratch can be a bit off-putting – but the trick is to do it four times in the first week so that it becomes a habit.

If you work out the least number of utensils that you need to round up to get the job done it makes getting ready much less daunting. I own an icecream machine but getting it out and freezing the bowl a day before – is just too much work. It is easier to do it by hand.

The quest for allergy-aware icecream is really about finding dairy-free, egg-free and additive-free. It still stuns me when I see foods like vanilla ice-cream labeled 'Gluten-free'. Traditional ice-cream contains, cream and/or milk, sugar, eggs and vanilla. So on which planet do they put gluten in it?

My goal this month was to make a completely "allergy-aware" ice-cream – that means none of the top 8 allergens and no artificial ingredients. I figured that if you could make something tasty with nothing, then you can just add back in what your kids can eat. The result is not exactly "Ben and Jerry's French Vanilla" but it is pretty close to the flavour and texture of homebrand icecream and it tastes more like icecream than rice, oat or soy milk taste like cows milk. Try it at home and let me know if you agree.

And lastly, I am really over making icecream cones – from now on you can do it yourself. So just one of the three new products this month is the waffle cone kit. Perfect timing!

Cheers

Jane

NEW PRODUCTS

Chocolate Pudding Mix



Cheese & Tomato Crunch



The Waffle Cone Kit



FROM ICE TO ICECREAM

Step 0: Ice. When water freezes you get ice. You can eat solid ice, but it isn't much fun and it breaks your teeth.

Step 1: Icy poles. Icy poles are frozen, but because they are not hard like ice, we are able to eat them. They are made of a sugar syrup (about 16-20% sugar) plus colour and flavour. When the icy pole mix is refrigerated bits of water freeze as pure ice crystals. The sugar component doesn't freeze so the syrup becomes more concentrated.

Ice crystals will continue to form until about 72% of the icy pole is an ice crystal structure and the remaining 28% is a very concentrated sugar solution. You can see this when you suck an icy pole really hard – you get a big flavour hit and it leaves a bleached white less than solid ice structure.

Snow cones work on similar principals. Solid ice is shaved to make it easier to eat and then topped with super concentrated topping.

Step 2: Sorbet. Sorbet is still frozen but has a softer texture. This is achieved by two things. Sorbet is smashed about while it is freezing so that the individual ice crystals are smaller. This incorporates some air into the sorbet which also makes it lighter in colour.

Sorbet has a slightly creamy texture. It doesn't have fat or cream, although some ingredients may contain tiny amount of fat, so this 'mouth feel' is achieved from ingredients such as egg white (traditionally), fruit pulp or vegetable gums.

But the most unique feature of sorbet is the tang. Traditionally lemon juice is used to give it a sharp, cleansing edge, but any acid will have the same effect on the flavour.

Step 3: Ice-cream. Traditionally ice cream is made from cream and/or milk, sugar and vanilla, and by law must have 10% milk fat by weight – so anything dairy-free or allergy-aware is really a 'frozen dessert'.

From a food science point of view ice-cream is both an emulsion and a foam. Once established the oil in water emulsion must be prevented from separating (you know that awful thing that happens when icecream melts and refreezes and you get yellow watery ice at the bottom).

Good icecream is light and fluffy. By whipping the mix as it is freezing, air is incorporated into the icecream. You will notice that icecream is sold by the volume – not the weight, which means the more you whip it the more money you make. The good news is that even the cheap brands can't make it too fluffy, because by law it must contain less than 50% air.

ICECREAM MACHINES.

Ice concoctions are reported as begin made as long ago as the 4th Century BC. Since then methods and flavours have been refined. The traditional way to make sorbet or icecream is to place the liquid in a container and periodically get it out of the freezer (or frozen lake, or the snow!!) and churn it. I have found that three jolly good churns over 3 hours does the trick. You can use paddles, egg beaters, whisks – but I love my \$10 imitation Bamix and that really makes the job easy.

Domestic icecream machine work on the same principal. The bowl is pre-frozen for 14 hours or so. The liquid goes into the bowl and while it is churning (about 15 minutes) the subzero temperature is transferred to the icecream. Scoop the icecream into a nice container to harder up in the freezers and presto!!

ICECREAM WITH BITS

Kids love bits in their icecream – actually lots of people do - and the method is really simple. If you add the bits when the icecream is being made they will sink to the bottom so just buy or make a basic icecream that your allergies can tolerate. Take it out of the freezer until it starts to soften. Stir in 'bits'. Put back in freezer.

So what bits can you add? Well just about anything: Broken biscuits, choc chips, sultanas, other firm chopped fruit, small jelly sweets, (avoid big ones like jelly beans and they turn into granite), nuts if you can have them! Broken honeycomb, concentrated fruit topping, yoghurt, Licorice allsorts, anything sweet than can be made into small pieces.

Isabelle wished to do the Hokey Pokey. So here you go. This is vanilla icecream with honeycomb (Australia) and Caramel (New Zealand). See August 2008 newsletter for recipes, but for a quick caramel - put 1c sugar in a pan, add a dash of vinegar or lemon juice and just enough water (about 1/4c) so that once heated all the sugar dissolves. Boil for ages and until when a blob is dropped into cold water is sets hard straight away. Pour onto a greased pan. Leave to set. Then smash with hammer.

MAKING ALLERGY-AWARE ICECREAM

Homemade Vanilla icecream calls for about 3 cups of thin cream, low fat cream, half and half, or full fat milk – depending on how big your waist already is. You add 3/4c of castor sugar and about 1 tsp vanilla extract. Stir until dissolved. It will taste strong but the coldness of the finished icecream blunts the taste. This mixture is now ready for the machine or the bamix.

Chocolate Icecream is pretty much the same except that you need to gently melt about 180g of chocolate into the cream before you start.

You can make dairy-free icecream with soy milk, rice milk or oat milk and coconut cream. The trick is getting the liquid fatty enough. Mix the milks that you can use until you have a blend that tastes like creamy milk but the ratio is about 1 part coconut cream to 3 parts non-milk. (PS Ayam Brand Coconut Cream is the ONLY one I have every found that is 100% coconut all the other have water and thickener and other junk).

And now to make icecream out of nothing.

Place 2 ¼ cups water and ½ cup (100g) of sugar in saucepan. Bring to boil and continue for 15 mins to make syrup.



Leave it to cool slightly. In a 1 litre plastic jug blend 60mls of any vegetable oil (pick one with very little taste like Rice Bran Oil) and ½ teaspoon of Xanthan Gum with a fork.

Pour the still warm syrup over the oil and mix with a fork until it kind of blends. Refrigerate for 4 hours, it will thicken quite a bit and look like runny anaemic glue. THAT'S PERFECT.

Bamix for 3-5 minutes until it goes white. Then put it in the freezer. Remove from freezer every hour and re-bamix until it has frozen solid.

ICECREAM YOU CAN BUY: The most widely available products.

SANITARIUM SO GOOD VANILLA FROZEN DESSERT: So Good Soymilk (78%) [Water, Corn Maltodextrin, Soy Protein (3.5%), Cane Sugar, Sunflower Oil [Contains Antioxidants (Tocopherols), Minerals (Phosphates of Calcium and Magnesium), Acidity Regulators (332, 340), Antioxidant (Ascorbic Acid), Vitamins (A, B12, B2)], Cane Sugar, Dextrose, Sunflower Oil [Contains Antioxidant (Tocopherols)], Corn Maltodextrin, Emulsifier (471), Inulin, Vegetable Gums (Guar, 466, Locust Bean), Salt, Flavours, Colour (160b).

SANITARIUM SO GOOD CHOCOLATE BLISS FROZEN DESSERT: As above plus Cocoa (2.5%), Flavours (Contain Wheat).

MOTOTO VANILLA: Filtered Water, Sugar, Vegetable Fat, Glucose Syrup (from Maize), Rice Starch, Egg Yolk, Dextrose (from Maize), Chicory Inulin, Maltodextrin (Tapioca) Emulsifiers (477, 471) Vegetable Gums (412, 407(a), Mineral Salts (341, 339) Flavour (Natural Vanilla), Salt.

MOTOTO CHOCOLATE: As above plus Cocoa Powder.

TURTLE MOUNTAIN PURELY DECADENT™ VANILLA: Filtered Water, Organic Soymilk (Filtered Water, Organic Soybeans), Organic Evaporated Cane Juice, Organic Brown Rice Syrup and/or Organic Tapioca Syrup, Organic Safflower Oil and/or Organic Soybean Oil, Chicory Root Extract, Vanilla Extract, Carob Bean Gum, Guar Gum, Algin (Kelp Extract), Carrageen, Yucca Extract, Potato Sugar.

TURTLE MOUNTAIN PURELY DECADENT™ COCONUT: Organic Coconut Milk, Organic Agave Syrup, Chicory Root Extract, Organic Dried Coconut, Carob Bean Gum, Guar Gum, and Natural Flavour.

- ✓ Hullabaloo Food is very allergy-aware and understands the needs of people with allergies & intolerances.
- ✓ Hullabaloo Food is always peanut-free, tree nut-free, preservative-free, artificial colour and flavour free.
- ✓ Hullabaloo Food responds to the needs of allergic people by constantly developing new products.

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