

## **Bharathi ice cream shop**



October 11, 2023

Ice cream is a frozen dessert typically made from milk or cream that has been flavoured with a sweetener, either sugar or an alternative, and a spice, such as cocoa or vanilla, or with fruit, such as strawberries or peaches. Food colouring is sometimes added in addition to stabilizers. The mixture is cooled below the freezing point of water and stirred to incorporate air spaces and prevent detectable ice crystals from forming. It can also be made by whisking a flavoured cream base and liquid nitrogen together. The result is a smooth, semi-solid foam that is solid at very low temperatures (below 2 °C or 35 °F). It becomes more malleable as its temperature increases. Ice cream is a colloidal emulsion made with water, ice, milk fat, milk protein, sugar and air. Milk proteins such as casein and whey protein present in ice cream are amphiphilic, can adsorb water and form micelles which will contribute to its consistency. The proteins contribute to the emulsification, aeration and texture. Sucrose, which is a disaccharide, is usually used as a sweetening agent. Lactose, which is sugar present in milk, will cause freezing point depression. greater than 10% milk fat

6 to 10% milk and non-fat milk solids: this component, also known as the milk solids-not-fat or serum solids, contains the proteins (caseins and whey proteins) and carbohydrates (lactose) found in milk

It generally also has:[65]



12 to 16% sweeteners: usually a combination of sucrose and glucose-based corn syrup sweeteners. Before the development of modern refrigeration, ice cream was a luxury reserved for special occasions. Making it was quite laborious; ice was cut from lakes and ponds during the winter and stored in holes in the ground, or in wood-frame or brick ice houses, insulated by straw. Many farmers and plantation owners, including U.S. Presidents George Washington and Thomas Jefferson, cut and stored ice in the winter for use in the summer. Frederic Tudor of Boston turned ice harvesting and shipping into a big business, cutting ice in New England and shipping it around the world.

Ice cream was made by hand in a large bowl placed inside a tub filled with ice and salt. This is called the pot-freezer method.[58] French confectioners refined the pot-freezer method, making ice cream in a sorbetière [fr] (a covered pail with a handle attached to the lid). In the pot-freezer method, the temperature of the ingredients is reduced by the mixture of crushed ice and salt. The salt water is cooled by the ice, and the action of the salt on the ice causes it to (partially) melt, absorbing latent heat and bringing the mixture below the freezing point of pure water. The immersed container can also make better thermal contact

with the salty water and ice mixture than it could with ice alone.

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