



My Drift

Title: Ice Cream

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Well, after more than 12 years of writing these articles, I'm finally writing about my favorite food item. Yes, I eat a large serving of ice cream almost every night. I could live on a big breakfast, beer, and ice cream. In fact, I pretty much did just that during my single years, TDY trips, and even now when I'm fixing my own meals. Don't laugh. It can't be all bad – I'm 78 years old and still healthy.

The History of Ice Cream

For most Americans, the phrase “ice cream” conjures up memories of summer, like slurping melted cones, banana splits, hot fudge sundaes, root beer floats, and buying a scoop from the drug store when it only cost a dime. Ice cream is the ultimate “old fashioned” treat. This dessert has a very worldly history that stretches all around the globe. In India, there's kulfi. In Italy, gelato. In Japan, mochi. It seems every country has its own spin on the delicious frozen confection we Americans call ice cream. This sweet stuff gets around! So, where exactly did it come from?

Nobody knows for sure, but historians say a form of ice cream has been around since ancient times. Here is the timetable:

- 500 BC – People of Persian Empire were the first to start making ice treats. They would pour grape juice over snow and eat it during the hot summers.

Later, they invented an ice recipe for their royal families. It consisted of iced rose water, vermicelli, saffron, fruits and other sweet flavors.

The Persian Empire was centered around the middle eastern area known today as Iran. The Persians are an Iranian ethnic group that currently make up over half the population of Iran. I would have never guessed that the Arabs invented ice cream and they didn't – they invented flavored snow.

- 37-68 BC – Historians have found records that Roman Emperor Nero liked chilled delicacies. He had a supply of ice from the mountains constantly brought to him so that he may eat it with fruit and honey toppings.



- 200 AD – Ancient Chinese records tell of frozen mixture of milk and rice that was consumed as a summer treat.

Yes, the Chinese were the first to use milk/cream, so I guess they invented ice cream, but they didn't call it that. The Chinese call this dessert 冰淇淋 or bingqilin.



The emperors of the Chinese Tang Dynasty are believed to have been the first to eat “a frozen milk-like confection.” This version was made with cow, goat or buffalo milk that was heated with flour. Camphor, an aromatic substance harvested from evergreen trees, was added to enhance the texture and flavor. The mixture was then placed into metal tubes and lowered into an ice pool until frozen. This process is similar to the way Indians made kulfi prior to refrigeration.

- 800- 900 – The Arabs refined their recipe of ice cream by introducing milk and sugar as primary ingredient. By the 10th century, ice cream made of milk, cream, flavored rosewater, dried fruits and nuts was used over entire Arab lands, especially in Baghdad, Damascus, and Cairo.

- Late 13th century – Marco Polo returns to Italy, carrying with him the tale and a recipe for ice cream. Italy becomes fascinated with findings from the Middle East and Asia and starts the ice cream craze. Gelato (what Italians call ice cream) distinguished itself by maintaining its popularity from the moment it appeared in Renaissance Italy to the modern days when gelato can be eaten all over the world.



Italian Ice Cream – Gelato

- 1533 – Gelato (Ice cream) remained popular only in Italy until the marriage of Catherine de'Medici of Italy and Henry II of France. They introduced ice cream to France and soon after that - entire Europe.

Who brought ice cream to America?

Thomas Jefferson was only 33 years old when he wrote the Declaration of Independence. He was a member of Congress. He was the third president of the United States. He was an ambassador to France and after he retired, he established the University of Virginia.



Yes, Thomas Jefferson did a lot of great things, but I think his biggest accomplishment was bringing ice cream to America!

While serving as the ambassador to France, Jefferson tasted ice cream for the first time and liked it so much he brought back the recipe and learned to make it himself. Fittingly, his favorite flavor was French vanilla. Thomas Jefferson had several ice houses, able to hold up to 62 wagonloads of ice, along with large amounts of ice cream.



Before refrigeration, ice and ice cream was stored in Ice Houses

When was refrigeration invented?

In 1834, the first working vapor-compression refrigeration system was built. The first commercial ice-making machine was invented in 1854. Commercial cooling systems become available for bars, ice cream parlors, and other businesses in about 1900. In 1913, refrigerators for home use were invented. However, most rural communities didn't even have electricity until the 1920s and didn't have plumbing and refrigerators until the late 1930s and early 1940s.

During the early years of my life we didn't have running water or any plumbing in our house. You know what that meant, don't you? Yes, we had an outhouse located out by the barn about 30 yards from the house. Have you ever had to tromp through a foot of snow in the cold winter just to go to the bathroom? It was not fun! We had a well in the back yard about 15 feet from the house. This was where we got water to drink, for cooking and for our bathes. We had no television, but we did have electricity, so we had lights and could listen to the radio, read books, and play games for entertainment.



Son Mike standing in front of our family's old outhouse and barn

Oh, we also didn't have a refrigerator, but we did have an Icebox (See sample picture and description on next page). In our small town of Pleasant Grove, Utah, we had an ice store and an ice truck that delivered big blocks of ice to residents who wanted it. We had a cow for milk and cream – we had chickens for eggs. What all this means is our family could and did make ice cream on a regular basis.

How did people keep food from spoiling before refrigeration?

In the ages of hunters and gatherers, the idea of storing foods wasn't even a thought. Whatever food was hunted and gathered was simply consumed. As times changed though and hunting for food diminished, people had to start finding ways to keep food fresh. That's when people started salting, spicing, smoking, pickling, curing, and drying foods. There was little need for refrigeration back then since most foods were preserved.

How did people keep food and drinks cool?

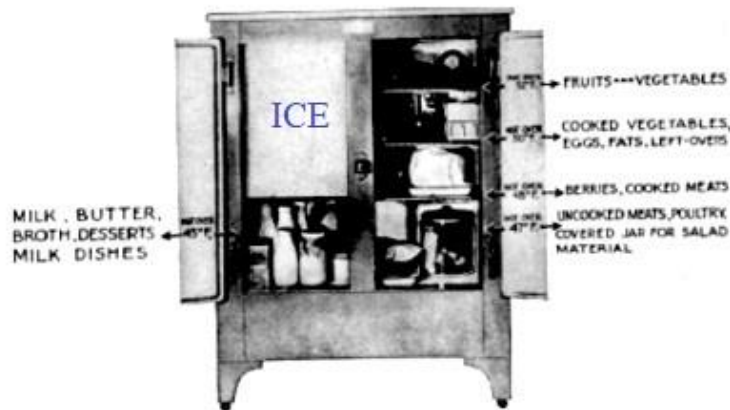
Natural sources such as streams and caves were a great cooling option. The deeper the cave in the earth, the cooler the air would be. Streams also offered a way to cool things faster due to the flowing water moving around the object.

As the ages progressed, other solutions developed including holes in the ground, nooks in wooden walls, and storing in cooler locations such as cellars. Community cooling houses were an integral part of many towns to keep meat, fruit and vegetables stored. At various points in time ice houses were built often underground or as insulated buildings – these were used to store ice and snow sourced during winter, to keep foods cold during the warmer months.

ICEBOX



Outside View



Inside View

Iceboxes had hollow walls that were lined with tin or zinc and packed with various insulating materials such as cork, sawdust, straw or seaweed. A large block of ice was held in a tray or compartment near the top of the box. Cold air circulated down and around storage compartments in the lower section. Some models had spigots for draining ice water from a catch pan or holding tank. You had to replenish the melted ice, normally by obtaining new ice from an iceman. Iceboxes were commonly made of wood and many were handsome pieces of furniture.

First Ice Cream Parlor in America - Origins of English Name



The first ice cream parlor in America opened in New York City in 1776. American colonists were the first to use the term "ice cream". The name came from the phrase "iced cream" that was being used up to this time.

Homemade ice cream

Whoever invented the method of using ice mixed with salt to lower and control the temperature of ice cream ingredients during its making provided a major breakthrough in ice cream technology. Also, important was the invention of the wooden bucket freezer with rotary paddles, which improved the manufacture of ice cream. In 1846, Nancy Johnson patented a hand-cranked freezer that established the basic method of making ice cream at home that is still used today.



Recipe and instructions for making homemade ice cream

Ingredients:

3 cups heavy cream

1 cup whole milk

3/4 cup sugar

1 tablespoon pure vanilla extract

Kosher salt

5 large egg yolks

Stir sugar, cream, milk, and other ingredients into a saucepan over low heat until sugar has dissolved. Make sure you have the rock salt and the crushed ice. With everything ready to go, pour the prepared ice cream mixture into the can and nestle the can into the tub fitting. Never fill the can more than three-quarters full—somewhere between two-thirds and three-quarters is ideal—because if the can gets overcrowded, your ice cream will become grainy. The ideal proportion of ice to salt in your ice cream mixture should be three to one. While you're cranking your ice cream mixture, don't add ice as it melts away, don't take any water out, and don't add more salt.

Gradually layer the ice and the salt around the can in the proper proportions, turning the crank slowly to let it settle. Let the mixture sit in the iced tub for about 5 minutes, in order to let it chill. Begin churning so that the can is turning clockwise. Turn slowly for the first couple minutes, then pick up speed for the next 10 minutes or so, until the ice cream is solid.



Enjoy!

Though its history spans worldwide and over centuries, ice cream has made itself quite comfortable in America, becoming the most popular dessert in the country. A staggering 9% of American cow's milk production is dedicated to ice cream. Apple pie might be the most traditionally American dessert, but what is served as its most popular sidekick? Vanilla ice cream, of course! This creamy iced treat has firmly planted itself in the hearts of foodies across America.

More ice cream facts, trivia, and information

America's first edible ice cream cone. At the St. Louis World's Fair in 1904, a Syrian concessionaire named Arnold Fornachou was running an ice cream booth. When he ran short on paper cups, he noticed he was next to a waffle vendor by the name of Ernest Hamwi, who sold Fornachou some of his waffles. Fornachou rolled the waffles into cones to hold the ice cream and this is believed by some to be the moment where ice-cream cones became mainstream.



It takes about 50 licks to finish a single scoop ice cream cone.

The perfect temperature for scooping ice cream is between 6 and 10 degrees Fahrenheit.

“Brain Freeze” occurs when cold ice cream touches the roof of your mouth.

1 out of 5 people share ice cream with their pet.

This is not a good idea. It can give your pet the runs (diarrhea).

The most famous ice cream related death. Chef of Charles I of England was beheaded shortly after his famous ice cream recipe started circulating in the public. He died because he broke his oath to Charles I of England never to reveal it.

The top selling and most popular flavors of ice cream in America are vanilla (33% of the market) and chocolate (19 percent). There are over 1000 different flavors of ice cream in existence.

I like butter pecan the best!



What are the top 10 ice cream favors? After vanilla and chocolate, #3 is cookies and cream, #4 is mint chocolate chip, #5 is strawberry, #6 is butter pecan, #7 is rocky road, #8 is chocolate chip, #9 is Neapolitan, and #10 is cookie dough.

Today the average American eats about 20 quarts of ice cream a year—the world's highest per capita consumption.

I eat about 2 quarts a week which equates to about 100 quarts a year. I'm doing my part in support of the ice cream industry.

It takes about 6 pounds of whole milk and one pound of cream to make one gallon of ice cream.

The United States produces the most ice cream in the world and California produces the most ice cream in the U.S. The U.S. ice cream industry generates more than \$21 billion in annual sales.

Top 5 ice cream companies in America are #1 Ben and Jerry's, #2 Häagen-Dazs, #3 Breyers, #4 Dreyer's, and #5 is Blue Bunny.

In the U.S., all ice cream needs to have a minimum of 10% milkfat if it is to be labeled "ice cream". This includes custard based (French Style) ice creams.

The story behind the ice cream sundae. In 1890, Evanston, Illinois was one of the first locations to pass a blue law against selling ice cream sodas on Sundays. Some ingenious confectioners and drug store operators (obeying the law), served ice cream with the syrup of your choice without the soda [on Sundays]. The soda-less ice cream soda was called the “Sunday Soda”. As it turned out, people liked the Sunday soda better than the regular ice cream soda. The local Methodist leaders then objected to naming the dish after the Sabbath, so the spelling of the name was changed to sundae.



The history of the ice cream milkshake. The milkshake's origins can be traced back to the late 19th century, when an 1885 newspaper described the milkshake as a sturdy drink with milk, whiskey, eggs, sugar, and ice. It wasn't until 1922 when a Walgreens employee in Chicago, Ivar "Pop" Coulson, took an old-fashioned malted milk and added scoops of ice cream.



Hey, I like the idea of adding a little whiskey to my milkshake or malt!

Chocolate syrup is the world’s most popular ice cream topping.

My favorite ice cream topping is caramel.

87% of Americans have ice cream in their freezer at any given time.

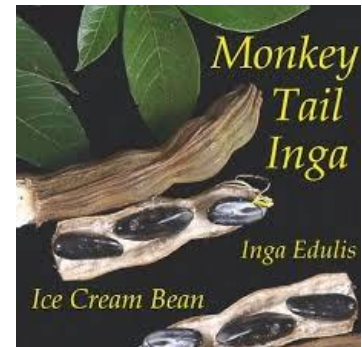
That is all I have in my outside patio refrigerator freezer. There is a new flavor of ice cream that I found that is very good. It is called “Sweet and Salty Caramel Pecan”.



An average dairy cow can produce enough milk in her lifetime to make a little over 9,000 gallons of ice cream.

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of that month as National Ice Cream Day.

Hawaii has a fruit known as the ice cream bean or the monkey tamarind that actually tastes like vanilla ice cream!



In the early days of television, mashed potatoes were used to simulate ice cream on cooking shows. Real ice cream melted too fast under the heat from the lighting.

Missouri designated the Ice Cream Cone as the Official State Dessert in 2008.

At one time it was against the law to serve ice cream on cherry pie in Kansas.

The world's first soft-serve ice cream machine was in an Olympia, Washington Dairy Queen in 1936.

Speaking of Dairy Queen, it is the only place in Hawaii that I can find that makes a real malt and not just a milkshake. When I want a good caramel sundae, I go to Baskin-Robbins.

Baskin-Robbins was founded in 1945 by Burt Baskin and Irv Robbins in Glendale, California. It is the world's largest chain of ice cream specialty stores with 7,500 locations, including nearly 2,500 shops in the United States and over 5,000 in other countries. Baskin-Robbins sells ice cream in nearly 50 countries. The company is known for its "31 flavors" slogan, with the idea that a customer could have a different flavor every day of any month.





Ice Cream Tri-cycle in 1903



Ice Cream Truck in 2018

It's the sound of summer: a string of jangly notes cutting through the sticky-hot air. Mouths water. Parents reach for their wallets. Kids lace up their shoes and hit the pavement racing toward the loud song. Yes, the ice cream truck is coming!

Every summer the ice cream truck still comes to our neighborhood in Mililani, Hawaii.

Ice cream testers use gold spoons to be able to taste the product 100% without a slight percentage of 'after-taste' from typical spoons.

Clint Eastwood ran for mayor in the city of Carmel in California, campaigning against an ordinance banning the sale of ice cream and he actually won.

In 1940, scientists concluded that consumption of ice cream was the leading cause of the polio epidemic, solely based on the stats that there were more cases of polio in the summer, which was also when children ate most ice cream.

Did you know that a serving of regular vanilla ice cream can be a source of nutrients such as calcium and vitamin A?

The major ingredient in ice cream is air!

Ice cream novelties such as ice cream on sticks and ice cream bars were introduced in the 1920s.



The world's first batch of chocolate chip cookie dough ice cream was made by Ben & Jerry's, inspired by an anonymous note left on their flavor suggestion board.



Ben and Jerry's have a real physical graveyard in Vermont for retired ice cream flavors.

Surprising Health Benefits of Ice Cream

You scream, I scream, we all scream, for ice cream! That beloved saying will be around forever because let's face it, who doesn't love the delicious treat? Vanilla, chocolate, strawberry or maybe butter pecan – yes, to all of them!

Ice Cream lovers rejoice! We've found out that the delicious ice cream you eat that makes you so happy also has some serious health benefits! Make a dash to your freezer and scoop up a bowl of your favorite ice cream and maybe you should have second's! Now, on to the benefits of ice cream!

1. Source of Vitamins

Did you know that ice cream happens to be a huge source of vitamins A, B-6, B-12, C, D, and E! It doesn't stop there. Ice cream contains vitamin K which is needed by the body for blood clotting and other important processes. Let's not forget that ice cream also contains niacin, thiamine, and riboflavin.

2. Provides Energy

Not only does ice cream have nutritional value, it also is an incredible source of energy. Ice cream is rich with carbohydrates, fats, and proteins which are all needed for our bodies to produce energy.

3. Source of Minerals

Minerals like calcium and phosphorus are found in ice cream. Calcium is an essential mineral for us as it maintains strong bones and reduces the chances of kidney stones. Phosphorus is an essential mineral primarily used for growth and repair of body cells and tissues.

4. Can Help You Lose Weight

You don't believe that? You may not have known it, but your body burns more calories when you consume something cold. Now remember, you can't eat an entire tub of ice cream and expect to shed 10 pounds, but you can definitely encourage your body to shed a few more pounds with cold treats.

5. Stimulates the Brain and Improves Your Mood

Think about it, have you ever seen someone looking upset or angry as they're eating an ice cream cone? No way – there's even science to prove that ice cream puts you in a good mood. Ice cream stimulates the thrombotonin, which is a hormone of happiness and helps in reducing the levels of stress in the body. Ice cream is made of milk, which contains L-tryptophane, which is a natural tranquilizer and helps in relaxing the nervous system.



6. Increased Sex Drive

A study of Chicago Smell and Taste Treatment and Research Foundation found that when men smell the scent of vanilla, that their sense of passion was increased. The study also found that because ice cream has high levels of calcium and phosphorus, it helps to build your muscle energy reserves and boost your libido.

7. Immunity

Not only does ice cream give you energy, but it also enhances your immunity. Ice cream contains lactoferrin and cytokines – both of those items combat the influenza virus and help people get over the flu. You may have heard, from various old wives tales that you're supposed to stay away from dairy if you're sick; however, these two elements found in ice cream are definitely reasons why you can enjoy a scoop or two of ice cream when you're fighting a virus.

Enough said!! No wonder almost everybody loves ice cream.

DISCLAIMER: Although it works for me, I don't recommend that anybody else should go on the "Big Breakfast – Beer – Ice Cream" Diet!

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