



## Ben & Jerry's Homemade Ice Cream & Dessert Book

By Ben Cohen, Jerry Greenfield, Nancy Stevens

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**Ben & Jerry's Homemade Ice Cream & Dessert Book** By Ben Cohen, Jerry Greenfield, Nancy Stevens

With little skill, surprisingly few ingredients, and even the most unsophisticated of ice-cream makers, you can make the scrumptious ice creams that have made Ben & Jerry's an American legend.

*Ben & Jerry's Homemade Ice Cream & Dessert Book* tells fans the story behind the company and the two men who built it—from their first meeting in 7th-grade gym class (they were already the two widest kids on the field) to their "graduation" from a \$5.00 ice-cream-making correspondence course to their first ice-cream shop in a renovated gas station.

But the best part comes next. Dastardly Mash, featuring nuts, raisins, and hunks of chocolate. The celebrated Heath Bar Crunch. New York Super Fudge Chunk. Oreo Mint. In addition to Ben & Jerry's 11 greatest hits, here are recipes for ice creams made with fresh fruit, with chocolate, with candies and cookies, and recipes for sorbets, sundaes, and baked goods. The 90-plus authentic recipes are spiced with Lyn Severance's bright, quirky, full-color illustrations.

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### **Bibliography**

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## **Editorial Review**

From the Back Cover

### **MORE CHUNKS LESS BUNK**

Despite a philosophical disagreement over chunk size-Ben prefers them large and occasional while Jerry favors frequent, somewhat smaller ones-together Ben and Jerry are good friends who make great ice cream.

Now they share all the recipes and techniques that have been made them nationwide heroes. Specially adapted to make at home, there are 90 recipes in all, including sorbets, summer slushes, giant sundaes and other ice-cream concoctions. All you have to do is remember Ben & Jerry's two rules of ice-cream making:

#### **RULE #1**

You don't have to be a pro to make incredibly delicious ice cream.

#### **RULE #2**

There's no such thing as an unredeemingly bad batch of homemade ice cream.

#### **NEW FLAVORS TO TRY:**

Orange Cream Dream

Chocolate Chip Cookie Dough

Honey Apple Raisin Walnut

Peanut Butter Fudge Swirl

Chocolate Superfudge Brownie

#### **FLAVORS YOU KNOW AND LOVE:**

Heath Bar Crunch

Dastardly Mash

Fresh Georgia Peach

Oreo Mint

#### **BEN & JERRY REVEAL:**

How to break Heath Bars into the perfect bite-size chunks.

How to add chunks so they don't sink to the bottom.

Why you must eat honey-flavored ice cream in one sitting.

## Bio

Ben Cohen has been a Pinkerton Guard, a garbage man, and a short-order cook. He began seriously testing ice-cream flavors at the age of five.

Jerry Greenfield has worked as a lab technician. He is glad he was not admitted to medical school.

Nancy Stevens is a magazine and newspaper writer who has been published in the Saturday Review, the New York Times, the Village Voice, and Working Woman.

## About the Author

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## Ben's Chocolate

Ben's Chocolate Ice Cream is about as rich as they come. The pinch of salt helps to bring out the chocolate flavor.

4 ounces unsweetened chocolate

1 cup milk

2 large eggs

1 cup sugar

1 cup heavy or whipping cream

1 teaspoon vanilla extract

1 pinch salt

1. Melt the unsweetened chocolate in the top of a double boiler over hot, not boiling, water. Gradually whisk in the milk and heat, stirring constantly, until smooth. Remove from the heat and let cool.

2. Whisk the eggs in a mixing bowl until light and fluffy, 1 to 2 minutes. Whisk in the sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. Add the cream, vanilla, and salt and

whisk to blend.

3. Pour the chocolate mixture into the cream mixture and blend. Cover and refrigerate until cold, about 1 to 3 hours, depending on your refrigerator.

4. Transfer the mixture to an ice cream maker and freeze according to the manufacturer's instructions.

Makes 1 quart.

## Users Review

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#### Rick Fountain:

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**Denise Kerrigan:**

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