

Flavor

The Hot Dish

What's new on America's top tables, from our Food Editor.

By Frances A. Largeman, RD



Superior scoops

I've never been one for frosty desserts (not counting a flirtation with rainbow sherbet when I was 6). Cake, yes. Pie? Bring it on. But some of the new frozen treats are making me take another look—and taste. What I'm finding are amazingly fresh ingredients and intense flavors, and fewer calories, too. (In the spirit of full disclosure, I need to fit into my strapless wedding gown this fall.)

Sorbet is fruit-based, never made with milk, and has a softer consistency than sherbet. Ben and Jerry's has some refreshing new flavors, like Jamaican Me Crazy (pineapple sorbet with a passion fruit swirl), and Berried Treasure (whole berries in lemon sorbet). They taste like real fruit because they are made with real fruit, plus they are fat-free and have less than half the calories of the company's ice cream.



Gelato is the Italian—and therefore more voluptuous—version of ice cream, but it's denser and lower in calories and fat than its American counterpart. And beyond the grocery store, you'll find amazing treats online. Philadelphia-based Capogiro has made its name by using locally grown, handpicked produce and milk from grass-fed, hormone-free cows. Its fudgy Cioccolato Scuro (bittersweet) gelato made me weak in the knees. You can order 6 pints for \$60 plus shipping at www.capogirogelato.com. It's worth every spoonful.

And if you're headed to New York, add il Laboratorio del Gelato (www.laboratoriodelgelato.com) to your itinerary. The shop specializes in inventive flavors (\$7.25 a pint)—made from local, organic milk—like wasabi, black sesame, and its latest: cheddar.

Sherbet is usually made with fruit juice, and it can contain milk, eggs, or gelatin. Gaga's, a small company in Rhode Island, made me take another look. Unlike most brands that add artificial flavors and colors, Gaga's is all natural. Its raspberry SherBetter is made with milk, cream, and raspberries, with a pure fruit flavor that's infinitely superior to the rainbow junk I was fed as a kid. Look for it at Whole Foods and other natural-foods stores (for about \$3.99 a pint).

These frozen sweets are making me pass up that piece of cake—at least until my wedding. 🍷



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