

Name \_\_\_\_\_ Date \_\_\_\_\_

## Ice Cream

Ice cream is a frozen treat made by stirring together dairy products, flavorings, sweeteners and air. The history of ice cream goes back to ancient times. Ancient Greeks sold snow cones mixed with honey and fruit at their markets. The Roman Emperor, sent slaves to the mountains for snow to combine with honey and nuts.

Popular folklore claims Marco Polo brought the recipe for ice cream back to Italy from China. An Italian duchess moved to France with her chefs and introduced flavored ices or sorbets. Charles I of England was so impressed by “frozen snow” that he offered his ice cream maker a lifetime pension to keep the formula secret.

Ice cream was not introduced in the USA until the 19th century. People made it in a large bowl inside a tub filled with ice and salt. A hand-cranked churn replaced this method, making smoother ice cream more quickly. The first US patent for a hand-cranked churn was issued in 1843.

Ice cream was a luxury because making it required ice. Ice from frozen ponds and lakes was stored underground or in wood ice houses, insulated by straw. Industrial refrigeration in the 1870s ended the need to store ice.

Europeans enjoyed ice cream cones long before Americans. The cone wasn't created in the USA until the 1904 World's Fair in St. Louis. An ice cream vendor ran out of dishes, and a waffle maker next to him rolled up waffles to hold ice cream. In the early 1920s, going to the soda fountain for an ice cream soda was a popular event. The noisy slurping of sodas was not allowed on Sundays, so the sundae was created as a quieter way to enjoy ice cream.

Home refrigeration using ice blocks became available in the 1920s, but the invention of the continuous freezer caused the explosion in the number of ice cream outlets and ice cream treats. Baskin-Robbins offered 31 flavors, one for every day of the month. Soft ice cream was introduced. With twice the air, it was less expensive and lighter in texture. Richer ice cream reappeared in the 1980s and sold as premium and super premium varieties like Ben & Jerry's and Haagen Daz.

Today, Americans are the leading consumers of ice cream,, eating an average of 23 liters per person each year.