

# SUMMER AGE

## FAQ

### GELATO

THE Italian ice-cream gelato (plural: gelati) began 3000 years ago with the emperors of China indulging themselves in frozen delicacies of fruit, wine and honey-flavoured snow. It is said that the Chinese taught Arab traders how to combine syrups and snow, who then showed the Venetians and Romans. In the 4th century BC, Alexander the Great is said to have been fond of iced beverages. And, in AD62, the Roman emperor Nero was recorded to have sent fleets of slaves to the Apennine Mountains to collect snow and ice to be flavoured with nectar, fruit pulp and honey.

Gelato was considered a delicacy for the upper class until developments in the freezing of foods meant it could be manufactured on a larger scale. Gelato is made from a liquid (milk



or water), a solid (sugar, fats or sweeteners), flavourings (pastes, fruit powders), stabilisers (guar gum, locust bean), emulsifiers (mono and diglycerides) and air. It can be made using a hot process, which includes pasteurisation, or a cold process, which doesn't. Gelato

made with water and without dairy ingredients is known as sorbetto. Traditionally, milk-based gelato originated in northern Italy, while sorbetto came from the warmer parts of southern Italy. The word "gelato" is not related to "gelatin" but means "frozen" in Italian.

A 2007 episode of the television comedy *Two and a Half Men* titled *Prostitutes and Gelato* revolves around a trip to Las Vegas.

A distinctive feature of ice-cream or gelato vans is their melodic chimes, usually to the tune of *The Entertainer* or *Greensleeves*.

A popular Indian legend holds that an Italian trader visited India during the time of Buddha and presented the Buddha with a bowl of gelato. A popular gelateria in Mumbai serves a tasty coconut gelato called "Buddha's Delight."

Sources: [fritzelato.com](http://fritzelato.com),  
[wikipedia.com](http://wikipedia.com), [tv.com](http://tv.com)