GELATO

1 ⅔ cups (415 ml) water
1 ½ cups (375 ml) milk (3.25%)
½ cup (125 ml) cream (35%)
¼ cup (175 ml) sugar
1 ½ tbsp. (22.5 ml) corn syrup
2 cups (500 ml) mixed berries
1 tsp. (5 ml) vanilla extract

1. Place berries in a food processor or in a blender. Process until completely puréed.
2. Combine the puréed berries and all the other ingredients in a medium pot.
3. Heat slowly to 175°F (80°C) while stirring. As soon as the mixture reaches 175°F (80°C) remove from heat.
4. Cover and refrigerate at least 6 hours before continuing.
5. Pour mixture into freezer bowl, and let mix until thickened, about 25 minutes (depending on the machine).

Yield: This recipe is for one liter of liquid product.

FROZEN YOGURT

¾ cup (180 ml) milk (3.25%)
⅓ cup (80 ml) sugar
4 cups (1L) vanilla yogurt
2 cups (500 ml) mixed berries
1 tsp. (5 ml) vanilla extract

1. Combine milk and sugar in a microwavable bowl. Dissolve sugar by heating mixture in the microwave for 3 minutes. Mix, cover and refrigerate mixture overnight.
2. Place berries in a food processor or in a blender. Process until completely puréed.
3. Combine the puréed berries and all the other ingredients in a bowl.
4. Pour mixture into freezer bowl, and let mix until thickened, about 25 minutes (depending on the machine).

Yield: Makes about fourteen ½ cup (125 ml) servings.