

FREE GELATO BALANCING APP

Gelateria-Grade *Gelato at Home*

Professional balance. No machine required.



24 BALANCED RECIPES

5 NO-MACHINE METHODS

FREEGELATOBALANCING.APP

Part 3. The Recipes

Twenty-four recipes. Every one of them was balanced in Free Gelato Balancing App before it was written down, and every one of them lands inside the professional target range on all eight measures at once.

That matters more than it sounds. Most home recipes are a list of quantities somebody liked. These are quantities that have to hold up against total solids, sugars, fat, MSNF, water, protein, PAC and POD at the same time, which is exactly the test a gelateria applies before a flavour goes in the cabinet.

How to read a recipe here

Each recipe is one page, built the same way every time, so you can find what you need with one thumb.

Everything makes 1 kg. That is roughly 8 to 10 generous scoops, and it fits a standard loaf tin. To make half, halve every line. Smaller batches actually freeze better without a machine, so do not feel bad about it.

Grams are the recipe. Cups are a courtesy. The home measure column is there so you can start tonight, but a 1 g digital scale is the difference between a recipe that works once and a recipe that works every time. Weighing 3.5 g of stabiliser with a teaspoon is guesswork, and stabiliser is where guesswork shows up fastest.

The method line tells you which of the five techniques from Part 2 suits that flavour best. It is a recommendation, not a rule. Any recipe here works with any method, the texture just lands differently.

The green "Why this works" box picks one number out of the balance and tells you what it buys you. Skip it entirely if you only came for the gelato. Read all twenty-four of them and you will have absorbed most of Part 4 without noticing.

The balance panel at the bottom shows six of the eight measures as gauges. The pale band is the professional target

range for that base type. The dark marker is where this recipe sits. Every marker in this book sits inside its band, which is the whole point.

Before your first batch

Read these four lines once. They apply to every recipe in this part.

1. Weigh everything before you turn on the heat. Gelato bases move fast once they are warm.
2. Whisk the stabiliser and the milk powder into the dry sugars first, never straight into liquid, or you

will spend ten minutes chasing lumps.

1. Chill the finished base to under 5 C (41 F), then rest it 4 to 12 hours in the fridge before freezing.

This step costs nothing and improves the result more than any ingredient you could buy.

1. Take the gelato out of the freezer and into the fridge 10 to 15 minutes before serving. It is meant to be

eaten at -12 to -14 C (10 to 7 F), and your freezer runs colder than that.



Fiordilatte

SWEET MILK The reference base. Every white gelato here is a variation on it.

Makes 1 kg (about 8 to 10 scoops) · Method: Freeze and Stir (any of the five works) · Difficulty: easy · Contains: milk

Done right it tastes of cold sweet cream and nothing else. The usual fault is undissolved milk powder, felt as a faint grit.

INGREDIENT	GRAMS	HOME MEASURE
Whole Milk	640	2 2/3 cups
Heavy Cream 35%	135	1/2 cup plus 1 tablespoon
Skim Milk Powder	52	1/2 cup plus 1 tablespoon
Sugar (Sucrose)	135	2/3 cup
Dextrose (Glucose)	33	3 tablespoons
Carob Seed Flour	4	2 teaspoons
Salt	1	scant 1/4 teaspoon

1. Whisk the milk powder, sugar, dextrose, carob seed flour and salt together dry.
2. Rain that dry mix into the cold milk and cream, whisking hard.
3. Heat to 82 C (180 F) and hold 2 minutes, so the carob seed flour hydrates.
4. Chill in an ice bath to under 5 C (41 F) within 2 hours.
5. Age 4 to 12 hours in the fridge, under 5 C (41 F).

6. Freeze in a shallow metal pan, 2 to 3 cm deep (about 1 inch), breaking up the crystals with a fork every 30 to 40 minutes, 4 to 6 times.
7. Freeze firm, then temper 10 to 15 minutes in the fridge.

WHY THIS WORKS

PAC 285.2 sits near the top of the 220 to 300 band, so the base stays soft at the -18 C (0 F) of a home freezer, where a gelateria runs -14 C (7 F). MSNF at 8.3% adds milk protein that holds water and keeps crystals small.

TIP

Taste your milk powder dry first. Nothing here hides it, so if the powder tastes of cardboard, the gelato will too.

BALANCE ALL EIGHT VALUES INSIDE THE TARGET RANGE

Total solids		35.4%	Sugars		19.6%
Fat		7.0%	MSNF		8.3%
PAC		285	POD		170

Base type: **Milk Gelato**. Open it in Free Gelato Balancing App to swap an ingredient and watch every number move.