

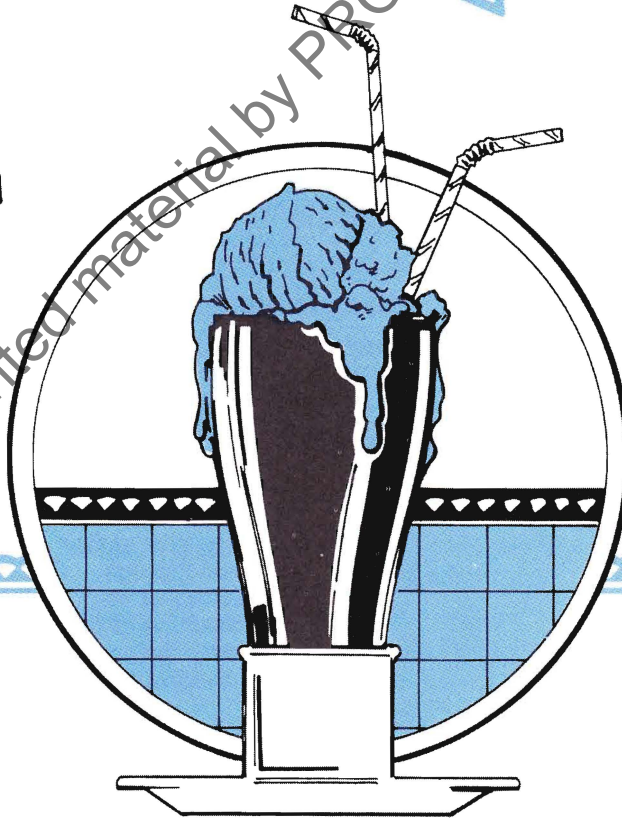
# Ice Cream: America's Favorite Dessert

## IMPORTANT WORDS

carbonated  
concoction  
confectioner  
consumption  
credit  
maintained  
nobility  
technical  
vendor

## REVIEW WORDS

dessert  
historians  
imported  
pulp  
refrigeration  
resemble



© copyrighted material by PRO-ED, Inc.



## PREVIEW

1. What do you know about the history of ice cream?
2. When was ice cream first made? Where was it made?
3. Do you like ice cream? If so, what is your favorite flavor?
4. What are some treats that are made with ice cream?
5. Have you ever made ice cream at home?

33

ICE CREAM:  
AMERICA'S  
FAVORITE  
DESSERT

*In this selection, you will read about the history of ice cream. You will also read about some of the interesting treats that have been made with ice cream. Think about your favorite ice cream treat and see if it is mentioned in the selection.*



© copyrighted material by PRO-ED, Inc.

**H**omemade ice cream, ice cream parlors, and malt shops were a popular treat in the late 1800s. All are making a comeback. Ice cream originated in China about four thousand years ago. At that time, it was a favorite dish of the nobility. Ice cream did not resemble the ice cream that we eat today. The first ice cream was a soft paste made from milk, spices, and overcooked rice. It was packed in snow to make it thick. The snow had to be imported from the mountains and maintained so that it could be used later in the making of frozen dishes. This was very expensive to do. For this reason, only the nobility, the very wealthy, could afford ice cream.

Fruit ices were also made by the Chinese people. This dessert was made by mixing fruit juice and pulp with snow or milk ice. By the fourteenth century, fruit ices appeared in Italy. Marco Polo is sometimes given credit for creating this dessert. Credit is sometimes given to Bernardo Buontalenti, a Tuscan confectioner, or maker of desserts. The recipes for the iced desserts were kept secret by the chefs. Still, only the nobility could afford the refrigeration that was needed to maintain the frozen dessert. Refrigeration for the ice cream and the fruit ices took place in