

# ICE CREAM SCHOOL

## Dairy Free / Vegan Frozen Dessert Course

Welcome to Ice Cream School!

In this course, you will learn everything you need to know to expand your ice cream business by offering dairy free, vegan and other frozen desserts. We will break down the elements of what makes a balanced frozen dessert and teach you how to incorporate those principles into any recipe you desire! You will learn how to make delicious non dairy “ice cream” from almonds, coconut, cashews, peanut butter, hemp milk, fruit sorbets and other dairy free and vegan flavors. We will also talk about and use various products from different vendors that allow you to quickly make dairy free desserts without all the time and hassle of using raw ingredients, saving you time and money. This course DOES NOT INCLUDE the business-related information that is part of our ice cream basics course.

### DAY 1

#### Dairy Free / Vegan Frozen Dessert Course

#### 9:00-9:30 **Components of Ice Cream**

During this short session we will break down the several components that make ice cream what it is. We will then analyze those characteristics and determine how to successfully mimic that as we create our dairy free desserts. This otherwise technical topic will be broken down very simply so that you can replicate this in your own show after returning home.

#### 9:30-10:00 **Understanding the Ingredients**

We will look at each of the individual ingredients we will be using throughout the course to make each of the bases we will create. Having a firm understanding of the characteristics that each ingredient brings will help you to understand how easy it is to interchange different substitute ingredients to achieve the desired results

#### 10:00-11:00 **Fruit Sorbets**

In this segment, we will teach you how to properly select and prepare fresh fruit to use for your sorbets, but will also give you other options if fresh fruit is not readily available. Fruit sorbets are some of the easiest and most delicious recipes to produce and have fantastic margins! Every successful ice cream shop should have a good fruit sorbet on the menu at all times.

#### 11:00-12:00 **Coconut Base**

To date, coconut is the most widely used milk substitute in dairy free desserts. Mainly, because it is readily available and affordable. The flavor pairs well with many other flavors including fruit and chocolate. We will learn how to use variations of coconut to create delicious dairy free desserts.

#### 12:00-1:00 **Lunch (Provided)**

#### 1:00-2:00 **Cashew Base**

This one is my personal favorite. Cashews are one of the mildest of the dairy free flavor bases and are able to be paired with just about any flavor. This base works very well with coffee, tea, fruit and chocolate flavors. We will show you how to turn cashew butter into a delectable treat!

#### 2:00-3:00 **Almond Base**

Almonds create a rich nutty flavor making it a great base for nearly every chocolate flavor! It's also a great base for many bolder fruits like cherries. Almond milk and almond butter are very common and are an easy choice when making dairy free desserts.

#### 3:00-4:00 **Peanut Butter Base**

Who would have thought you can make ice cream out of peanut butter?! Of course you can! However, peanut butter carries a very strong distinct nut flavor that is carried throughout any recipe you make. Of course, it makes for the BEST dairy free chocolate peanut ice cream and so we will do just that!

#### 4:00-4:30 **Clean Up**

If you happen to have taken the regular Ice Cream course before the dairy free course, you'll already know how to disassembly, wash and sanitize the machines. This is even more crucial when dealing with dairy and nut allergies.

#### 4:30-5:00 **Plan for Making Your Own Flavor Tomorrow**

The last part of day one will be spent discussing what flavors each student will make the following day. This is your time to use the knowledge you gained from the day's lessons to formulate your own recipe for production tomorrow. If you have any questions about the perfect combination of flavor and base, we will go over that then. Don't forget, we always analyze the cost of our recipes to make sure you will be profitable with each new flavor you create.

## **DAY 2**

### **Dairy Free Alternatives and Create Your Own Recipe!**

#### **9:00-12:00 Alternatives to Making Dairy Free from Scratch**

As the market continues to grow for dairy free and vegan frozen desserts, so do the available products that companies will produce and offer to ice cream shops to produce and sell. We will take a look at three different options when it comes to making dairy free ice cream and tell you the pros and cons of each. Then we will produce each one of those products and let you decide for yourself if they stack up against the quality of making it from scratch. Is the time and cost benefit really worth it? You decide.

#### **12:00-1:00 Lunch**

#### **1:00-5:00 Make Your Very Own Recipe!**

We will spend the entire rest of the session working on a 100% unique flavor from each of the attending students. You will use your knowledge to carefully hand craft a recipe that will be sure to be a crowd pleaser and award winner in years to come! This will be the culmination of an entire week's worth of hard work put into practical application. You're now ready to venture out on your own and conquer the dairy free / vegan frozen dessert world!