

# AWESOME

ANDREW  
CHASE

# ICE POPS





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## Introduction

**W**hat joy, what freedom, what fun and adventure! During my first school summer break, between kindergarten and first grade, my two sisters and I (ages six and a half, four and five and a half, respectively) were finally allowed to cross busy streets together without the supervision of adults. If we had behaved well enough — that meant essentially that we didn't fight too much for an entire day — we were sometimes rewarded with a quarter, in which case we would set off to the nearest corner store to buy Popsicles. In those days our favorite treat cost seven cents apiece (we used the change to buy penny candies). It was always orange or cherry for me, but I recall that my older sister sometimes had the yellow banana-flavored one or the root beer version, which seemed strange to me; I always felt she was wasting the opportunity to enjoy something better. On rare occasions we split the double Popsicles and shared different flavors while we walked up the hill to our home.

My memories of those childhood excursions are vivid. I can still feel the rush of independence and the indulgence that Popsicles represented to three rather mischievous kids. Those moments are frozen in time (forgive the pun) and often recalled some fifty years later. However, while I know that the first taste of a commercial ice pop might transport my soul to those carefree days, the second lick definitely brings me back to reality: my all-too-adult and more discriminating present. Nowadays I want to make better, tastier, more natural ice pops myself.

Fortunately, it's not hard to make your own ice pops. It's one of the quickest and easiest ways to satisfy your family and friends with real homemade treats. Years after our childhood trips to the corner store, our mother bought some simple ice pop molds and just froze orange juice on sticks. In those days it didn't occur to any of us to do more to brighten up the flavor — ice cold and fruity was enough to beat the summer heat. But now we tend to enjoy frozen treats year-round, and we are more demanding about everything we eat, especially things that fall into the category of indulgence. It's precisely because ice pops aren't essential that they should be fun and exciting, extremely flavorful and available in as many varieties as possible. From simple and straightforward to rich and luxurious, the one thing they should have in common is delicious, extravagant flavor.



In putting together this collection of recipes, I have strived to cover all the bases. I pursued delicious presentations of as many different kinds of fruit as was practically possible. I aspired to fully satisfy chocolate lovers and caramel fanatics, to give pleasure to those who love spices and to appease those whose main culinary concern is healthy eating. North American, East Asian, Southeast Asian, Latin American, Mediterranean and Indian flavors, among others, are explored. If you are feeding toddlers and small children, you can offer them healthy ice pops, while their relaxed parents can enjoy adult versions flavored like cocktails.

I am confident that everyone will find some favorite familiar flavors to enjoy. At the same time, I hope you will be enticed to try some of the more exotic offerings. That's the fun of food in our times: discovering new and exciting flavors from around the world while embracing our beloved local and seasonal foods.

In this book, including variations, I've created more than 75 recipes for ice pops — surely enough variety for everyone. In my opinion, each one is as tasty and fun as the next. So, relive your youth! Indulge yourself, your children, your friends and your family! In other words, enjoy making, serving and eating these ice pops.

— *Andrew Chase*



# All About Ice Pops

Ice pops are frozen treats on a stick. This is the definition I have used to mark the boundaries of this book. They are not ice cream or ice cream bars, they are not sorbets or sherbets, and they are not mousses frozen on a stick. Yet this narrow definition allows for a huge variety of delicious frozen treats.

Ice pops can be icy and light or rich and smooth. Some are as sweet as candy, others are mouth-puckeringly tart, and some are even savory. There are many ice pops made from fruit, while others embrace chocolate and cream or nuts and seeds. Some find their inspiration in coffee or tea, others in cocktails or punches. There are even ice pops made from vegetables and legumes.

Ice pops are popular all over the world, anywhere where summers are hot and refrigeration is possible. But no matter what their origin or their ingredients, ice pops are first and foremost treats, and they are all made from liquid mixtures that are frozen solidly onto a stick.

## Fruit

If you need one good reason to make ice pops, it's fruit. Using the ripest, freshest fruit, you can craft treats that are a frozen expression of a fruit's essence. Like other frozen fruit preparations or chilled desserts, ice pops can give a boost to the natural flavors of fruits, intensifying them through simple preparation methods and broadening them by adding complementary flavors. To develop a fruit ice pop recipe, I aim to get at the heart of the fruit — to enhance, not alter, its essence. Added sweetness, tartness and seasoning are there to highlight the original flavor.

And what an array of fruit there is! From the chilly fringes of its temperate zones to the hottest jungles of the tropics, the world is awash in fruit. That's good news for me, because I doubt there is a single palatable fruit that cannot be turned into a delicious ice pop.

**FRESHNESS** and **RIPENESS** are essential. It is important that you find the best fruit you can to make ice pops. No matter how much you manipulate it, unripe or poor-quality fruit will give a disappointing result. Ice pops are a great way to use ripe fruit at its peak, especially in the summer and autumn months, when we tend to get overwhelmed by the quality and quantity of fruit available. Out of peak season, don't overlook **FROZEN FRUIT**, which is usually harvested at the peak of ripeness and then flash-frozen.

**LEMONS** and **LIMES** are particularly important for making fruit-based ice pops. Besides being the base fruit for lemon- or lime-flavored ice pops, these fruits are essential flavoring agents in almost all fruit-based ice pops. The zest of both (as well as other citrus fruits) livens up syrups and fruit purées, and their tart juices balance the natural sugars in other fruits. Balancing sweetness in fruit mixtures with some natural acidity is necessary for good, well-rounded flavor. Always use **FRESHLY SQUEEZED** lemon juice or lime juice for your ice pops; bottled juice just doesn't compare. For other citrus juices, such as orange and grapefruit, freshly squeezed is of course the best, but fresh juice from cartons or from concentrate can also be used.

**CITRUS ZEST** (rind) is used extensively in this cookbook as a flavoring for ice pops of all descriptions. For recipes that include citrus zest, I recommend using organic produce, which should have substantially fewer potentially harmful residues from agricultural sprays. All citrus fruit should be well rinsed and dried before use.

### CITRUS ZEST

When a recipe calls for citrus zest, it means the colored part of the rind only. Avoid grating or cutting off any of the bitter white pith directly under the zest.



## Dairy and Chocolate

After fruit pops, dairy and chocolate ice pops are the largest category in this book. They range from familiar fudge and orange cream ice pops to traditional Indian kulfi and Korean-style melon cream ice pops. Unlike ice creams, which are churned to achieve a smooth, soft texture, dairy ice pops must freeze solidly on their sticks. The texture is icier, with bigger crystals than ice cream. You can, of course, freeze ice cream on a stick, but that's an ice cream bar, not a proper ice pop. All the dairy ice pops in this book celebrate their "ice pop-ness" with their unique textures and flavors.

## Sweeteners

Every ice pop needs a judicious amount of sweetening to be palatable. A great many sweeteners are used in the recipes. Plain white granulated **SUGAR** is perhaps the most common because it is the most neutral in flavor and often the best sugar for clear syrups. However, I have used many other kinds of sugar to take advantage of the wide range of flavors they offer, from moist, dark demerara to clear, light yellow rock sugar.





## Flavoring Ice Pops

Freezing adds its own challenges to flavoring. Although every recipe in this book is well tested, the sweetness, ripeness and flavor levels of your fruit and other ingredients may vary slightly, so I always encourage tasting and adjusting to taste. However, don't judge the flavor of your mixtures while they are still warm. Wait until they reach room temperature or, better still, place them in the refrigerator to cool.

Here are a few guidelines for flavoring ice pops:

- Err on the sweet side. Freezing diminishes the level of sweetness in an ice pop mixture.
- Use a light hand with spices. They mysteriously gain strength after freezing, so take a subtle approach.
- Pique the flavor with a pinch of salt. If your fruit mixture seems a tad bland, try adding just a tiny pinch. The smallest amount is often enough to perfectly enhance the flavor of fruit.

### USE THE BEST INGREDIENTS

As with any kind of cooking, your ice pops will only be as good as your ingredients. Try to use the best ingredients you can find: the ripest and tastiest fruit, the finest chocolate, the richest dairy products, the freshest herbs and spices. You will be rewarded with standout ice pops — treats that are certainly worth the effort.

I recommend keeping several different varieties of **HONEY** in your pantry, because using different honeys is an easy way to vary the flavor of ice pops. Prepared **SYRUPS** such as light agave, brown rice, malt or maple syrup can also make an important contribution; they improve the texture of ice pops, creating a softer and less icy mouth-feel. In addition, many contribute valuable flavors of their own.

## Coatings

If you are so inclined, you can coat the outside of your ice pop, in whole or in part, with various toppings. Chopped nuts, flaked or shredded coconut, candy bits, sprinkles, cookie crumbs and sesame and other seeds are all appropriate coatings. Just dip or brush a solidly frozen ice pop with a little syrup, juice, liqueur or spirit to taste and sprinkle on the topping.

**TO COAT AN ICE POP IN CHOCOLATE**, you must ensure that your ice pop is fully frozen, so let it freeze overnight. You will need about 1½ ounces (45 g) chocolate per ¼ to ⅓ cup (60 to 75 mL) ice pop mixture. Melt the chocolate in a heatproof bowl over barely simmering water. For a shinier coating that's just a touch softer, stir in ½ tsp (2 mL) corn or agave syrup. After melting, remove the chocolate from the water bath and set aside to cool to room temperature. When the chocolate has cooled, dip in your frozen ice pop to coat. To set the chocolate, insert the ice pop stick in a Styrofoam block or flower-arranging foam and freeze upright until it is firm.

## Alcohol and Ice Pops

Alcoholic beverages such as rum and brandy are used as flavoring in the occasional ice pop recipe. Because alcohol has a low freezing temperature, when it is used in an ice pop recipe, the texture is affected. I've added a small shot of neutral vodka to a few recipes to keep the ice pops from freezing too hard; if you wish, the alcohol can be left out. Rum extract can replace the flavor of real rum in some cases, as noted in the recipes.

**COCKTAIL ICE POPS:** Where alcohol is an integral component of an ice pop, it's important to keep the ratio down. Alcohol (40 percent/80 proof) should not comprise more than one part in five, or 20 percent of the volume. Otherwise the mixture will not freeze solidly. When making cocktail ice pops, it is best to let them freeze overnight to ensure that they set properly. All the cocktail ice pops will have a softer and smoother texture than those that don't contain alcohol, and you must take some care when unmolding them — the sticks are more likely to twist out and the ice pop will be more inclined to break in the mold.



## Embellishing Ice Pops

Given all the recipes in this book, you might be wondering what else you could do with ice pops, but there is always room to gild the lily, so to speak. There are numerous ways of embellishing your ice pops for original presentation, for parties or just for fun.

**LAYERED ICE POPS:** Chapter 15, *Holiday Ice Pops*, includes a group of layered ice pops to represent certain holidays, but, naturally, you can make layered ice pops of your own invention too. Almost all the fruit mixtures would taste good layered with other flavors, and many of the dairy and chocolate recipes could also be layered successfully. Just pick two or three compatible recipes and halve or reduce the amounts proportionally, or plan on making a double (or triple) batch of pops. To layer ice pops, you don't need any special equipment or even any special skill. All you need is patience: each layer must be well frozen before another layer is added, and it will take at least 30 to 60 minutes to freeze hard enough. So make sure you have the time, and don't forget to add the stick after the first layer.

**ADDED AND SUSPENDED INGREDIENTS:** Some people like to add bits of chopped or sliced fruit, whole small berries, candy bits, nuts, seeds and so on to their ice pops (for example, *Tapioca Bubbles for Bubble Tea* or *Coffee Ice Pops*, page 149). I'm a bit of a purist and not much of a fan of pieces of frozen fruit or seeds in my ice pops, so I have largely avoided these add-ins. However, ingredients suspended in ice are very attractive visually, so if you are looking for a wow factor in your ice pops, you may want to consider this option.

In general terms, when adding ingredients, stick to add-ins that are directly related to the ingredients in the recipe. For instance, a couple of slices of strawberry suspended in a strawberry ice pop makes sense and looks pretty, as does a slice or two of banana or pineapple in a tropical fruit punch ice pop.

Add-ins can be mixed directly into thicker ice pop mixtures. To suspend them properly in thin mixtures, you must first freeze a layer and then freeze the add-in ingredient(s) in subsequent layers.

Edible flowers and herbs are often added in styled photographs of ice pops, and they look very attractive when frozen. However, flowers may have a wilted mouth-feel when you eat the ice pop, so choose carefully.





## Ice Pop Molds

Ice pop making is remarkably simple and straightforward. There are no “trade secrets” when it comes to making these treats.

There are many types of **ICE POP MOLDS** on the market. In most things I prefer the uncomplicated and traditional — in this case, nostalgic and familiar round-ended flat ice pop molds. The best are made of durable plastic set in a metal holder, with a metal cover that holds the sticks. Very inexpensive cone- and tube-shaped molds (largely made in China) are available in cheaper, less durable plastic and are easy to use too.

Cooking supply shops sell an array of **SILICONE ICE POP MOLDS**. These are extremely easy to unmold but are usually sold in fairly expensive sets that make just a few ice pops each. **WAX-LINED PAPER CUPS** (often called “bathroom cups”) make simple and useful throwaway molds. These are small cups that hold about  $\frac{1}{3}$  cup (75 mL), like the kind used in dentist’s offices. Make sure they are actually wax-lined or you will have a horrible time unmolding the ice pops. You must ensure that you have a strong, flat base to rest your cups on in the freezer.

Pricy **ICE POP MAKERS** that you store in your freezer are also available. The advantage is that they make almost instant ice pops (in less than 10 minutes). However, they can make only a few at a time.

### STICKS FOR ICE POPS

I prefer simple, traditional wooden sticks to all others. I like the rounded tips and the way they absorb liquid so that they expand and adhere securely to the frozen filling. They are cheap and plentiful, feel good to hold, are disposable and biodegradable, and don’t have to be retrieved (which is especially important for picnics and for ice pops that will be served to children), unlike the special sticks that come with fancier molds.





# Fruity

Orangeade Ice Pops	000	Blackberry Ice Pops	000
Orange Cream Ice Pops	000	Cranberry Ice Pops	000
Classic Lemonade Ice Pops	000	Pomegranate Ice Pops	000
Classic Limeade Ice Pops	000	Honey, Yogurt and Pistachio Ice Pops	000
Spicy Lime Ice Pops	000	Mango Ice Pops	000
Lemon Rosemary Pear Ice Pops	000	Pure Pineapple Ice Pops	000
Peaches and Cream Ice Pops	000	Pineapple Sage Ice Pops	000
Red Plum Ice Pops	000	Lichee Ice Pops	000
Cherry Ice Pops	000	Coconut Ice Pops	000
Kiwi Ginger Ice Pops	000	Papaya Milkshake Ice Pops	000
Concord Grape Ice Pops	000	Banana Ice Pops	000
Watermelon Punch Ice Pops	000	Lemon Honey Mint Ice Pops	000
Minty Honeydew Ice Pops	000	Rhubarb Mint Ice Pops	000
Cantaloupe Fennel Ice Pops	000	Watermelon Chile Ice Pops	000
Raspberry Ice Pops	000	Honeydew Jalapeño Ice Pops	000
Strawberry Ice Pops	000		
Wild Blueberry Ice Pops	000		

# Orangeade Ice Pops

MAKES ABOUT 2<sup>2</sup>/<sub>3</sub> CUPS (650 ML) ♦ 8 TO 10 ICE POPS

Orange is the most popular flavor for commercially made ice pops. The good news is, it's a cinch to make your own all-natural orange ice pops, which have a more concentrated flavor and much less sugar. Using citrus zest in the syrup base intensifies the flavor, which is important for frozen treats.

## Fine-mesh sieve

1/2 cup (125 mL) granulated sugar

1/2 cup (125 mL) water

Finely grated zest of 2 oranges  
(see Tips, page 17)

2 cups (500 mL) orange juice  
(see Tips, page 17)

**1** In a small saucepan, combine sugar, water and orange zest. Bring to a boil, stirring until sugar is dissolved; reduce heat and simmer for 1 minute. Remove from heat and cover; set aside to steep for 5 minutes. Strain through sieve into a large measuring cup. Stir in orange juice.

**2** Pour into molds and freeze until slushy, then insert sticks and freeze until solid, for at least 4 hours. If you are using an ice pop kit, follow the manufacturer's instructions.

## Tip

Use this recipe to make ice pops from any variety of oranges. Valencia, Hamlin, pineapple or blood (moro), navel or pink-juiced cara cara oranges, as well as mandarin oranges and tangerines. Even orange-grapefruit hybrids such as tangelos (Orlando, Minneola or honeybell) work well.





# Orange Cream Ice Pops

MAKES ABOUT 2½ CUPS (625 ML) ♦ 7 TO 10 ICE POPS

Intensely orange and creamy at the same time, these are for those who crave the orange-flavored cream pops of their childhood but prefer a more adult flavor.

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Finely grated zest of 1 orange

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⅔ cup (150 mL) orange juice

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⅓ cup + 1 tbsp (90 mL) orange blossom or other light floral honey

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½ cup (125 mL) frozen orange juice concentrate

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⅔ cup (150 mL) heavy or whipping (35%) cream

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⅓ cup (75 mL) evaporated milk

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**1** In a small saucepan, combine orange zest and juice and honey. Bring to a boil, reduce heat and simmer for 4 minutes. Remove from heat and set aside to cool slightly. Whisk in concentrate. Pour into a large measuring cup and whisk in cream and milk.

**2** Pour into molds and freeze until slushy, then insert sticks and freeze until solid, for at least 4 hours. If you are using an ice pop kit, follow the manufacturer's instructions.

# Classic Limeade Ice Pops

MAKES ABOUT 3 CUPS (750 ML) ♦ 9 TO 12 ICE POPS

Use regular large (Persian) limes, Key limes or Mexican limes for this classic.

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## Fine-mesh sieve

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2¼ cups (550 mL) water, divided

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½ cup (125 mL) granulated sugar

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¾ tsp (3 mL) finely grated lime zest

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⅛ tsp (0.5 mL) salt

---

¾ cup (175 mL) freshly squeezed lime juice

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**1** In a saucepan over medium heat, combine ½ cup (125 mL) water, sugar, lime zest and salt. Bring to a boil, stirring until sugar dissolves, reduce heat and simmer for 3 minutes. Set aside to cool. Strain syrup through sieve into a large measuring cup. Whisk in lime juice and remaining 1¾ cups (425 mL) water.

**2** Pour into molds and freeze until slushy, then insert sticks and freeze until solid, for at least 4 hours. If you are using an ice pop kit, follow the manufacturer's instructions.

## Tips

These ice pops are very pale green; intensify the green with a few drops of food coloring, if you have no concerns about potential health issues.

Always use freshly squeezed lemon juice or lime juice in your ice pops; bottled just doesn't compare.

# Classic Lemonade

## Ice Pops

MAKES ABOUT 3<sup>1</sup>/<sub>4</sub> CUPS (800 ML) ♦ 9 TO 13 ICE POPS

If you can get your hands on juicy fresh lemons, make lemonade, of course — or even better, make lemonade ice pops. And if you are lucky enough to get a bag of Meyer lemons (see Tip, below), you will end up with the most delicious lemonade ice pops ever!

### Fine-mesh sieve

2<sup>1</sup>/<sub>2</sub> cups (625 mL) water, divided

2/3 cup (150 mL) granulated sugar

1 tsp (5 mL) finely grated lemon zest

3/4 cup (175 mL) freshly squeezed lemon juice

### VARIATION

#### HONEY LEMONADE ICE

**POPS:** Reduce sugar to 1/4 cup (60 mL). Proceed as above, whisking 1/3 cup (75 mL) liquid honey into syrup after straining.

**1** In a small saucepan over medium heat, combine 1/2 cup (125 mL) water, sugar and lemon zest. Bring to a boil, then reduce heat and simmer for 3 minutes. Set aside to cool. Strain resulting syrup through sieve placed over a large measuring cup, discarding solids. Whisk in lemon juice and remaining 2 cups (500 mL) water.

**2** Pour into molds and freeze until slushy, then insert sticks and freeze until solid, for at least 4 hours. If you are using an ice pop kit, follow the manufacturer's instructions.

### Tip

Meyer lemons are thin-skinned lemons originally from China. It is thought they were bred from crossing lemons with mandarin or regular oranges. They have a strong floral perfume and slightly sweeter juice than regular lemons. During the winter months they are exported from Florida and California to most North American locations.





# Spicy Lime Ice Pops

MAKES ABOUT 2 CUPS (500 ML) ♦ 6 TO 8 ICE POPS

These ice pops are an intriguing mix of fruit and spice. Brown rice syrup or agave syrup adds a pleasant undertone of flavor but will slightly darken the mixture, while light corn syrup is clear and virtually tasteless. Choose the one that suits you best.

## Fine-mesh sieve

2 tsp (10 mL) finely grated lime zest

2 tbsps (30 mL) granulated sugar

1½ cups (375 mL) cold water

½ cup (125 mL) freshly squeezed lime juice

⅓ cup (75 mL) brown rice syrup or ¼ cup (60 mL) light agave or light corn syrup

¼ tsp (1 mL) salt

¼ tsp (1 mL) ground roasted cumin (see Tip, left)

Pinch cayenne pepper

Pinch black pepper

**1** In a bowl, mix together lime zest and sugar, pressing down with the back of a spoon to help release the oils in the zest. Stir in water until sugar is dissolved. Let sit for 5 minutes. Strain through sieve placed over a large measuring cup, pressing on solids to extract as much liquid as possible. Discard solids.

**2** Stir in lime juice, syrup, salt, cumin, cayenne and black pepper until syrup is thoroughly incorporated.

**3** Pour into molds and freeze until slushy, then, with sticks, stir to evenly redistribute spices. Insert sticks and freeze until solid, for at least 4 hours. If you are using an ice pop kit, follow the manufacturer's instructions.

## Tip

Ground roasted cumin is a useful ingredient to add to your spice cabinet. It has more flavor than unroasted cumin and it's easy to make: In a dry skillet over medium-low heat, cook cumin seeds until fragrant and lightly toasted, about 2 to 3 minutes. Pound or grind into a powder and store in an airtight container for up to one month.





# Creamy, Carbonated & Caffeinated

Fudge Ice Pops	000
Caramel Ice Pops	000
Toasted Almond Ice Pops	000
Hazelnut Chocolate Ice Pops	000
Root Beer Float Ice Pops	000
Lemon Cola Ice Pops	000
Chocolate Milkshake Ice Pops	000
Maple Walnut Ice Pops	000
Thanksgiving Pumpkin Pie Ice Pops	000
Peanut Butter and Banana Ice Pops	000
Hong Kong Milk Tea Ice Pops	000
Indian Chai Ice Pops	000
Espresso Ice Pops	000
Vietnamese Coffee Ice Pops	000
Indian Masala Coffee Ice Pops	000



# Fudge Ice Pops

MAKES ABOUT 3 CUPS (750 ML) ♦ 9 TO 12 ICE POPS

These ice pops are rich and chocolate-fudgy, definitely a step up from the commercial treat, but they still retain the youthful spirit of a fun indulgence.

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2<sup>1</sup>/<sub>4</sub> cups (550 mL) milk

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1 tbsp (15 mL) tapioca flour  
(see Tips, left)

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<sup>1</sup>/<sub>2</sub> cup (125 mL) unsweetened cocoa  
powder

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2 oz (60 g) semisweet chocolate,  
chopped

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<sup>3</sup>/<sub>4</sub> cup (175 mL) sweetened  
condensed milk

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<sup>3</sup>/<sub>4</sub> tsp (3 mL) vanilla extract

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**1** In a saucepan, whisk together milk and tapioca flour, then whisk in cocoa. Whisking constantly, bring to a boil; reduce heat and simmer, stirring often, for 5 minutes. Remove from heat and whisk in chocolate, until melted, thoroughly incorporated and smooth. Stir in condensed milk and vanilla. Set aside to cool.

**2** Pour into molds and freeze until slushy, then insert sticks and freeze until solid, for at least 4 hours. If you are using an ice pop kit, follow the manufacturer's instructions.

### Tip

Tapioca flour is often called tapioca starch. They are identical products.



# Global

Avocado Ice Pops	000
Cucumber Chile Ice Pops	000
Pineapple Coconut Ice Pops	000
Caribbean Fruit Punch Ice Pops	000
Korean Pear and Ginger Ice Pops	000
Sweet Sesame Ice Pops	000
Red Bean Ice Pops	000
Cashew Ice Pops	000
Traditional Kulfi Ice Pops	000
Quick Nut Kulfi Ice Pops	000
Mango Lassi Ice Pops	000
Strawberry Lassi Ice Pops	000





# Avocado Ice Pops

MAKES ABOUT 2 CUPS (500 ML) ♦ 6 TO 8 ICE POPS

In Mexico and other parts of Central America, avocados are sometimes used in sweets. This use certainly won't seem strange to Filipino, Vietnamese and Indonesian people, who primarily enjoy the fruit over shaved ice with sweetened condensed milk or in milkshakes. Native to Central America, avocados are one of many examples — including hot peppers, soursops, potatoes, jicama, squash and many legumes — of how Mexican culinary culture spread to Asia through the important Acapulco–Manila clipper-ship trade route from the mid-16th to early 19th centuries.

## Blender

1 cup (250 mL) chopped ripe avocado

$\frac{1}{3}$  cup (75 mL) sweetened condensed milk

3 tbsp (45 mL) freshly squeezed lime juice

Pinch salt

$\frac{2}{3}$  cup (150 mL) water

3 tbsp (45 mL) extra-fine (fruit) sugar or granulated sugar

**1** Place avocado, condensed milk, lime juice and a scant pinch of salt in blender. Stir together water and sugar until sugar is dissolved; add to blender. Purée at medium-high speed.

**2** Pour into molds, tapping them on work surface to remove any air pockets. Insert sticks and freeze until solid, for at least 4 hours. If you are using an ice pop kit, follow the manufacturer's instructions.

# Cucumber Chile

## Ice Pops

MAKES ABOUT 3 CUPS (750 ML) ♦ 9 TO 12 ICE POPS

A light touch of dried hot pepper bumps a refreshing cucumber and lime ice pop into a higher realm. This is a delicious traditional Mexican treat.

<b>Fine-mesh sieve</b>
<b>Blender</b>
1 dried guajillo chile pepper
1/4 cup (60 mL) granulated sugar
1/2 cup (125 mL) water, divided
2 field cucumbers (peel and seeds included), chopped
1/3 cup (75 mL) freshly squeezed lime juice

### VARIATION

#### CUCUMBER CHILE COCKTAIL ICE POPS:

Stir in 3 tbsp (45 mL) tequila along with the syrup. Gold or reposado tequila will give more flavor, while white tequila will add just a subtle touch of tequila's unique taste.

**1** In a small saucepan over medium heat, toast chile pepper, turning occasionally, until lightly darkened and fragrant. Remove from heat and set aside to cool. When chile is cool enough to handle, split it open and remove and discard seeds and inner membranes. Place in a spice grinder or mortar and grind to a fine powder.

**2** In saucepan, combine chile powder with sugar and half the water. Bring to boil, stirring until sugar is dissolved. Remove from heat and set aside to cool.

**3** In blender at medium speed, blend cucumber, lime juice and remaining water until it resembles thick juice.

**4** Place sieve over a large measuring cup and strain cucumber mixture, pressing down on solids with a rubber spatula to extract as much juice as possible. Discard solids. Stir in reserved chile syrup.

**5** Pour into molds and freeze until slushy, then insert sticks and freeze until solid, for at least 4 hours. If you are using an ice pop kit, follow the manufacturer's instructions.

### Tip

You can use other mild to medium-hot dried chile peppers in these ice pops. Good medium-hot choices are New Mexico chiles, Mexican puyas (which are slightly hotter than guajillos) or pasillo chiles. Avoid dried serrano, arbol and chipotle peppers, because the smoky flavor of the chipotle and the more intense heat of the other two will not go well with the cucumber.





# Boozy

Negroni Ice Pops	000
Minty Campari Sunset Ice Pops	000
Strawberry Daiquiri Ice Pops	000
Peach Daiquiri Ice Pops	000
Fruity Rum Punch Ice Pops	000
Margarita Ice Pops	000
Tequila Sunrise Ice Pops	000
Paloma Ice Pops	000
Mint Julep Ice Pops	000
Whiskey Sweet-and-Sour Ice Pops	000
Red Greyhound Ice Pops	000
Sangria Ice Pops	000
Mulled Apple Cider Punch Ice Pops	000

# Negroni

## Ice Pops

MAKES ABOUT 2 CUPS (500 ML) ♦ 6 TO 8 ICE POPS

Like most cocktails, my favorite Italian aperitif, the classic Negroni, is too boozy to freeze. Because it is usually garnished with an orange slice, I figured we could incorporate all the flavors of the cocktail with its garnish, in a sophisticated frozen orange “aperitif pop.”

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1/4 cup (60 mL) sugar

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3 tbsp (45 mL) water

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1 tsp (5 mL) finely grated orange zest

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1 3/4 cups (425 mL) orange juice  
(see Tip, left)

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1 tbsp (15 mL) gin

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1 tbsp (15 mL) Campari

---

1 tbsp (15 mL) red vermouth

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**1** In a small saucepan, bring sugar, water and orange zest to a boil, stirring until sugar is dissolved. Pour into a measuring cup and set aside to cool. Stir in orange juice, gin, Campari and vermouth.

**2** Pour into molds and freeze until slushy, then insert sticks and freeze until solid, for at least 4 hours or preferably overnight. If you are using an ice pop kit, follow the manufacturer’s instructions.

### Tip

Freshly squeezed orange juice is always best, but you can also use juice from cartons or from concentrate.





# From fruity to boozy, there's enough variety in the *Awesome Ice Pops* to keep you and every member of your family experimenting all summer long!

Making your own ice pops is one of the easiest ways to create mouth-watering homemade treats. The world's favorite hot-weather pick-me-up can satisfy every craving, from fresh and fruity to rich and creamy.

This tantalizing collection contains a wide range of recipes, including tastier versions of old standards like Fudge Ice Pops and Orange Cream Ice Pops to globally inspired flavors, like Hong Kong Milk Tea Ice Pops and Strawberry Lassi Ice Pops, and even cocktail-inspired ice pops (Margarita Ice Pops, anyone?). With recipes to appeal to kids and adults alike, this book provides a super-fun and easy, not to mention delicious, way to cool off.

**ANDREW CHASE** was food editor of two leading magazines for more than a decade. A critically acclaimed chef and food writer, he focuses on authentic and creative international cooking, with a particular interest in Chinese and other Asian cuisines.

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