

I scream, you scream – we all scream for ice cream

A world hit



Summer is here, and that means: It's high season for every kind of ice cream. Whether on a stick or in a cup, with fruits or chocolate sauce, in a milkshake or as a cocktail – this cool delicacy is equally popular among sweet-tooth consumers large and small.

Nearly half a billion liters of ice cream are polished off each year in Germany, for example. And a virtually boundless variety of ice creams is available today: Ice cream lovers can choose from nearly 70 different flavors. Yet vanilla, chocolate and strawberry continue to be the most popular varieties.

Sometimes a remedy, sometimes a pure delight

When and where ice cream was first made is still a subject of dispute in the scientific community. It was probably the Chinese who were the first to dream of ice cream around 3000 BC. Back in those days, only few could enjoy this cool refresher –



consisting of milk, fruit juices, spices and frozen water.

In 500 BC, the ancient Greeks refreshed themselves with a mixture of snow from Mount Olympus and fruit juices: From then on, there was no stopping ice cream's victorious march. The physician and scholar Hippocrates (460-375 BC) correctly found that ice cream promotes well being, "stimulates the juices" and eases pain. Alexander the Great (365-323 BC) motivated his soldiers before going into battle by giving them snow mixed with wine, honey and apple juice to march with.

Slaves had to assure a steady supply of this delicacy for the opulent feasts put on by Roman Emperor Nero (37-68 AD). They brought glacial ice from the Alps to Rome, where this delicacy was served to the emperor with ginger, coriander or cinnamon and fruit juices.

Conquering the entire world



In 1530 AD, Europeans succeeded for the first time in producing artificial refrigeration; the cornerstone had been laid for the development of modern ice cream. From now on, all ice cream was produced in a gelatiere, an "ice cream maker." From Italy, the art of ice cream

making made its way to France. This popular taste treat delighted the palates of both Napoleon as well as Voltaire or Catherine de Medici of Florence. During her wedding with Henry II, the successor to the French throne, raspberry, lemon and orange ice cream was served at the banquet. Her dowry included ice cream recipes and a gelatiere.

In the late 18th century, America too discovered ice cream: In 1790, a housewife invents the first ice cream maker; in 1851, Jacob Fussel founded the world's first ice cream factory in Baltimore, thus enabling ice cream to be produced in volume. Ice cream had reached the peak of its success.

The air is what does it

In addition to refrigeration, air also plays an important role in making ice cream. In the Middle Ages, ice cream was still agitated in buckets by hand; today, air is added to the recipe mechanically. This produces a specific structure that helps the ice cream melt in the mouth, enabling the taste of fruity forest raspberries or lemons to develop properly.

By the way: The European world champions in ice cream eating aren't the Italians, as might be assumed – in actual fact, the true ice cream fans are located far to the north: With a per-capita consumption of nearly 14 liters a year, the Swedes rank at the top of the list. German per-capita ice cream consumption, on the other hand, seems almost modest at just under eight liters of ice cream a year.