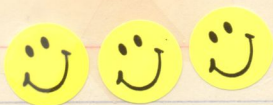


Pizzelle



6 eggs

1 C. sugar

3/4 C. ~~oil~~ butter (also)

2 1/2 C. flour

3 t. baking powder

1/2 t. anise oil

1/4 t. salt

Mix all together - Drop from teaspoons
on hot pizzelle iron

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2 1/2 C Flour

= 300g

Use dark setting

1 Tbsp in center ≈ 45-60

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Pizzelles are Italian waffle cones

By ANNETTE GOOCH

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When the ice cream vendor at the St. Louis Exposition of 1904 ran out of serving dishes, he began serving his product in rolled-up cookie wafers, creating an American phenomenon: the ice cream cone.

As universally appealing as ice cream is, serving it in an edible, portable container (a cone) makes it irresistible. Indeed, ice cream cones are still the most popular frozen treat the world over. A staple at ice cream parlors is the waffle cone, with a gridded surface that stands up to triple dips and hot fudge sauce without collapsing.

Pizzelles — sweet, crisp Italian wafers similar in taste and texture to waffle cones — can be molded into a variety of shapes, then filled with ice cream, pastry cream or whipped cream and fruit. Traditionally prepared in a stovetop iron, the delicate cookies are easier to make in an electric pizzelle iron or a thermostatically controlled waffle maker fitted with pizzelle grids.

Here are some tips:

■ To shape a pizzelle, use a knife to lift the edge of the wafer from the iron and peel it free. Work quickly to shape the wafer while it is still hot. When cool enough to hold its shape, transfer to a wire rack to finish cooling.

■ For a cone, roll one edge of pizzelle toward the center. Wrap opposite edge around toward center, pinching overlapping edges.

■ To make a taco-like shell, drape pizzelle over clean handle of wooden spoon.

■ To make a cup shape, drape pizzelle over inverted custard cup.

■ To keep ice cream from dripping through bottom of cone, place a bit of cake, a strawberry or miniature marsh-



Pizzelles make ice cream portable

mallows into the cone before filling with ice cream.

■ Pizzelles are also good spread with whipped cream and fresh berries and stacked in layers.

Pizzelles

Makes about 50 small pizzelles

1 cup unsalted butter

6 eggs

1 1/2 cups sugar

2 tablespoons vanilla extract

3 1/2 cups all-purpose flour

4 teaspoons baking powder

Melt butter over low heat and let cool. Beat eggs with electric mixer, adding sugar in a steady stream. Continue beating until smooth. Add cooled butter and vanilla extract. Mix in flour and baking powder.

Bake in pizzelle iron according to manufacturer's instructions. Shape into cones while hot.

Per pizzelle: 100 calories (45 percent from fat), 5 grams total fat (3 grams saturated), 32 milligrams cholesterol, 13 grams carbohydrates, 2 grams protein, 36 milligrams sodium.