



**G.S. GELATO**  
GELATO & SORBET

*Happy Holidays!*

Week of December 8, 2008

**AUTHENTIC ARTISAN GELATO**



### Semifreddo: "The Fluffy Stuff in the Gelato Case"

So you've walked into a gelateria and you're faced with something new - what the heck is that fluffy whipped-cream looking stuff?

That, my friends, is semifreddo.

Semifreddo literally means semi-cold, but practically speaking it's quite cold - it's just not fully frozen the way gelato is. It can be mousse-like in its consistency, but is usually colder. Think of what might happen if you left mousse in the freezer for awhile - not so it froze completely, but so it had a less fluffy quality to it. Then you'd have semifreddo.

Semifreddo in Italian gelaterie is often on display right next to the tubs of gelato, and it's not always labeled as semifreddo. You can usually tell which one's which because the semifreddo is piled super-high in the tub while the gelato next to it isn't. The good news is that there aren't any rules about ordering one scoop of semifreddo along with one scoop of gelato - the only thing you'll need to keep in mind is that because the semifreddo isn't quite as frozen as the gelato it could melt faster. You'll need to be a quick lick!

## A Holiday Recipe:



## Tour Italy...from your desk!

### December in Italy...

December celebrations and events in December revolve around Christmas. In December Italians celebrate the Feast Day of the Immaculate Conception, Santa Lucia Day, Christmas Eve and Day, Saint Stephen's Day, and several other saints' days. And, of course there are the wonderful food collections - reserved just for the Christmas holidays.

Almost every town in Italy has some sort of Christmas cake, cookie, or pie. Here's a quick rundown of some of the best known:

**Panettone** is the traditional Christmas Cake of the Milanese, and has become the most common Christmas cake in Italy thanks to its keeping qualities. It has raisins, candied fruit, and nuts.

**Pandoro** is Verona's answer to Panettone, a rich, buttery cake that's generally sprinkled with an abundance of powdered sugar. Unlike panettone, it never contains candied fruit, and for some this is a plus.

**Struffoli** (*they're always plural*) are fried dough balls dipped in a honey syrup, shaped into a wreath, and sprinkled with diavolilli, a type of candy. It is quite rich, and is also probably an extremely old tradition - the use of honey as a sweetener dates back to the Romans.

**Panforte** is said to be so good, it allowed a Novitiate nun to drive the Devil from her convent. Others say it's older still, the centerpiece of the feast the Baby Jesus prepared for a street urchin who gave him his last crust of bread. Could be either, but it's good regardless.

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Give neither counsel nor salt till you are asked for it.  
 Italian Proverb

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## Learn Italiano!



**Albicocca - Apricot**

*Pronounced*

*al-bee-KOH-kah*