

## Kitchen Diva by Angela Shelf Medearis We All Scream for Ice Cream

It's hot, and like many of you, one of my favorite ways to cool off is with a bowl of ice cream. Vanilla ice cream continues to be America's flavor of choice. Ice cream's origins are known to reach back as far as the second century B.C., although no specific date of origin or inventor has been indisputably credited with its discovery.

We know that Alexander the Great enjoyed snow and ice flavored with honey and nectar. Biblical references also show that King Solomon was fond of iced drinks during harvesting. During the Roman Empire, Emperor Nero (A.D. 54-86) frequently sent runners into the mountains for snow, which was then flavored with fruits and juices.

More than a thousand years later, Marco Polo returned to Italy from the Far East with a recipe that closely resembled what is now called sherbet. Historians estimate that this recipe evolved into ice cream sometime in the 16th century. England seems to have discovered ice cream at the same time, or perhaps even earlier, than the Italians. "Cream Ice," as it was called, appeared regularly at the table of Charles I during the 17th century. It wasn't until 1660 that ice cream was made available to the general public. The Sicilian Procopio introduced a recipe blending milk, cream, butter and eggs at Le Procope, the first and oldest cafe in Paris.

The first official account of ice cream in the New World comes from a letter written in 1744 by a guest of Maryland Governor William Bladen. Records kept by a Chatham Street, New York, merchant show that President George Washington spent approximately \$200 for ice cream during the summer of 1790. President Thomas Jefferson's slave chef, James Hemings, is said to have a favorite 18-step recipe for an ice-cream delicacy that resembled a modern-day Baked Alaska.

Around 1800, insulated ice houses were invented. Manufacturing ice cream soon became an industry in America, pioneered in 1851 by a Baltimore milk dealer named Jacob Fussell. Due to ongoing technological advances, today's frozen dairy production in the United States is more than 1.6 billion gallons annually.

Wide availability of ice cream in the late 19th century led to new creations. In 1874, the American soda-fountain shop and the profession of the "soda jerk" emerged with the invention of the ice-cream soda. In response to religious criticism for eating "sinfully" rich ice-cream sodas on Sundays, ice-cream merchants left out the carbonated water and invented the ice-cream "Sunday" in the late 1890s. The name was eventually changed to "sundae" to remove any connection with the Sabbath.



Photo Courtesy  
American Egg Board

Today, ice-cream machines make it easy for home cooks to prepare their favorite flavor of this delicious, frozen dessert. Try this wonderful ice-cream recipe, and beat the heat with a frozen treat!

### FROZEN CUSTARD ICE CREAM

Don't let a favorite homemade ice cream using raw eggs cramp your style with a possible food-borne illness. Substitute the traditional method with this cooked custard ice-cream recipe and variations from the American Egg Board.

- 6 eggs
- 2 cups milk
- 3/4 cup sugar
- 1/4 teaspoon salt
- 2 cups whipping cream
- 1 tablespoon vanilla

1. In medium saucepan, beat together eggs, milk, sugar and salt. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160 F. Cool quickly by setting pan in ice or cold water and stirring for a few minutes. Cover and refrigerate until thoroughly chilled, at least one hour.

2. When ready to freeze, pour chilled custard, whipping cream and vanilla into 1-gallon ice-cream freezer container. Freeze, according to manufacturer's directions, until firm. Makes 1 1/2 to 2 quarts.

### VARIATIONS

**Banana Nut:** Reduce vanilla to 1 1/2 teaspoons. Cook and cool as above. Stir three large ripe bananas, mashed, and 1/2 cup chopped, toasted pecans into custard mixture. Freeze as above.

**Chocolate:** Add three squares (1 ounce each) unsweetened chocolate to egg mixture. Cook, cool and freeze as above.

**Strawberry:** Omit vanilla. Cook and cool as above. Partially freeze. Add 2 cups sweetened, crushed fresh strawberries. Complete freezing.

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## Don't Give Up

Sunday, August 2<sup>nd</sup>, 2020 Morning Message  
Bro. Warren Rogers, Ivory Hill Baptist Church

### Based on Hebrews 12:1-3

We could title this "Keep Your Eyes On Jesus." No matter what you are going through -- keep your eyes on Jesus.

Let's look at the task given us in **Hebrews 12:1**, "Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us."

Run the race God has given you, Don't let obstacles get in the way. Sometimes the devil gets in our way. Tell him to get out of your life!

Where do we get our help? **Hebrews 12:2** says, "Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God."

When you are in trouble, "look to Jesus".

Remember the rubber and plastic bracelets that were popular some time back. They simple said, "W W J D".

I admit I didn't know for a while what that meant; then, I finally asked a young teenager what it stood for. Of course you probably know it stood for "What Would Jesus Do". Maybe we ought to ask ourselves this question when we face problems in our life. No matter what life throws at us, we must not give up on our goal of seeing Jesus face-to-face. Our destination - HEAVEN, where Jesus is. This should motivate any Christian to not give up.

Do not grow weary. **Hebrews 12:3** says, "For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds." If you are trying to please others, you will grow weary. If you are trying to please Jesus, you will find your strength.

Don't lose heart. Sometimes we lose heart because we don't see immediate results. Remember God's time table is different than ours. He works in mysterious ways and ways we don't understand. Just trust Him.

Consider Jesus' suffering. The pain and agony He went through on the cross for you and me. Look back at Hebrews 12:3.

Are you already weary? Have you lost heart? Think about these few people I will mention:

At 23 years old, J.K. Rowling was broke. Real name Joanne Rowling, best known for writing the "Harry Potter" series. She is now a billionaire.

Tina Fey was working as a receptionist at the WMCA.

Oprah had just been fired as a T.V. reporter.

Walt Disney had just declared bankruptcy.

What if some of our Bible heroes had quit?

Moses - the people grumbled all the time.

Noah - people made fun of him.

Paul - the many times he faced death and was thrown in jail.

Peter - when he denied Christ

What is it they all shared? They DIDN'T Give Up!

If you are having problems -- the way through these times is to turn to Jesus, study His word, pray several times a day, learn to love His people and His church, and do whatever he is leading you to do for His glory, and -- DON'T GIVE UP!

We all at times feel that we are losing the battle, and, it's O.K. if you feel that way at times -- JUST DON'T GIVE UP!

My Friend, if you need someone to talk to about something in your life, I would love to talk with you. Call 606-481-0444

If you don't have a church home, I extend an invitation to come visit Ivory Hill Baptist.

Until next week, May God bless and keep you in my prayer, Bro. Warren.



Baby  
it's hot  
out there!

Summer Cooling Energy Assistance  
Community Action Agencies Accepting  
Applications for Low-Income Home  
Energy Assistance Program



Contact your local Community Action  
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**Daniel Boone Community Action Agency**  
Clay | Jackson | Laurel | Rockcastle  
606-598-5127

**Kentucky River Foothills Development Council**  
Estill | Clark | Madison | Powell  
859-624-2046

**LKLP Community Action Council**  
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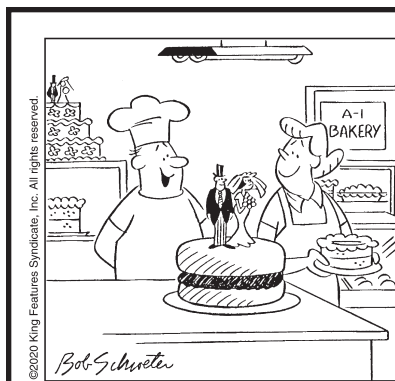
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## Estill student is inducted into ALD

The University of Kentucky's Alpha Lambda Delta inducted 51 College of Arts & Sciences students during the spring 2020 semester. Among them was Susana Gutierrez-Leiva of Irvine, Kentucky, with a major in Neuroscience.

Celebrating academic excellence among first-year students, Alpha Lambda Delta was revived on UK's campus in 2019 after being dormant for several years. Alpha Lambda Delta has more than 280 chapters nationally, and the society has initiated more than 1 million students.



"It's for a couple who met at a \_\_\_\_\_."

### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

- Ahead  
**ENBODY**
- Pang  
**WETING**
- Tremor  
**KASHE**
- Beast  
**NIFED**

TODAY'S WORD

## The Estill County Tribune

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1 year \$16.04	1 year \$26.42	1 year \$30.19	1 year \$32.00
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<b>Total \$17.00</b>	<b>Total \$28.00</b>	<b>Total \$32.00</b>	<b>Total \$32.00</b>

\*\*Seniors, 65 and older, may deduct \$2.50 from above totals

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