



Gelato Messina: The recipes

Nick Palumbo

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'Ice-cream is exquisite – what a pity it isn't illegal.'

VOLTAIRE

Since opening in Sydney in 2002 Gelato Messina has set the benchmark for gelato in Australia. Their aim is simple: to create the best ice cream using only the freshest ingredients and to make everything from scratch. Gelato Messina take their gelato seriously, and the results can be seen in the fabulous and crazy creations that are displayed in their shop window every day.

Gelato Messina, the book, provides detailed instructions for creating the best possible gelato, with a comprehensive 'basics' section, covering core ingredients, balancing and composition, and equipment and method, which will radically change the way you think about making gelato. The recipes – which include instructions for both domestic and professional methods – feature gelatos made from traditional cream, yoghurt or dairy-free fruit bases, with flavours ranging from the more traditional – such as Fior di Latte, Salted Caramel, Pistachio, Chocolate and lemon – to the playful and innovative styles – such as Baklava; Elvis, the Fat Years; Rosso Antico and Marmalade; Apple Pie; Prosciutto e Melone; and Nacho Libre – that made this Sydney establishment so famous.

Gelato Messina isn't just different, it's out of this world.

ABOUT THE AUTHOR

Nick Palumbo's family hail from Messina in Sicily. After making gelato out of a factory under the name Gelativo, Nick decided to open a small gelato shop in Sydney's Darlinghurst. Once the individual flavours had been perfected, Nick and his team went on to invent the elaborate and wonderful flavour creations that his store is now so famous for. In 2011 he opened an ice cream lab, which is responsible for the ice cream works of art and single serve cakes that fill Gelato Messina's shop windows.

Nick is also the official chef for the Carpigiani Gelato University in Australia and New Zealand, in addition to holding tasting classes at his Sydney shop.

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