



## Paletas: Authentic Recipes for Mexican Ice Pops, Shaved Ice & Aguas Frescas

By Fany Gerson

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From the pure, radiant flavors of classic Blackberry and Spicy Pineapple to unexpectedly enchanting combinations such as Sour Cream, Cherry and Tequila, or Strawberry-Horchata, *Paletas* is an engaging and delicious guide to Mexico's traditional—and some not-so-traditional—frozen treats.

Collected and developed by celebrated pastry chef Fany Gerson, this sweet little cookbook showcases her favorite recipes for *paletas*, those flavor-packed ice pops made from an enormous variety of fruits, nuts, flowers, and even spices; plus shaved ice (*raspados*) and *aguas frescas*—the delightful Mexican drinks featuring whole fruit and exotic ingredients like tamarind and hibiscus flowers.

Whether you're drawn to a simple burst of fresh fruit—as in the Coconut, Watermelon, or Cantaloupe pops—or prefer adventurous flavors like Mezcal-Orange, Mexican Chocolate, Hibiscus-Raspberry, or Lime Pie, *Paletas* is an inviting, refreshing guide guaranteed to help you beat the heat.

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### Editorial Review

Amazon.com Review

#### Sample Recipe from *Paletas*: Paletas de Yogurt con Moras (Yogurt Ice Pops with Berries)



#### MAKES 8 TO 10

- 1 lemon
- 1/2 cup water
- 1/2 cup sugar
- 1-1/2 cups plain unsweetened Greek-style yogurt
- 2 tablespoons honey
- 2 cups fresh blackberries, or the berry of your choice

Rinse the lemon, then peel it. (This recipe uses only the peel, so save the lemon for a different use.) Combine the water and sugar in a small saucepan. Cook over medium-high heat, stirring, until the mixture comes to a boil and the sugar has dissolved. Add the lemon peel, lower the heat, and simmer for 5 minutes. Let cool to room temperature. Strain the syrup through a fine-mesh sieve, then refrigerate until chilled.

Put the yogurt and honey in a blender, add the chilled syrup, and blend to combine. Pour a bit of the yogurt mixture into each of the molds, to a height of about 3/4 inch. Freeze until the mixture begins to set, about 40 minutes. If the blackberries are big, cut them in half. Divide the blackberries among the molds, then pour in the remaining yogurt mixture, dividing it evenly among the molds.

If using conventional molds, snap on the lid and freeze until solid, 3 to 4 hours. If using glasses or other unconventional molds, freeze until the pops are beginning to set (45 minutes to 1 hour), then insert the sticks and freeze until solid, 3 to 4 hours. If using an instant ice pop maker, gently fold the blackberries into the yogurt prior to filling the molds and follow the manufacturer's instructions.

## Review

“The most notable contenders to the cupcake throne are macarons, whoopie pies, and, my personal favorite: ice pops. The 27-degree temps right now notwithstanding, I'm ready to crack open Fany Gerson's *Paletas*. Gerson's *My Sweet Mexico* was one of my favorite cookbooks of 2010, and *Paletas* looks to be equally wonderful, with recipes for ice pops in flavors ranging from coconut and mango-chile to horchata-strawberry and dulce de leche. Gerson plans to open a shop in New York serving paletas, ice cream, sorbets, and aguas frescas in late spring.”

—Publishers Weekly Spring 2011 Announcements: Top 10 Cookbooks, 1/24/11

“Lickably luscious, *Paletas* lets you freeze your own authentic icy Mexican treats, from the spiced (with chiles) to the spiked (with tequila)—and everything in between!”

—David Lebovitz, author of *Ready for Dessert*, *The Sweet Life in Paris*, and *The Perfect Scoop*

“Fany Gerson has followed up the triumph of *My Sweet Mexico* with *Paletas*, an engagingly written look at Mexico's frozen treats and refreshing drinks. No one is better suited to introduce us to this delicious branch of Mexican culinary tradition that so deserves to be better known.”

—Nick Malgieri, author of *BAKE!: Essential Techniques for Perfect Baking*

## About the Author

As the country's most authoritative voice on Mexican sweets, **FANY GERSON** has been featured in the *New York Times*, *Gourmet*, *Fine Cooking*, *Daily Candy*, *Village Voice*, *NY Daily News*, *Time Out* magazine, and *New York* magazine, among other publications. She recently launched the acclaimed La Newyorkina, a Mexican frozen treats and sweets business that began with her love for *paletas*. A graduate of the Culinary Institute of America, Fany has worked in a range of fine-dining kitchens around the world. Visit [www.lanewyorkina.com](http://www.lanewyorkina.com) for more information.

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