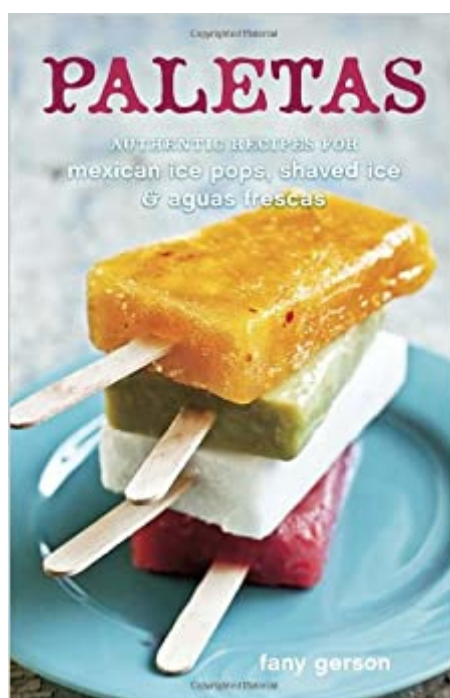


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# Paletas: Authentic Recipes For Mexican Ice Pops, Shaved Ice & Aguas Frescas



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

“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

I thought I was just buying a recipe book, but discovered this wonderful book is also history lesson on Mexican frescas and ice pops. Instructions are very simple. I can't wait to try them.

Looking for a refreshing way to use up a bunch of fruit? This book has recipes for just about any fruit you might come across. While the recipes are not low-sugar, they do taste wonderful! I made the blackberry popsicles, and they were fantastic! There are also recipes for liquid drinks (aguas frescas).

I made 5 varieties of paletas, and two types of agua fresca for my sister's baby shower, and everyone loved them! They were easy and affordable, and I didn't spend more than \$40 on the supplies needed to make all five varieties! The recipes were easy to follow, and the results were scrumptious. It was a backyard party, and one of my primas told me that she loved the paletas because they don't melt quickly. I don't know how or why, but it's true.

I got this book as a present for a bride-to-be alongside the Onyx Stainless Steel Popsicle molds which were on her registry. The two together made a nice pair for a gift. She was excited because she had met the author at a farmers market a few weeks prior. Flipping through it I was so impressed with the photography and the recipes. The book was a wonderful read and is an authority on Mexican cuisine. My mouth was watering as I read and I think I will buy my own copy of the book when summer comes.

after a recent trip to Mexico I was dying to make some authentic paletas like the ones we bought at a neighborhood paletaria. searched the internet and found a lot of recipes, searched for books and found this one by Fany. although the wait time was listed as several weeks, my book arrived within 10 days and I have been making paletas since. have even enhanced a couple of recipes for different combinations. all are delicious. in Mexico the woman who made paletas had a great mold which I cannot find in the U.S. so I have also become creative in terms of molds. I like the way Fany explains things, makes recommendations and tells stories.

lots of types and ways to make them, these are very good and I love eating them.

Great recipes for popsicles. A lot of the recipes are super easy to pull together, which is great because my kids burn through popsicles in the heat of the summer. Love this book!

Lots of neat recipes for paletas, ices, and aguas. I would have liked to have seen more recipes for paletas, but now I know how easy it is to dream up your own concoctions. Tonight we had watermelon and kiwi. Yum!

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