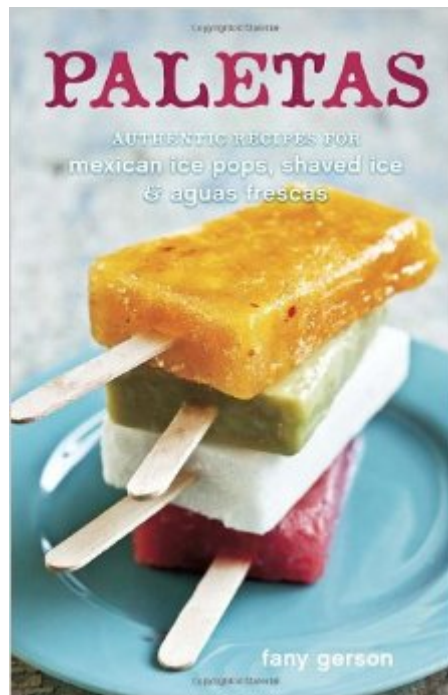


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# Paletas: Authentic Recipes For Mexican Ice Pops, Shaved Ice & Aguas Frescas



## 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

My spouse's exact words after getting the invoice as we share an account; he would have never known but I got this via kindle. I've only just made the spicy pineapple, but it was seriously mind blowing. Our friend has made us some paletas from this book and they were equally as delicious and unique. The BEST \$11 dollars I have spent in a while. You should get this book NOW. You won't regret it.

I like this cookbook very much. It outlines the basic sugar syrup that is necessary to keep popsicles soft enough to bite, and the flavor combinations make for an explosion in the mouth. Since I enjoy frozen treats year round, the book is at easy access in the kitchen. One major complaint though: In it, the author refers to a an ingredient that is a recipe in another of her cookbooks. Okay, I understand that perhaps it would have taken up too much space to reprint the original recipe and the fact that there are probably copyright issues involved, but I do think it's a bum steer to have to buy two books in order to complete one recipe. It is easy enough to find another recipe on the internet to complete the pop, but that shouldn't have had to happen. Otherwise, this book would have received a higher rating from me.

Have you ever found a recipe so delicious that you licked the spatula, and once finished were even tempted to lick the blade of your food processor? That's my experience with Fany Gerson's Paletas. I swooned when I first saw the cover. Sweet, icy, Mexican desserts? I'm sold! Aesthetically, the book is beautiful, but it's the quality of the book's recipes that really makes it stand out! I first made Paletas de Aguacate (avocado ice pops) and found the blended result so delectable that I spent about five minutes scraping every drop from the bowl. I followed the recipe and found it incredibly easy to prepare. They take about five hours to freeze and the recipe makes six paletas when using standard size popsicle molds. Be very careful not to taste too much of the mixture, as too much tasting can result in too little mix for your molds! They taste amazing and are a wonderful mix of sweet and salty, while simultaneously being healthy. The other recipes are just as great. Fany's explanations of each recipe are wonderfully detailed. I appreciate that she references her other recipes and suggests ways that you can really make each recipe your own. Her advice is constant, and I especially found useful her tip on how to give a yogurt-berry paleta a marbled texture. If you don't have popsicle molds, I would highly recommend that you buy a set when you buy this book (or better yet, before!), because the recipes are irresistible and you will want to make them as soon as possible!

I certainly never thought I'd go gaga over a book about Popsicles, but all I can say is WOW. This book is beautiful and well-written, easy to use, interesting flavors (like spicy pineapple! or roasted banana or rice pudding!). Some pops are cream (or greek yogurt) based, others are fruit based. I heard someone mention how great an avocado pop was, and I couldn't conceive of it, now I have a recipe. It's not just popsicles though, it's also "aguas frescas" and shaved ice. Some aguas frescas are rice based! Gotta try it! The photography is amazing, the story is endearing, the instructions are

simple, the ingredients are common. You can make these for your kids or your kids can help, and I really think popsicles are the new macaron, and have been since last summer...(2010)... So you can even impress your adult friends with what you turn out. This is one monothematic book worth having. This book is for anyone who wants to make an unexpected and pleasant treat for themselves or guests. No special equipment necessary, but I've been told by many that this little machine is wonderful—Zoku Quick Pop Maker—and now that I have this book I have

Progressive International PLP-1 Freezer Pop Maker! I bought this book because I enjoyed a watermelon-basil paleta at a chili cook-off in Dallas, Texas. Now summer is here and I want to make my own. Though I own an extensive cookbook library... I had nothing devoted to popsicles/paletas. If you like to cook, and if you like to cook with the kids in the kitchen... this is a "must have". I have made the watermelon popsicles and they are delicious and refreshing. (See the photo). The recipes in the book are easy to follow and include lots of photos. There are ice pops, shaved ices (raspados), and drinks (aguas frescas). Perfect for summertime entertaining! These recipes are inexpensive to make, do not take long to prepare, and will delight your family and friends. I recently made the Spicy Pineapple Ice Pops (see the accompanying photo). Incredible! The Paletas de Cajeta (caramel ice pops) sound absolutely sinful! Ooooo... and how about a Mangonadas (spicy mango ice)? Buy this book! Better yet... buy two and give one as a hostess gift when invited to a picnic this summer!

This book gives me some ideas. I don't follow the recipes because the whole point of me making my own frozen pops is to have a healthy option. All recipes call for sugar. I specifically don't want added sugar. I use fresh fruit, blended or juiced, without sweeteners at all. If a sweetener is needed I use stevia. The book serves its purpose for me.

...for the most part. I recently received this book and was pleased, as it has many pictures of the paletas. Prior to the list of ingredients the author writes a short paragraph about the recipe. It's just a very pleasing book to look at and so far, the recipes have been very simple to follow and very yummy to taste.

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