

5-Paragraph Process Essay

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In modern society, everyone loves ice cream, and statistics (de Lima Bragion, D. M., & Bolini, H. M. A, 2019) reveal that children and women are the largest groups that consume ice cream any time of the year. Ice cream can be referred to as a sweet food that can be eaten as a dessert or snack. Therefore, ice cream is one of the best desserts globally that can be served at large or small parties since everyone loves it due to its numerous benefits. Though different countries have different meanings to ice cream, people use terms such as “sorbet”, “frozen yogurt”, or “gelato” to differentiate the varieties and styles of ice creams. The ice creams can be homemade or bought, but I prefer to have homemade ones since they are much creamy and more decadent than the purchased ones.

I love homemade chunky monkey ice cream, which is fluffy banana ice cream filled with chopped walnuts and chocolate chunks. The first step is obtaining the ingredients for making the chunky monkey ice cream from the store or supermarket. The components required are two cups of heavy cream, two cups of whole milk, one cup of sugar, five egg yolks, two ripe bananas, and one tablespoon of vanilla extract. Additionally, one must have a half cup of chopped walnuts and $\frac{3}{4}$ cup of bitter or sweet chocolate. Once all ingredients are available, they can be mixed.

In a medium pot, combine the cream, sugar, and whole milk and heat over medium heat until the mixture starts bubbling. In a different bowl, whisk the egg yolks, then gradually pour half of the cream into the egg yolks while whipping the mixture vigorously. Add the egg mixture back to the remaining cream mixture in the pot and heat for five minutes. The mixture should be heated until it is adequately thick. Afterward, drain the thick mixture into another bowl.

In a blender, blend the bananas until smooth, then pour into the strained mixture in the bowl and whisk while adding vanilla. Place the bowl into a larger bowl filled with ice to let cool for ten minutes while stirring sporadically; conceal the mixture with elastic wraps and place it in the fridge for about two hours. After two hours, decant the mixture into the ice cream mixer and add the walnut and chocolate chunks to mix evenly for five minutes. When the mixture is ready, scoop the soft ice cream into a loaf pan and conceal it with plastic wrap. Freeze the soft ice cream for six hours or up to ten hours for a more comfortable scoop, and you can now enjoy the ice cream.

Ice creams have and will continue to be people's favorite dessert and snack due to numerous benefits, such as giving us energy due to the amount of sugar that the ice cream has. Additionally, there are many different ice creams globally, with each country having its style and varieties of ice cream, such as the chunky monkey ice cream. To make this ice cream, you should have the main ingredients, such as bananas, walnut chunks, and chocolate chunks. The process involves obtaining the right ingredients, mixing, and freezing methods. Since the process is simple, I would urge everyone to make the chunky monkey process.

Reference

de Lima Bragion, D. M., & Bolini, H. M. A. (2019). Is the edulcorate power of two intense sweeteners sucralose and stevia same in ice cream and frozen desserts? *British Food Journal*.