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Brooklyn McClary digging in
photo by Chris Frithie



Get the Scoop

By Stephanie Mello

IF THERE'S ONE THING both kids and adults can agree on, it might be that ice cream is one of the greatest desserts ever! Have you heard the musical ice cream truck coming around the corner causing every child in the neighborhood to come in begging for money? If not...get ready...because the hot temperatures have arrived! As residents of North Texas, we are accustomed to long hot summers, and what better way to cool down than a visit to your favorite ice cream or frozen custard shop?

As a child growing up, ice cream was a staple in my diet. Not necessarily a good thing, but that's how it was coming from a family who owned Dairy Queens.

When we'd visit the stores, it was a child's paradise, anything you wanted right at your fingertips. Like a scene from Willy Wonka and the Chocolate Factory. It was fun! Of course, I have passed on the love of ice cream to my children. We enjoy going out and getting our frozen fixes at many of the great ice cream, frozen custard and gelato shops here in Frisco. So after tasting dozens of scoops, we have a few must-try places to get your cold confections that are sure to cool you down at this steamy time of year.

We have all experienced the difference between heavy cream and whipped cream, right? It's just sugar, air,

a whisk and a quick wrist....but what a difference! So what's the difference between ice cream and frozen custard? Well, just a scant change from air to eggs and you have luxurious, rich, mouth-watering frozen custard. Creamy frozen custard differs from ice cream in just a few special ways. Frozen custard is made with extra egg yolks and served at a higher temperature than most ice cream and is made fresh everyday.

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FROZEN CUSTARD OPTIONS

Just ask Lloyd Sheets and his son, Chris Diamond, owners of Double Dip Frozen Custard on Main Street. Mr. Sheets likes to refer to frozen custard as "old fashioned ice cream." Which would best describe his store... an old fashioned shop with covered outdoor seating right in the heart of old downtown Frisco. In fact, while eating your custard, you watch the hustle and bustle of Main Street with full view of the famous Frisco water tower. The custard is made fresh all day long and is 90 percent fat free. The custard has no air pumped into it, thus giving it the smooth texture. When you order, you must first decide on chocolate or vanilla, and then add your favorite goodies or fresh fruit toppings. The most popular request is the "Gizmo," which is frozen vanilla custard with extra hot fudge and caramel covered with pecans and

cherries. Not to be outdone by the “Straw-Ana,” which is vanilla custard with strawberries and bananas. And, if your four-legged furry friend is with you, don’t forget to order the free “poochie cone,” also perfect for those two-legged, three and unders.

Another great option for frozen custard is Sheridan’s Frozen Custard at the corner of Preston and Gaylord. On a warm day, Sheridan’s is a bustling beehive of activity. From the lot full of people and cars, you know it must be good! Their menu has more than 40 flavors and toppings for your custard, along with some special signature “concretes” to choose from. From the “Grant’s Grasshopper” (vanilla blended with green mint flavor, Oreo and chocolate chips) to “Mount Rush S’more” (vanilla blended with butterscotch and roasted pecans), there is something for everyone, even the “Mother-in-Law” and “Elvis.”

REAL ICE CREAM

Now for a traditional ice cream cone, we have many options. One of my favorites is Cold Stone Creamery on Main Street and Teel. The myriad of flavors and topping selections was enough to cause a line to form quickly. The store offers a clean, open seating area along with some outdoor tables and chairs if the weather permits. For only \$3.25, my son and I each enjoyed a scoop in a cup.

Now if you happen to be a little further south of that location, then you

should definitely try Maggie Moo’s Ice Cream and Treatery at the southwest corner of Preston and Warren. The employees are extremely friendly and ready to serve you a heaping scoop with whatever topping you can think of... they have it all.

with an additional 30 enchanting fruit gelatos. Their presentation of the flavors is done with pure artistry. Give them a try....you will not be disappointed and neither will your waistline.

THE SMOOTHIE ROUTE

Another tasty, yet healthy option we have right along Preston Road is the Smoothie Zone at the Family Health Market. Along with yogurt smoothies, General Manager Mike Moyer makes a great Açai fruit smoothie. The Açai Berry, which is commonly pronounced a-sigh-ee, is a rather small, round, black-purple Brazilian palm berry. It resembles a grape or a blueberry, but is smaller and darker. This fruit has a large seed with a minimum amount of pulp. Many generations of Brazilians have used the açai for its high antioxidant value. The açai fruit berry is now broadly used in energy juices, ice cream and certain energy bars with granola. This smoothie is made with strawberries, bananas, apple juice, 20g of whey protein, açai berries and ice – and is delicious!

I encourage you to use the convenient drive-thru and pick one up!

“I scream, you scream, we all scream for ice cream, custard or gelato!” Just beware of the dreaded brain freeze. Prevention is simple: eat and drink very cold foods slowly...and enjoy!

Stephanie Mello is a freelance contributor living in Frisco.



Abby & Becca Fritchie at Double Dip

photo by Chris Fritchie

THE PLEASURE WITH LESS GUILT

If you are looking to indulge yourself, but want something all natural with no preservatives, then gelato is your way to guilt-free satisfaction. Naturally low in fat and cholesterol, gelato, or Italian ice cream, can be found at Piccomolo Italian Ice Cream on the southwest corner of the Tollway and Lebanon. They offer more than 50 delectable gelato flavors