

Snow Cream: A Review of Best Practices and Call for the Establishment of a Permanent Research Program

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Snow cream is a dessert similar to ice cream with the distinction that it is made with snow crystals. Snow cream is typically made by combining and mixing the traditional ingredients of ice cream (whipping cream, sugar, salt, and some sort of flavoring) with fresh snow crystals. The result, to be consumed immediately, has a flavor and texture that is dependent on the type, size, and temperature of the snow crystals as much as the mixing technique and flavorings. In this paper we report the results of an interdisciplinary collaboration among researchers and practitioners aimed at reviewing and systematically studying the best practices of snow cream production. Many variables in the making of snow cream were tested, from the type, size, and temperature of the snow crystals to the myriad potential flavors, both alcoholic and non-alcoholic. The results were rated on categories such as the consistency, flavor, and scooping quality. We conclude that much more research is necessary in order to support the recommendation of professional snow cream standards. Therefore, this collaboration seeks additional funding to establish a long term research program.