

CINCINNATI

# InTouch

magazine™

August-September 2004

**CAN  
WE  
TALK?**

HOW KAREN  
ROZZI STAYS  
IN TOUCH

**FOOD**  
FAST FIXES FOR  
LUNCH HOUR

**FITNESS**  
5 WAYS TO  
ENERGIZE THE  
WORK DAY

New  
magazine  
for your  
busy life!

WIN TICKETS TO A  
**RIVERBEND  
CONCERT!**  
with *Frank Ocean* & *Cher*

# WHAT GOES BEST WITH...?

## HOW TO PICK AN ICE CREAM TO COMPLEMENT ANY MEAL

By Amy Whelan

### simple solution

Are you on a sugar-free diet? Try Trauth Dairy's new line of "No Sugar Added Ice Cream." Made with Splenda®, this tasty dessert is fat-free and cholesterol-free and comes in great flavors like Double Chocolate Fudge and Caramel Swirl.

**W**e are familiar with using wine as a great way to enhance subtle flavors of your favorite dish, but have you ever considered the art of ice cream pairing? We asked the experts to help us find the flavor combinations that will dazzle your family's taste buds.

#### **We asked Dianne Lytle, Aglamesis Brothers Ice Cream**

**Q:** *What ice creams work well with ethnic dishes robust with spices like Mexican, Indian or Chinese?*

**A:** A chocolate or coffee ice cream works. Both flavors complement rather than compete with the main course.

**Q:** *What flavors work best with heavier meals like pot roast or lasagna?*

**A:** Butter pecan is great. The roasted pecans and brown sugar syrup make a lovely ending to a meal.

#### **We asked Steve Hellmich, Master Confectioner for Graeter's Ice Cream**

**Q:** *How about lighter fare like a grilled chicken or baked fish?*

**A:** Pick summery fruit-flavored sorbets like mango or watermelon for a light and refreshing treat. You can't go wrong with strawberry, tangerine cream or peach ice creams.

**Q:** *Why are sorbets considered a palette cleanser and why are they important to a meal?*

**A:** A citrus-based sorbet is commonly served between courses to freshen the taste buds for what is yet to come. It also gives you the feeling of being less full.