

## FOOD &amp; STYLE

## Frozen Dessert Faceoff Ice Cream vs. Gelato vs. FroYo

By ANGELA DE FELICE  
Food & Style Writer

We may all scream for ice cream – we eat 1.5 billion gallons of the stuff a year. What to make of the other options on the frozen dessert front?

In celebration of National Ice Cream Month, and in the spirit of cooling off with a little gusto, we thought we'd offer some insight into some of the frosty confections within our reach.



Beachy Cream's Ann Ryan serves up a double-decker cone: *Bitchin' 'Hot' Chocolate topped with Roasted Banana on a pretzel cone.*

Photo: Angela De Felice

## BEACHY CREAM

1209 Wilshire Blvd.  
Santa Monica, CA 90403  
(310) 656-4999  
www.beachycream.com

Beachy Cream was born out of Founder Ann Ryan's desire to make people happy. After careers in finance and the entertainment industry, this self-described "Jane of all trades" defined her latest venture as "the ultimate toy."

Ryan understands the connection Palisadians had to the recently closed Baskin-Robbins. She herself has fond memories of going to Wil Wright's Ice Cream Parlor in Westwood as a child. The old-time ice cream parlor served as the inspiration for her shop located in Santa Monica. Ryan, a resident of Malibu, also couldn't

help but let a little beach culture – and 'pin-up' girls known as the Beachy Cream Girls – seep into her vintage aesthetic.

Using organic ingredients, and working in small batches, she has adapted her family recipes to the treats she loved as a child. Malts, floats, sundaes, custom ice cream sandwiches made of cookies baked on the premises are available for your caloric pleasure. Ryan hasn't left anyone out of the fun: there are non-dairy options for Vegans and organic doggy fro-yo free with purchase.

The USDA has set standards for ice cream. In order to meet that standard there must be a milk fat content of at least 10 percent. Typically, high-end ice cream boasts a higher milk fat content. Beachy Cream's version, made with Straus Organic Ice Cream Base, varies from 12 - 14 percent. That translates to a decadent finish on the tongue.

Although I sampled 22 outstanding flavors, a few really jumped from my taste buds straight to my heart. The concentrated minty flavor in the *Brownie Mint* ice cream is thanks to the local farmer's market; the *Toffee Coffee* is speckled with toffee made in-house. *Breakfast In Bed* – waffles, orange zest and maple – is actually better than being served breakfast in bed. Ryan's flavors tend to lean on the traditional side, however, the flavor intensity is like nothing I've ever experienced in ice cream.

I was having a double-scoop-kinda-day when I



Chin chin from Grom: a double scoop of *Pistachio and Cioccolato Fondente* in a sugar cone; *Bacio and Caramello Al Sale* in a cup.

Photo: Angela De Felice

settled on a scoop of *Bitchin' 'Hot' Chocolate* (think of chocolate, ground with cayenne) topped with a scoop of *Roasted Banana*. The delivery system for the ice cream was a salty pretzel cone. If you love sweet and savory flavors together this is by far the way to go. The salt in every lick balanced out the sweetness of the caramelized bananas, while the heat of the chocolate was another taste sensation. With a double-decker like that, who needs dinner?

## GROM

3888 Cross Creek Road  
Malibu, CA 90265  
(310) 456-9797  
www.grom.it

Gelato – direct translation *frozen* – is an Italian version of ice cream. Bernardo Buontalenti introduced modern gelato to the Medici Court in *Firenze* in 1565. It is *multo denso* and creamy despite using only milk, never cream. Its denseness can be attributed to the lack of overrun (air) as compared to ice cream. Grom, a direct import from Turin, Italy, uses fresh seasonal fruit from the finest purveyors, including their own 20-acre organic farm. Co-owners Frederico Grom and Guido Martinetti, chose the name Grom because Martinetti already had his family name on a wine label. You'll find the classics like *Stracciatella* and *Fiordilatte*, and a list of seasonal specials like *Cassata Siciliana* made with fresh *ricotta* and Sicilian candied citrus. There is always a flavor of the month, fruity sorbets and *Granita Siciliana* in addition to gelato.

I was a little thrown after having made my choice from the selection listed on the website, only to find out it was unavailable. After much debate I settled on the classics – *Pistachio* made with "Mawardi" Pistachios and *Cioccolato Fondente* containing Venezuelan "Ocumare" chocolate. They complimented one another perfectly and the flavors were intense and well balanced. My tasting partner Ashley regretted adding a scoop of *Bacio* (chocolate and hazelnut chips from the Langhe Region – just like the classic bon bon) to her bowl of *Caramello al Sale*, made with pink Himalayan salt. She felt it took over the main flavor she was look-



Yogurt with a twist: *Cinnamon Roll and Blueberry Cheesecake* topped with blueberries and mocha from *The Yogurt Shoppe*.

Photo: Angela De Felice

ing forward to savoring – you live and you learn!

## THE YOGURT SHOPPE

873 Swarthmore Avenue  
Pacific Palisades, CA 90272  
(310) 459-0088  
www.aplacetomix.com

There is no denying the uber-trendy FroYo (frozen yogurt) market is thriving in Pacific Palisades. After 50 years in business, our Baskin-Robbins lost the battle, leaving us with only one question: The *Yogurt Shoppe* or *Toppings*? Unlike ice cream, the USDA does not regulate frozen yogurt. However, the National Yogurt Association (NYA) offers a *Live & Active Culture* seal in the interest of educating the consumer. Healthy frozen yogurts contain live and active cultures, as do the varieties offered at The Yogurt Shoppe. Not all FroYos can boast probiotic benefits, and if health is a big concern, it is still more beneficial to eat refrigerated yogurts. In addition to offering Kosher Certified frozen yogurt with live and active cultures that are also low in fat and high in calcium, The Yogurt Shoppe serves fruit sorbets and low-carb and sugar-free alternatives. Included in the toppings assortment are fresh fruit from the Farmer's Market and goodies from local bakers.

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FOOD & STYLE

More Frozen Faceoff



Over the top: Chocolate Custard and Banana froyo topped with mocha, chocolate coated gummy bears, shaved coconut, and melted marshmallow at Toppings. Photo: Angela De Felice

TOPPINGS

872 Via De La Paz  
Pacific Palisades, CA 90272  
(310) 454-8228  
www.toppingsyogurtwall.com

Walk through the lively doors of the **Toppings** location and you will be inundated with options. The l-o-n-g counter displaying bins filled with every edible ornament you could imagine is eye-catching. They offer 120 – 125 choices at any given time. It is a child’s dream and a nutritionist’s nightmare. Although FroYo tends to be lower in calories compared with ice cream, the calories can double or triple depending on the type of toppings added. It goes without saying fruit is the healthiest choice. But that would entail passing up exotic treats like miniature technicolor marshmallows, pickles and gummy Coca-Cola bottles. Toppings doesn’t offer live and active cultures in its assortment of 16 yogurt options, but we don’t come for the health benefits, do we?

I had a clear idea of what I came for and followed through with delicious results. I began with Chocolate Custard yogurt and Banana yogurt. I added the requisite mochi, chocolate coated gummy bears (I’m lucky I didn’t lose a filling!), a sprinkling of coconut and a dose of melted marshmallow. When in Rome...!

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I never do this but for some reason I found myself filling my bowl from the center dispenser that combines and twists the two flavors together. The Cinnamon Roll flavor overpowered the Blueberry Cheesecake yogurt, although I have to say, it tasted as though it had just emerged from the oven – delicious. The texture was creamy, the consistency smooth and decadent. I followed the advice of nutritionists by topping it with blueberries, but out of habit I had to sneak in a few *mochi* for good measure.

ICE CREAM

GELATO

FROYO

- 10% - 18% milkfat
- milk and cream used
- more than 50% air (overrun)
- smooth and fluffy
- 125 calories per 1/2 cup serving
- high butterfat content therefore decadent fatty finish
- 12% - 16% sugar
- regulated by the USDA

- 3% - 8% milkfat
- only milk used
- 25% - 30% air (overrun)
- dense and creamy
- 90 calories per 1/2 cup serving
- kept at lower temps allowing a bigger burst of intense flavor
- 16% - 24% sugar
- not regulated by the USDA

- 0.55% - 6% milkfat
- only milk used
- as much as 30% air (overrun)
- smooth consistency
- 100 calories per 1/2 cup serving (without toppings)
- tart finish
- 15% - 17% sugar
- not regulated by the USDA

Celebrated Palisadian Retires From Bible Study After 48 Years

By JACQUELINE PRIMO  
Reporter

“The reason I’ll never leave this house is because of my roses and my swimming pool,” said **Dotty Larson** of her 1950s **Huntington** estate. “I still swim laps and I love my rose garden.”

That beloved home is also where Larson, who recently celebrated her 90th birthday, began teaching a Bible study class nearly 50 years ago. Since then, Larson has touched thousands of people by teaching Community Bible Study classes, a form of interdenominational Bible study that has spread to over 60 countries in 30 languages with over 700 classes worldwide.

After devoting so much of her life to spiritual education endeavors, Larson has finally retired from teaching Bible study. In May she was honored at a farewell party and was presented with a plaque by Congresswoman Janice Hahn to commemorate her accomplishments.

Larson lives in the Palisades but grew up on a ranch in Texas and had a close relationship with her father. She describes her childhood as idyllic, having spent it riding horses, swimming in the creek behind her house and shooting guns.

“I’m a very good shot,” Larson said.

Dotty Larson was 26 in 1946 when she and her husband Hav came to the Palisades and moved into a small house at the foot of what is now **Marquez Knolls**. Four years later they sold their home (and with it the then-breathtaking views of rolling hills and grazing horses) and bought the plot of land on Alma Real Drive where they built their house in 1950. The *Palisadian-Post* met with Larson and her good friend **Jan Lindsey** at Larson’s home, which has been added on to over the years but was empty when they moved in.

“The first thing we put in this house were the halfway Dutch curtains in the living room so people couldn’t look in and see we had no furniture,” Larson said, laughing.

Larson is an established woman in both the Palisades and Christian communities. Before the age of 30 she had been named Pacific Palisades Citizen of the Year for her efforts in bringing the first Youth House to the Palisades. She is the published author of *Flight 2031: A Journey into Eternity*, was room mother to her four children, and now enjoys spending time with her grandchildren and great-grandchildren. However, she is best known in the Palisades for her branch of Community Bible Study, an endeavor that Larson says all started with a skiing accident and a broken leg.

“I didn’t know how to say no to anything,” said Lar-



Ninety-year-old Palisadian Dotty Larson at home with her dog Mercy. Rich Schmitt/Staff Photographer

son. “God had to literally knock me down to get me to be quiet enough to think some thoughts about eternity and what matters.”

Larson says breaking her leg made her slow down and, now with time to read, she picked up the Bible and realized she didn’t quite understand it. Larson sought clarification at **Calvary Church** where Jan Lindsey’s husband Hal, who would later author *The Late Great Planet Earth*, was teaching at the time. Dotty was inspired by his teachings and quickly formed a close relationship with the couple.

“Hal and Jan Lindsey had profound influence on me when I first started studying the Bible and that’s what directed all my years of service—my relationship with them,” Larson said.

Despite her lengthy list of personal achievements, Larson knows what is truly important.

“I’ve never heard anybody say ‘I wish I had spent more time working,’” said Larson. “What they always wish is that they spent more time with people. Life is about relationships. Life is not about accomplishments. I think we get confused about that.”



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