

Fabulously Frozen: Liquid Nitrogen Ice Cream

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With the newest method of making ice cream with liquid nitrogen, customers can get the scoop of their choosing in just mere minutes.

With cronuts and cupcakes, we have all had our fair share of trendy desserts for the past few years. At the end of the day, however, we know that good ol' fashioned ice cream will always be the best way to end a meal. Thus, let me present to you the newest version of our beloved dessert – liquid nitrogen ice cream.

As many of you foodies may know, the conventional process of creating ice cream usually takes hours. Liquid nitrogen, which has a temperature of -196 degrees Celsius, speeds up this process to a quick two minutes. One would need to mix the ice cream base and ingredients for a specific ice cream flavor, before spraying it with the liquid nitrogen that would bring down the temperature of the ingredients to -19 degree Celsius, the normal temperature of ice cream. With this method, customers can enjoy a fresh cup of ice cream, rather than one that has been stuck in the freezer for hours. This explains why liquid nitrogen ice cream has a smoother texture than regular ice cream, as there are less ice particles in the ice cream itself.

LIN Artisan Ice Cream, located in Kemang, is the first official liquid nitrogen ice cream store in Indonesia. LIN Artisan owner Astrid Hadywibowo had originally opened Papabubble Caramel Artesan in Grand Indonesia, where customers can view the creation of the candies through its open kitchen, and had wanted to open a similar store. “We wanted to open another store that is open for customers to see how we create their food,” Hadywibowo said. “So we decided to bring in this new concept into Indonesia – a hand-made ice cream made in an open-kitchen for customers to experience the whole process.”

LIN's most popular flavors are the Ultimate Chocolate Chips Gelato and the Merry Strawberry Sorbet. “We use fresh ingredients, with no preservatives, no colorings and no flavorings. What we put into our ice cream is as natural as can be,” Hadywibowo said. This makes the Ultimate Chocolate Chips Gelato have a really dark brown color, as LIN uses dark cocoa, and also a bittersweet taste. On the other hand, the Merry Strawberry Sorbet uses fresh strawberries and thus, would be considered healthier.

Another liquid nitrogen ice cream vendor that prioritizes the freshness of their ingredients is Freeze Ice Cream, which has branches in Taman Angrek and Pondok Indah Mall 2. “We use fresh ingredients in order to create an authentic taste for our ice cream,” Enobe Sutedja, owner of Freeze Ice Cream, said. “This, however, means our ice cream may not be as appealing, as the fresh ingredients creates a very soft-colored ice cream, rather than one that is extremely vibrant. To solve this, we provide garnishes to make our ice cream more attractive.” Freeze Ice Cream thus offers a range of toppings, whether that be of your own choosing when you design your custom ice cream or as part of the twelve Signature Ice Cream combinations that is offered at the store. Sutedja recommends you try the Black and White Signature Ice Cream combo, a popular cookies and cream blend.

Although Freeze Ice Cream has only opened its stores since the end of last year, Sutedja has been concocting the concept for the store for about two years. “It took us quite some time to find the perfect ice cream base, one that would be creamy but not too sweet,” he said. “Since Freeze only has a small team, trying all the different flavors and combinations required a lot of effort.” The result is the best of both worlds – Sutedja makes sure to not only incorporate Western flavors into the menu, but also popular Eastern flavors as well, such as Thai iced tea, matcha (green tea) and even kopyor. Freeze also offers Premium Ice Cream – customers can get an alcoholic shot of their choice aside with their ice cream. The must try, according to Sutedja, is the Bailey’s and Brandy Butter Scotch.

As a Freeze customer, you also get the option of how much sugar you want to have in your ice cream when designing your own custom ice cream. According to Sutedja, this makes Freeze Ice Cream especially appealing to customers who have diabetes. “The option to not have any sugar at all allows those who have diabetes to enjoy ice cream at Freeze, which they may not be able to at other ice cream vendors, as the amount of sugar in the ice cream cannot be changed,” Sutedja said. “There may only be a small market for those who have diabetes, but it makes me happy that Freeze is catering to everybody’s needs to the best of our capabilities. We can also help those who have diabetes bring their own diet sugar to use in the ice cream.”

While LIN and Freeze relies more on the simplicity of their fresh ingredients for their ice cream, Elicixir, another liquid nitrogen ice cream vendor, offers its customers more daring options. “We only feature exotic flavors such as Coffee Velvet, Taro and Genmai-cha and Chocolate Green Tea at Elicixir,” Stanley Winaryo, one of the founding partners of Elicixir, said. “We also create limited flavors such as Martabak Gelato and Cornflakes Milk with French Fries.” For those of you who may not be as brave in trying these exotic flavors, perhaps you can try the best selling flavors of Elicixir, which Winaryo tells me to be Avocado Crème Brulee, Sweet Mariie Regal and Milo Dinosaur, or the fat free organic sorbet available in blackcurrant and raspberry.

The reasoning behind the exotic flavors can actually be traced from the name of the store. “The name Elicixir was derived from Elixir which means a good potion,” Winaryo said. “It makes sense then that our store’s theme revolves around fun wizard that makes up all these crazy ice cream flavors. We just added a bit of a wordplay to the final name, as you would read it as E-lick-xir. It’s a tongue twister for some.”

Although the method of making ice cream with liquid nitrogen is a fairly simple one, Ron’s Laboratory, a liquid ice cream vendor at Grand Indonesia, makes sure to get every small step right. “Ron’s Laboratory is considered a molecular gastronomy dessert house that pays attention to every small detail in each product,” Bryan Pringgoadimulyo, Operations Manager of Ron’s Lab, said. “Our founder, chef Ronald Prasanto, has a molecular gastronomy background. Thus, the name Ron’s Lab! We have also learned other molecular gastronomy methods such as ‘spherification’ that is part of our menu.”

Similarly to Elicixir, Ron’s Lab provides an unusual array of flavors. “Our motto is ‘Be Fearless’, in order to encourage customers to not be afraid in trying different taste,” Pringgoadimulyo said. Ron’s Lab’s current popular flavors are Red Velvet and

The Breakfast, but the store's menu constantly changes every month, so make sure to get your favorite flavors soon.

Now that you know where to get liquid nitrogen ice cream, what's stopping you? Don't be the last to try these delicious concoctions around the city!