



was receiving a special diploma from the Mayor of Sansepolcro and the week after that he was with Silvio Berlusconi. Who knows where he is while you are reading this? Perhaps he will be presenting *gelati* to members of the Japanese Imperial Royal family in Tokyo, where he once took part in a Renaissance Banquet, as representative of the Art of Italian Ice Cream. Maybe he'll be exhibiting in Melbourne, Nice, Hong Kong or Dubai or conceivably turn up on your television cooking channel.

So what's so complex about *gelato*? How can you push the envelope on frozen milk and sugar? 'I take inspiration from my environment. I look around me and see what inspires me about my town, I research the character of this valley, the perfume of my country and I make it into *gelato*,' says Palmiro with a glowing smile. Sansepolcro, where he was born, is also the birthplace of Piero della Francesca and much of it



Top:  
The old Icecream cart with  
Matteo, Palmiro's wife Pina,  
and Palmiro

Above:  
Francesco Jasting Palmiro's  
gelato, April 2007

This image:  
Old fashioned gelato covers



#### SECRETS OF THE GELATO

The word *gelato* comes from the Italian *gelare*, meaning 'to freeze'. Italian ice-cream is usually made from milk and sugar combined with fresh ingredients. Often in winter you may find a limited selection of chocolate, nuts such as hazelnuts, pine nuts, coconut and pistachio, coffee flavours, and milky flavours such as *panna* and *fior di latte*. In summer, the full gamut of fresh fruit unleashes itself and you have strawberry (*fragola*), fruits of the forest (*frutti di bosco*), melon and peach.

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