

# My Favorite Recipe

with

**Katie Goodman**

Food Blogger, [www.GoodLifeEats.com](http://www.GoodLifeEats.com)

What started as a simple online journaling in 2008 to share recipes with friends and family across the country has turned into an enjoyable and mouthwateringly delicious career for food blogger, Katie Goodman.

When she's not spending time chasing around her two children, she's whipping up, easy, healthy, and tasty creations from the comfort of her own kitchen. Then, once the recipe is perfected, she snaps some photos and shares it with the world, simplifying each direction for her readers at [www.goodlifeeats.com](http://www.goodlifeeats.com). Goodman tries to show people that cooking doesn't have to be difficult. "You're busy, but you can still do it."

"The blog is a play on our last name, Goodman, and a description of us: life is good," she explains on her site. "Since I wholeheartedly believe that part of the goodness in life is enjoying good food with friends and family, it only seemed natural to name my blog GoodLife Eats."

Cooking, says Goodman, has always been part of her life. "My mom loves to tell the story of how she had a friend over when I was around two, and when she came to check in on me there was a big mess on the floor. I was surrounded with flour, sugar, and eggs. I don't remember doing that, but I obviously had a love for cooking at a really young age."

She developed the recipe for this Creamy Ricotta Gelato after seeing a similar recipe for berry sangria syrup served with a side of ricotta. But Goodman was in the mood for a cold, creamy treat. "I wanted dessert that would be quick and easy, and that's how I got the idea," she says. First, she researched to see if such a thing existed and after finding a few recipes she went to work tweaking and creating her own variation.

"I have never had anything like it before," Goodman says. "I love berries, and even though I love chocolate, too, I sometimes don't want that heavy dessert." She suggests eating this creamy gelato during a sunny afternoon or evening. "It would be great on a hot summer day for an outside get-together, since ice cream melts so fast."

—By Jessica Lynn



## Creamy Ricotta Gelato with Mixed Berries in Sangria Syrup

### Creamy Ricotta Gelato

half and half	3/4 cup	cinnamon stick	1/2
granulated sugar	2/3 cup	orange	1
salt	1/4 teaspoon	cup whole milk	1 3/4
vanilla bean, seeds only	1/2	cup ricotta cheese	1 3/4

In small saucepan, combine half and half, sugar, salt, vanilla bean seeds, and cinnamon stick. Using vegetable peeler, remove 3 long strips of orange peel from orange. Place orange peel in the saucepan. Over medium heat, bring mixture to a slow boil. Turn heat down to medium-low to low; simmer for 10 minutes. Remove from heat; cool to room temperature.

Add milk, ricotta, and half and half mixture (remove orange peel and cinnamon stick first) to a food processor or blender. Puree until well mixed. Pour mixture into ice cream maker; proceed according to manufacturer's instructions. Serve with Mixed Berries in Sangria Syrup.

### Mixed Berries in Sangria Syrup

dry red wine	1 1/3 cup
granulated sugar	1/2 cup
orange juice, fresh squeezed	1 tablespoon
orange peel removed with a vegetable peeler	3 strips
frozen blueberries, raspberries, and blackberries	3/4 cup each

In medium sized saucepan, combine wine (for alcohol-free alternative, try Fre Wines), sugar, orange juice and orange peel. Bring to a boil over medium-high heat. Lower temperature to medium-low heat; reduce until syrup mixture measures 1 cup, about 12 minutes. Remove from heat, discard orange peel, and stir in the berries. Serve over Creamy Ricotta Gelato. 🍷

