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Smoothie Recipes

All Smoothies are served in a 20 oz E&B Cold Cup

Energizer

- 10 oz. Orange juice
- Banana
- 4 oz. Non-fat vanilla yogurt
- 2 oz. Strawberries

Health Shake

- 10 oz. Non-fat milk
- 4 oz. Non-fat yogurt
- Banana
- 2 oz. Your choice of fruit

Orange Cream

- 15 oz. Orange juice
- 4 oz. Vanilla ice cream or yogurt

Regenerative Elixir

- 10 oz. Orange juice
- 4 oz. Non-fat yogurt
- 2 oz. Mango
- Banana
- Ginseng
- Royal jelly

All Fruit Smoothie

- 10 oz. Orange juice
- Banana
- 2 oz. each of your choice of 3 fruits

Rejuvenator

- 10 oz. Apple Juice
- 4 oz. Non-fat vanilla yogurt
- Banana
- 2 oz. Strawberries

Citrus Cooler

- 5 oz. Orange juice
- 4 oz. Lemon sorbet
- 2 oz. Raspberries
- 5 oz. Sparkling water

Passion Cooler

- 4 oz. Passion fruit sorbet
- Banana
- 2 oz. Strawberries
- 10 oz. Sparkling water

Raspberry Lime Rickey

In a 16oz clear cold cup . . .

Squeeze one-half lime into a cup and put the squeezed lime in the cup

Add 4 squirts of raspberry syrup, approximately 2-2.5 oz

Add ice

Fill with club soda and stir well

Lemonade

In a gallon pitcher . . .

Squeeze 10 large lemons

Dissolve 2 cups sugar in hot water and add to the lemon juice in pitcher

Fill with ice cubes and water

Stir well

Strawberry Lemonade

In a 16oz clear cold cup . . .

Fill $\frac{3}{4}$ full with lemonade

Put lemonade in Vitamix blender and blend with $\frac{1}{4}$ cup of IQF strawberries

Pour back into the cold cup once blended



What we serve, & How to make it:

This section gives directions on how to make the following yummy items:

- * ice cream cones
- * cups
- * sundaes: small, regular & ridiculous
- * Bolio's Dream Barges
- * frappes
- * ice cream sodas
- * floats
- * Egg Creams
- * recipes and helpful hints...



"I scream
You scream
We all scream
for ice cream"

★ ICE CREAM CONES

A small cone is one scoop, weighing 4 ounces
it contains only 1 flavor.



It can be served in a gourmet cone, and chocolate dipped gourmet cone.

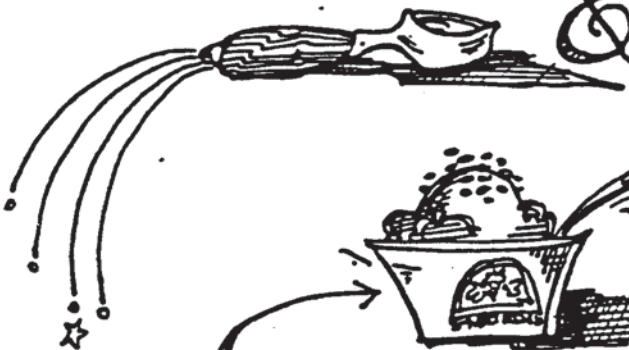


Don't overscoop!

A large cone may have one or two flavors... it's two scoops of ice cream & it weighs 6 ounces.

*Toppings may be blended in on a large cone only.

& CUPS ★



small cup: one scoop: 4 ounces.
only one flavor.



large cup: 2 scoops: 6 ounces

A large cup may have 2 for a dry topping is 1 tablespoon full of any one choice... DO NOT SPLIT UP THE 1 TSP TO 2 DIFFERENT TOPPING PLEASE

★ Always suggest a topping!

& Remember to use your ice cream scale

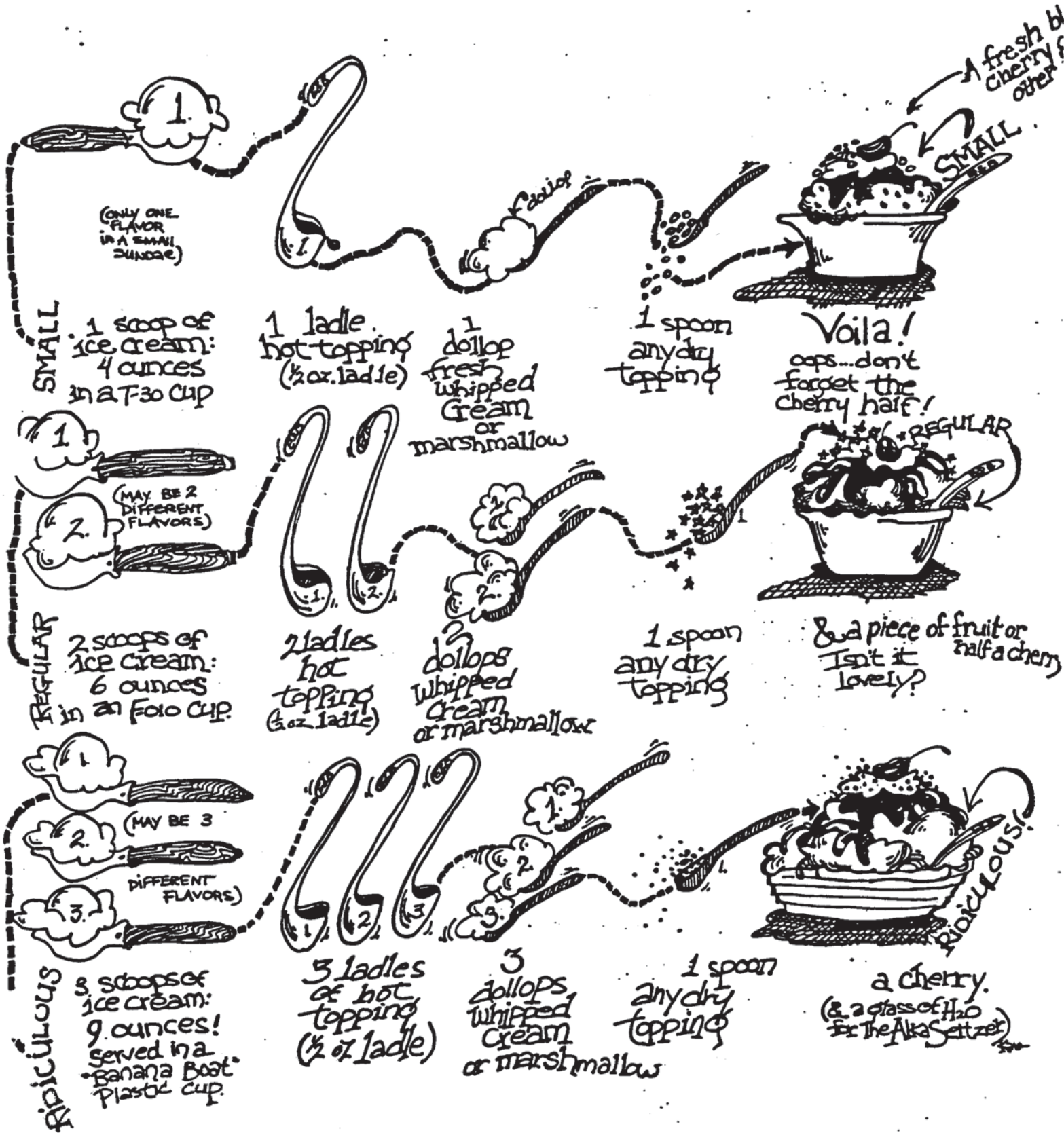
Regularly to check the weights of your servings. But not in front of customer.

SCOOPERS SHOULD TRAINING SHOULD PRACTICE CORRECT SCOOPING USING THE SCALE, TOO.

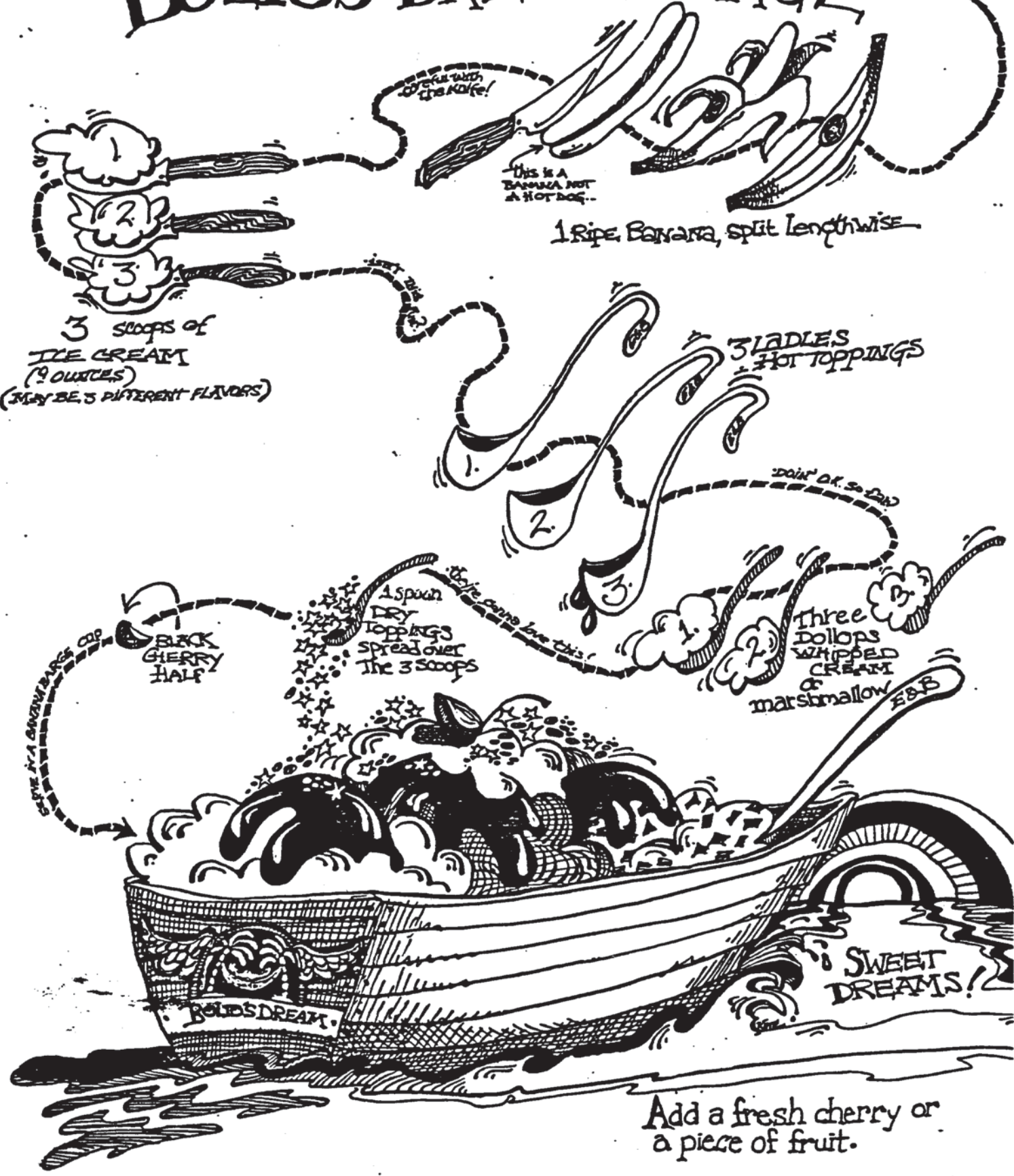
* A topping may be blended in on a large cup only. A topping may be put on top of a small cup.

Before you start your shift.

Here's how to Make EMACK & BOLIO'S ICE CREAM SUNDAES (for the connoisseur)



THE CONSTRUCTION OF A BOLIO'S DREAM BARGE



1 Ripe BANANA, split lengthwise

3 scoops of ICE CREAM (9 OUNCES) (MAY BE 3 DIFFERENT FLAVORS)

3 DOLLOPS HOT TOPPINGS

1 spoon DRY Toppings spread over the 3 scoops

Three Dollops WHIPPED CREAM or marshmallow E&B

BLACK CHERRY HALF

BOLIO'S DREAM

SWEET DREAMS!

Add a fresh cherry or a piece of fruit.

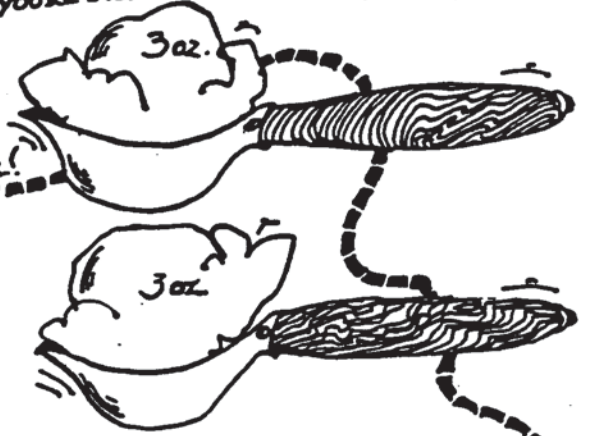


THE MAKING OF A Frappe fit for a King (or Queen)

NOTE: IN BOSTON A FRAPPE IS A MILKSHAKE WITH ICE CREAM WHILE A MILKSHAKE IS A FRAPPE SANS ICE CREAM... OUTSIDE OF BOSTON, THE EVERYONE IS CONFUSED, SO IF YOU'RE NOT SURE WHAT THEY WANT, BETTER ASK THEM TO DESCRIBE IT. #



2. Put 2oz. syrup into a 20oz. cup.



Start here → 1. PUT 2 SCOOPS OF ICE CREAM (2 scoops = 6 oz.) in metal cup.

★ REMEMBER: Always use syrup in a frappe unless the customer specifies "NO SYRUP" - it's not necessary to ask. When in doubt use vanilla syrup (as in an oreo or banana-frappe.)

ICY ICE CREAM CAN BE USED IN FRAPPE'S



3. NOW ADD MILK ENOUGH to fill the cup $\frac{3}{4}$ full. Fill to 1 inch below groove in cup.

YOU KNOW WHAT THE FRAPPE LOOKS LIKE, RIGHT?

4. BLEND ON THE FRAPPE MACHINE ★ BE SURE TO INSERT CUP CAREFULLY TO AVOID SPLASH!

For a malted frappe, add 2 heaping spoons of malt powder before blending.



Pour into a 20 oz. cup. 5. DON'T FORGET THE STRAW!

*THIS MANUAL WAS WRITTEN IN BOSTON THE ICE CREAM CAPITAL OF THE Y



How to CREATE AN ICE CREAM SODA

*NOTE TO SODA-PERSONS: AN OFFICIAL BOLTO POLL REVEALS THAT A BLACK-AND-WHITE SODA IS EITHER A CHOCOLATE SODA WITH VANILLA ICE CREAM OR A VANILLA SODA WITH CHOCOLATE ICE CREAM -- BUT 100% OF THE PEOPLE ASKED WERENT SURE WHICH...



1. FIRST COMES THE SYRUP
(ORANGE SYRUPS NEED 2 oz.)
USE A 16 OZ CUP.



2. THEN A DASH OF MILK.
(2 oz.)



3. AND A SPLASH OF HEAVY CREAM
(SPLASH = 1/2 DASH...)
(1 oz.)

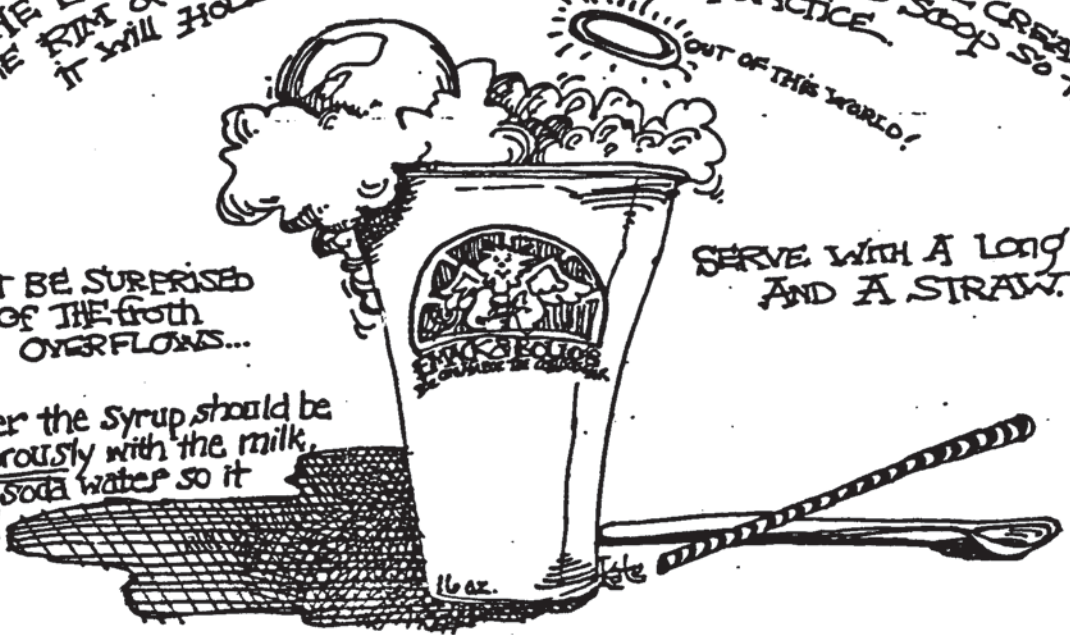
4. ADD THE SODA WATER WHILE STIRRING THE MIXTURE WITH A LONG SPOON... fill to 3/4 full *

5. NOW COMES THE TRICKY PART... CAREFULLY HOOK A 4 OUNCE SCOOP OF ICE CREAM OVER THE RIM OF THE CUP... YOU'LL NEED A NICELY SPOOLED SCOOP SO THAT IT WILL HOLD TOGETHER... THIS TAKES PRACTICE...
OUT OF THIS WORLD!

DON'T BE SURPRISED IF SOME OF THE FROTH OVERFLOWS...

SERVE WITH A LONG SPOON AND A STRAW.

*Remember the syrup should be stirred vigorously with the milk, cream, and soda water so it is blended properly!



ICE CREAM FLOATS

*NOTE TO CONNOISSEUR PLEASERS: A "BLACK COW" IS NOT A BLACK COW AT ALL, BUT A FLOAT WITH ROOT BEER AND (TRADITIONALLY) VANILLA ICE CREAM.

ICE CREAM FLOATS ARE EASY TO MAKE, AND HARD TO BEAT.

WHICH IS LUCKY, BECAUSE IF IT SANK THE CUP WOULD SURELY RUNNETH OVER.



JUST-FILL A 6 OUNCE CUP 3/4 FULL WITH ANY FLAVOR OF SODA (OR TONIC, IF YOU PREFER). IN BOSTON, WE USE 7-UP.

THEN HOOK A FIRMLY SCOOPED 4 OUNCE SCOOP OF ICE CREAM ON THE RIM OF THE CUP. SIMPLE. *SERVE WITH A LONG SPOON AND A STRAW.

12
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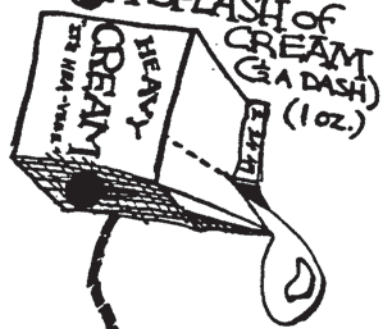


PRESENTING...

THE MAKING OF THE MYSTERIOUS EGG CREAM

A NEW YORK DELIGHT

(WHICH CONTAINS NEITHER EGGS NOR ICE CREAM) (2 oz)



1. START WITH 2 OZ. SYRUP IN A 16-OUNCE CUP.
(EGG CREAMS TRADITIONALLY CONTAIN CHOCOLATE SYRUP, BUT WE DON'T DISCRIMINATE AGAINST THE CUSTOMER WITH A YEN FOR VANILLA, COFFEE OR STRAWBERRY.)

2. THEN A DASH OF MILK
3. A SPLASH OF CREAM (A DASH) (1 OZ.)
4. ADD SODA WATER WHILE STIRRING WITH A LONG SODA SPOON... FILL.
5. SERVE WITH A STRAW AND A SMILE.



★ REMEMBER: Stir the milk, cream & soda water vigorously so as to blend the syrup properly

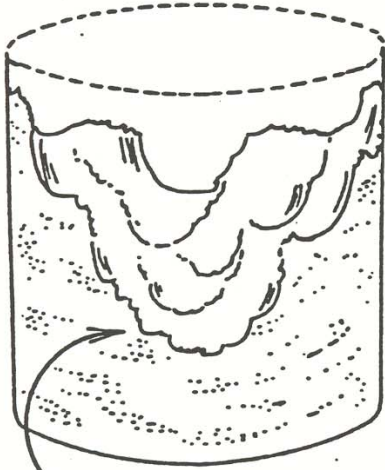
Ice Cream - It's Care and Feeding

The following is some information that I think will be informative to you:

1. Ice cream is a perishable and delicate product.
2. Ice cream is subject to changes in appearance, texture, flavor and color if exposed to high storage and handling temperature or fluctuations above 10- degrees Fahrenheit. Example – icy, sandy, gummy, off flavor.
3. Odors of other foods or storage odors will penetrate the ice cream and result in off flavors. (Old refrigerator taste and transferred flavors.) Example: Peppermint flavored chocolate.
4. Avoid excess frost in cabinets, as frost will fall into the ice cream as large ice crystals.
5. Shake excess water into dipper well and tap on dipper pad or edge of plastic container to remove all water. Water droplets cause ice crystals in the ice cream.
6. One should never allow ice cream to become soft and then returned to storage for hardening.
7. Be sure ice cream is placed in storage or dipping cabinet as soon as it is delivered.
8. Guard against overstocking; especially of slow moving flavors and specials.
9. Check temperature of cabinets regularly. Dipping temperature of 10 degrees Fahrenheit. Sherbet and high sugar content ice cream need to be placed in the corners of the dipping cabinet.
10. Spot check ice cream being served for flavor, texture, color, nut, fruit, and candy distribution.
11. To guard against temperature fluctuation and product quality deterioration, product rotation is important to moving the ice cream from being stored in dipping cabinet to excess of seven days. Inventory control should identify and prevent overstocking. Monitoring of the defrost cycle of cabinets is helpful to be sure fluctuating temperatures are not occurring. Ice accumulation on package surfaces is a sign of questionable cycling, poor refrigeration and possible thermal shock to the product.

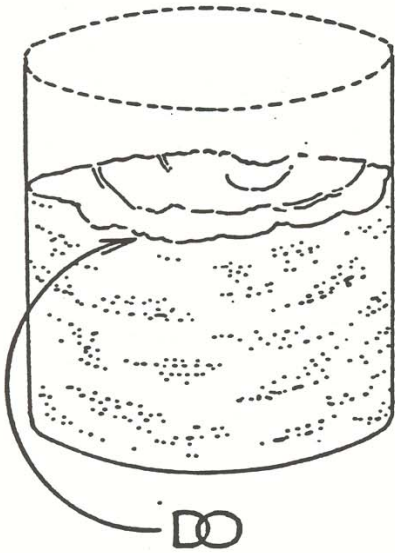
- Never serve a questionable product.
- Defective products are unsaleable and if served, will lose customers for you and the Company.
- Taking these steps will bring customers back for repeat sales again and again, and word-of-mouth advertising will bring in new customers for more sales.

Proper Scooping



DON'T
DIG WELLS IN ICE CREAM

When scooping or spading Hard Ice Cream always scoop from the edges inward. By scooping from the edges of the tin in a circular motion your ice cream scoop will be more aesthetically appealing. The ice cream will NOT be compressed and small looking, and thereby unappealing to the customer. By scooping from the edges in the circular motion you will be serving the best looking scoop you can serve!



DO
Scoop From The Edges In A
Circular Motion

Scooping

The important aspects of scooping are accuracy, technique, appearance of the scoop, speed, and customer relations. A 4-ounce scoop can vary as much as an inch in diameter depending on what technique is used. It is imperative that scoops be the proper weight.

To begin proper scooping technique, hold the scoop firmly in your scooping hand so that when the arm is extended, the scoop tip is in a straight line with the arm, tip pointed down. Find a comfortable position and use the same grip all the time. This will help in rolling consistent scoops. If the effort needed to roll a scoop is too much try choking up on the scoop some. Next, place your feet firmly and wide apart, bend your knees and gently bend at the waist. Then attack. Do not break your wrist. Keep your wrist straight and scoop with your arm muscles.

It is important that the tubs be kept as level as possible at all times. Do not scoop a hole in the center of the box. Using the point of the scoop, sweep a whole side of the tub whenever possible. You will notice that the ice cream forms ribbons and will roll into a ball, leaving a small pocket of air in the center. This is what we want. This results in a good-looking cone and it also results in the least amount of compression. Remember that the ice cream is delicate as you scoop it. Do not force it. Do not use the flat side of the scoop or the ball of the scoop to form the proper ice cream shape. Use only the top and use it gently.

If the ice cream is a little harder than proper temperature (10-12) you may need to chip two or three large layered pieces to form the scoop. But remember, the optimum scoop contains as much air as possible. At the end of the first sweep, if you find that the ball of ice cream that you have made is a bit small, you might add to it with a small chip or two. But remember to place these chips onto the main ball gently and with the tip of the scoop so it does not further compress the ice cream. All of this should be done inside the tub, not on the cone.

When the ball of ice cream is the proper size, bring the cone all the way down to the bottom of the tub and place the cone on the flattest side of the ball of ice cream. You may find the flattest side by rolling over the ball of ice cream gently with the tip of the

scoop. When you place the cone on the ice cream, leave all the ice cream on top of the cone, not inside.

If the ice cream is soft, there is no need to put any pressure whatsoever for it to say on the cone. If the ice cream is hard, you may need to very gently press the ball of ice cream downward on the cone with the extreme tip of the scoop. Again, use only the extreme tip of the scoop to seat the ice cream. Never use the flat or inside of the scoop. Never touch the ice cream with your hand. Never use your thumb to lift a scoop out of the tub.

A good Scooper must learn how to respond to various conditions of the ice cream. Some flavors will have a slightly different consistency and some will be harder. Scoopers must practice so that they can scoop an accurate, good-looking portion with any flavor.

Ice cream will usually be stored at a lower temperature (-10 F – 0 F) and served at a higher temperature (+10 F - +12 F). It is the manager's responsibility to be sure that there is always a sufficient amount of ice cream at serving temperature. Harder (colder) ice cream takes longer to scoop and tastes less flavorful to the customer.

Make sure that during the scooping process you are using your entire arm and shoulder, even the complete upper body for scooping, not your wrist. The torso, shoulders and arm muscles are much stronger and don't get as tired as the delicate wrist muscles. Scooping is like a sport and like any other sport, practice is important.

Keep water away from the scoop. Any water transferred to the ice cream by wet scoops turns into ice.

When scooping a large, whether its one flavor or two, always make the bottom scoop a little bit larger and be sure it is two scoops, not one large one.

A small portion weighs 4 ounces. A large portion weighs 6 ounces and is made up of 2 small scoops. When you're learning, weight each and every scoop until you have developed a sense of the proper weigh. The same weights hold true for the cups. Never push ice cream into a cup. Just lay it on top.

By the way, don't feel like the scoop needs to be made symmetrical or pretty. The prettier it looks, the smaller it looks. We want it to look as large as possible. So don't play with the cone once it's out of the tub.

Once you have become acquainted with the technique and found a comfortable style, accuracy and then speed need to be developed. The only way of developing accuracy is to practice each new employee should practice until they can scoop each flavor of ice cream to the proper weight each time. It is best to roll 10-15 scoops into cups, weigh all of them, and to continue this until all scoops are the proper weight. Every person who works the counter should roll 10 scoops at the start of each and every shift to check themselves for correct weight.

As you develop the proper technique for scooping, concentrate on developing as much as possible. Force yourself to scoop quickly. Start by having the scoop ready while you're asking for the order. Get scoops in a progression involving the least amount of travel. Anticipate your fellow Scooper's. Do not wait in line for a flavor. Take the money first or give away your customer. Be ready with back up items so you won't run out at a busy time. Anticipate their use. If you customer is not ready to order, go to the next person and come back to them. When you take their order, tell them how much it will cost so they'll have their money ready. Move the people down the line. It is helpful to walk to the register with the last item ordered by the customer and present it to them at the register. This will help keep the lines moving quickly. It's great to converse with a customer but don't stop to converse, talk to them while you are scooping. At peak busy times, run down the line to the register, don't walk.

It is often helpful to have new employees, or staff who are having trouble with speed, to work with the fastest Scooper during high volume times.

While a customer is in line he will be watching the Scoopers. It is therefore important to put on a good show for them. An entertained person is less likely to be impatient and more likely to be pleasant. Showmanship (spinning scoops, etc.) should be encouraged, as long as it does not slow the line.

There is however no substitute for a warm and friendly smile and a pleasant greeting to each and every customer. Each customer should walk away feeling that not only has he received his moneys worth in a good product but that the person waiting on them treated them like an individual, not a number.

Whipped Cream Recipe

1 quart Heavy or Whipping Cream

¼ cup Granulated Sugar

1 Tablespoon Vanilla

Mix all ingredients together until the cream forms peaks. Do not allow cream to be whipped too much because it will eventually turn to butter.

Note: Whipped cream should always be refrigerated. Whipped cream should never be stirred when it is served, it should be “scooped” out. It should be re-whipped when it starts to break down (after approx. 5 hours). On busy days there should be back up whipped cream on hand.

Helpful Hint: Whipped cream will whip up faster if you always keep the beaters frozen when not in use