



To scoop or not to scoop

Some say that the first ice cream was made in China; others insist that the Arabs invented it. But one thing's for sure: we owe the finest of frozen desserts to Italy. Actually, to three Italian confectioners.

First there was a man named **Ruggeri**. One day, about 500 years ago, the ruler of Florence announced a competition for a new dish. Ruggeri entered the competition and his fruit sorbet (frozen water and fruit) beat everyone else's dishes hands down.

Not so long after that, the recipe was improved by a man with a funny last name, **Bernardo Buontalenti** (literally, "good talents"). He was, indeed, a man of many good talents, but one was better than all the others: he was excellent at making ice cream. His frozen lemon-and-orange flavor was simply the best around. Buontalenti even invented special underground coolers where you could easily keep it cold.