

UTAH DINERS GUIDE

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Usually you should avoid an eating establishment that has to reassure the Fire Marshall that they are safe. In the case of Sub Zero at Provo Towne Centre Mall, however, take the risk. The “smoke” isn’t a fire—it’s just a chemical reaction.

Sub Zero is, in fact, a scientifically proven success: take liquid cream, custard, or milk, add your favorite ingredients, blast in some liquid nitrogen, and, within minutes, you have a solid mix of deliciousness.

That customized deliciousness is one of the differences between Sub Zero and other ice cream establishments: not only do you get ice cream, but you get exactly the ice cream you want. Be ready to make some serious decisions. Before you even think about add-ins, you are confronted with your own self-discipline. Will you choose premium cream or rice milk—custard or non-fat yogurt—low-fat or soy milk? Your choice makes a difference, so choose wisely.

Then is the big decision: flavor. And we’re not just talking chocolate, vanilla, or cake batter. Sub Zero has flavors as exotic as pina colada, as classy as amaretto, as down home as maple or Dutch honey, and as amusing as Mountain Dew. In fact, if Mountain Dew is your form of water, you should try their custom creation, “Sha’ Blam,” which combines the soda with marshmallows and citric acid. Now that’s a chemical reaction.

However, for those who like to exert their own powers of creation and would rather not risk their physical well-being, customizing your own add-ins from a wide variety of candy, nuts, fruit, etc. is fully acceptable.

Next in the process is the real reason to love Sub Zero: in front of your very eyes, your cream, flavors, and add-ins are transformed from a soggy mess into a solid mass with the help of a little liquid nitrogen. After the “smoke” (which is really a result of the chemical reaction) clears, you are presented with your own individual cup of delicious ice cream, just the way you want it.

The “Peanut Butter Lover” Sub Zero Sensation is a great example: take premium cream, add peanut butter flavor, peanut butter cups, brownies, and chocolate and end up with something that would send anyone with a nut allergy into anaphylactic shock.

These Sub Zero Sensations are extremely helpful for those who are wary of creating their own ice cream or simply want the recommendations of “the professionals.” They are also beneficial for your wallet as they cost only a small amount more than a “Create your Own” option and include a delicious homemade waffle bowl.

However, although these Sensations do offer a wide variety of tasteful options, including “Cake Batter Creation” and the aforementioned “Sha’ Blam” and “Peanut Butter Lover,” I recommend going out on a limb, taking some risks, and combining your own flavors.

However, a word to the wise: be careful with the soy and rice milk options. While extraordinarily healthy and a great substitute for those with lactose intolerance, they don’t stick together as well as the “fat” options. According to employees of Sub Zero and science itself, the water base of the healthy options (versus the fat base of the more delicious alternatives) impedes the solid from “gelling” together. So, if you want to avoid crumbly ice cream, lay off the low-to-no fat varieties of liquid.

To their credit, the very fact that Sub Zero provides options for all, regardless of how those options end up looking or tasting, is a testament to the fact that they aren’t quite like the other ice cream stores.

After all, if you wanted, you could order an “amaretto-maple-Pepsi-banana-chocolate-peanut butter rice milk ice cream with cherries, coconut, caramel, and brownies.” You might end up in the hospital, but it would have been your choice. Or, you could be safe and get the Peanut Butter Lover and leave with a full and happy belly.

Really, what more could you want from an ice cream establishment than crazy flavors, delicious add-ins, and liquid nitrogen? Even if you wanted a good old fashioned chocolate ice cream sundae, it would be worth it just to see the liquid nitrogen at work. And if you don’t want something so typical, even better. It would seem, after all, that Sub Zero’s mantra is “your ice cream our way.”

