




## Shake Up The Summer

THERE'S SOMETHING NOSTALGIC ABOUT a summer day and a milkshake. Years ago, my Mom bought milkshake glasses, just like her favorite fountain shop served when she was a teenager. She gave them to me so her grandchildren could drink milkshakes in a proper glass.

Today it seems, the most popular thing to do is hit the drive-through for a cold, creamy drink in a paper cup that likely has ingredients you can't pronounce. For these recipes, we're starting with quality ice cream and a powerful blender. I have four children, three of them ravenous boys with boundless energy. I know it's tempting to buy the inexpensive vanilla gallon-size tub, but this is the perfect time to splurge. I suggest you look for the fewest ingredients and highest quality. These are a few concoctions from my kitchen. Each batch makes two or three servings, depending on the size of the glass. 

### *Strawberry Basil Milkshake*

This recipe, served in my Mom's ice cream shop glasses, is a classic strawberry milkshake with the addition of sweet basil. There's nothing better than a classic fresh strawberry milkshake, but making it with homemade strawberry syrup during the summer when strawberries are abundant and sweet is milkshake perfection. The basil adds a fresh herbaceous note to the sweetness of the strawberries.

#### INGREDIENTS:

- 1 1/2 pint strawberry ice cream
- Six finely chopped fresh basil leaves
- 1/4 cup half-and-half
- 8 to 10 large fresh strawberries
- A drizzle of strawberry simple syrup

#### INSTRUCTIONS

Blend all ingredients, top with whipped cream and a basil leaf.

## Lemon Mascarpone Cardamom Milkshake

If you follow me, you know I have a weakness for anything with lemons. I will put lemon curd on just about anything so, it's a logical leap that I would add it to vanilla ice cream. The added element of cardamom adds a warm, complex taste that leaves you with hints of lemon, mint, and pepper.

### INGREDIENTS:

- 1 pint of good vanilla ice cream
- 2 scoops of lemon sorbet
- 1/4 cup lemon curd
- 1/4 cup mascarpone cheese
- 1 teaspoon of fresh, crushed cardamom
- Milk
- Zest of a lemon

### INSTRUCTIONS:

Add the first five ingredients to the blender. Start blending with a small amount of milk (or half-and-half) just enough to blend to the consistency you would like. Top with fresh whipped cream, a tiny sprinkle of cardamom, and a pinch of lemon zest.



## Chocolate Cold Brew Malt Ball Milkshake



We're getting really nostalgic with this next milkshake using old-fashioned malted milk balls. If you'd like to make this just for the grown-ups, try adding a bit of Kahlúa to the recipe.

### INGREDIENTS:

- 1/2 pint chocolate ice cream
- 1/4 cup cold brew, unsweetened coffee
- 1/2 cup half-and-half
- Add a handful of chocolate covered malted milk balls

### INSTRUCTIONS:

Blend all ingredients, pour into glasses, top with whipped cream, chocolate drizzle, and a few crushed malt balls.

## Blueberry Buttermilk Milkshake

This next recipe takes me all way the way back to my childhood spending time in the kitchen cooking with my mom. She loved to use buttermilk. I always got a little glass of it while she cooked. The tart buttery flavor is perfect for this recipe with rich vanilla bean ice cream, fresh blueberries, and açai puree. If you're going to treat yourself at least include a superfood.

### INGREDIENTS:

- 1 1/2 pint vanilla ice cream
- 1/4 cup buttermilk
- One cup fresh blueberries
- One pack thawed açai puree

### INSTRUCTIONS:

Blend all ingredients pour into glasses, top with whipped cream, and if you're being fancy a little hint of mint.



## Pro Tip: Simple Syrups

Simple syrups are a combination of equal parts sugar and water, with an additional equal part of fresh fruit. Bring all ingredients to a boil, stirring until sugar dissolves. Continue to simmer until slightly thickened. Strain the mixture through a fine sieve and let cool to room temperature. This liquid will last a week in the refrigerator. Have fun experimenting with every flavor combination. I like to make simple syrup with two earl gray teabags. It gives a subtle flavor of the tea that makes a perfect addition to an old-fashioned cocktail.



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