

martha stewart



Strawberry Shake

You may substitute other fresh or frozen berries, such as blueberries or raspberries, for the frozen strawberries.

4
SERVINGS

Ingredients

- 1 pint strawberry ice cream
- 1 cup frozen strawberries (4 ounces)
- 1 cup milk

Directions

1. In a blender, combine ice cream, frozen strawberries, and milk; puree on high speed until smooth. Pour into four chilled glasses. Serve immediately, over ice, if desired.

Add strawberry jam a spoon at a time to taste

double recipe



palm springs date shake + monkey flip

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It's been two months since I told you I was California dreaming and I fear it hasn't passed. I thought maybe I just longed for warmer weather, but spring has more or less arrived and I no less crave avocados that don't require a week of hovering to capture their narrow window of edibility. I thought maybe I just needed a vacation, but we took a short one and I still found myself looking at photos from a certain large music festival in the Coachella Valley and thinking it looked kind of fun. (WHO AM I.) And last month, I went down a date shake rabbit hole and I haven't come out since. At least these we can easily make at home.

Palm Springs Date Shake

Notes:

- Considering this is one of the simplest recipes, I was surprised by the trouble blending dates gave my blender — a Vitamix, seriously. They just rattled around, grinding more finely but never really blending. This is just fine but if you desire a smoother blend, do as we would for sticky toffee pudding and soak them first in boiling water for 10 to 15 minutes (longer if you have time, I never do, however) and blending them with their water to form a puree that is your shake's base.
- There are two varieties of dates, the medjool and the deglet noor. The former are preferred for shakes, as they have thinner skins, but with the soaking process below, you should be fine with either.
- My best shake tip: Keep everything spectacularly cold for the thickest, and least ice cream-melting, shake. I'll let my glass of milk rest in the freezer, as well as any additional ingredients like the banana, until right before blending them, but taking them out before they freeze solid, of course.

Yield: Makes 2 quite large (pint-sized) shakes or 4 (as shown) 8-ounce shakes. I used these glasses.

1 cup boiling water (optional, see note up top)
 1 cup pitted dates (about 120 grams), roughly chopped
 A few gratings of fresh nutmeg
 2/3 cup milk
 2 cups (410 grams) vanilla ice cream
 Whipped cream and maraschino cherry, to serve
 4 med. bananas

double recipe, but make only single or it's too much mass.

If you'd like the smoothest date shake: Pour boiling water over dates in a medium bowl, cover with a lid and let steep for 10 to 15 minutes (longer if you have time). Blend both water and dates in blender until smooth — it will seem like too much water at first but will eventually become a thickish puree. Transfer to freezer for a few minutes to cool it, if it's not cold enough already. Add date puree back to blender bowl, if they're not there already.

If you don't mind some nubby bits of dates in your shake: Blend dates with a splash or two of the milk until they're finely ground.

Both methods: Add nutmeg, milk and ice cream and blend until smooth. Pour into glasses, top with whipped cream and a cherry. + chocolate syrup

To Make A Monkey Flip

Use all the ingredients above, plus 1/4 cup smooth peanut butter, 1/4 cup chocolate syrup and 2 medium bananas and blend until smooth. You'll end up with 5 small (8-ounce) shakes instead of 4, but that last one can be your little secret.

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Mango Shake

250g. Mango - keep in freezer

500 ml vanilla ice-cream

300 ml milk

coconut

Place in blender + pulse until mixture is smooth.

Roast coconut in unoiled pan til golden + use as garnish.

Pour mango mix into glass, top with whipped cream + coconut

double
recipe