

Horchata Milk Shake

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Internet Address:



1 cup long-grain white rice, rinsed well
3 cups water
4 medium cinnamon sticks, cracked
1/4 cup sliced almonds
1 tablespoon ground cinnamon, plus 1/4 teaspoon
1 tablespoon sugar
1/4 cup sweetened condensed milk, plus 2 tablespoons
1/2 banana (2 ounces)
1 pint vanilla ice cream
1/2 cup ice
OPTIONAL: Kahlua to taste, about 2 tsp per serving

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

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1. In a bowl, cover the rice with the water. Add the cinnamon sticks and let stand at room temperature for at least 3 hours or overnight; discard the cinnamon sticks.
2. Meanwhile, in a skillet, toast the almonds over moderate heat, tossing, until fragrant, 3 minutes. In a small bowl, stir 1 tablespoon of the ground cinnamon with the sugar.
3. Transfer the rice and its liquid to a blender. Add the almonds and puree for 2 minutes. Strain the horchata through a fine sieve into a bowl. Rinse out the blender.
4. Return the horchata to the blender and add the condensed milk, banana and the remaining 1/4 teaspoon of ground cinnamon and puree. Add the ice cream and ice and blend. Pour the shake into glasses, sprinkle the cinnamon sugar on top and serve.
5. OPTIONAL: Add Kahlua to each glass (about 2 tsp). Don't overdo the Kahlua as it will overpower the delicate cinnamon flavor of the horchata.

Per Serving (excluding unknown items): 482 Calories; 15g Fat (26.0% calories from fat); 10g Protein; 83g Carbohydrate; 10g Dietary Fiber; 36mg Cholesterol; 91mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 2 Other Carbohydrates.