

Shake Up Your 'Shake with Buttermilk!

Lips may pucker at the very idea of adding buttermilk to a milkshake. But just one sip and you'll be smiling. Real buttermilk, like that produced by Kate's of Maine, is key. The quintessential tang combined with the sweetness of vanilla (and many other flavors) is a marriage made in milkshake heaven. And buttermilk has less than 1% fat. So you won't be paying for the wow-factor in calories.

Try the following buttermilk-enhanced shakes, adapted from food columnist Adam Ried's new book *Thoroughly Modern Milkshakes*:

Triple Peach-Buttermilk Shake

This shake benefits from a peachy triple play – the sorbet buoys the ice cream, and just a touch of peach jam hits the flavor right into the territory of perfectly ripe, juicy, perfumed peaches purchased in August at a roadside farm stand in Georgia. Buttermilk adds a gentle tang that plays beautifully against the sweet peach flavor.

Ingredients

¾ cup Kate's Real Buttermilk, cold
1 ½ tablespoons peach jam or preserves
¼ teaspoon pure vanilla extract
6 medium scoops peach ice cream (about 3 cups/18 ounces), softened until just melty at the edges
2 medium scoops peach sorbet (about 1 cup/6 ounces), softened until just melty at the edges

Place the buttermilk, jam, and vanilla extract in a blender and mix thoroughly, about 15 seconds. Add the ice cream and sorbet and pulse several times to begin breaking them up. With the blender motor off, use a flexible spatula to mash the mixture down onto the blender blade. Continue pulsing, stopping and mashing until the mixture is well blended, thick and moves easily in the blender jar – 30 to 90 seconds. Pour into a chilled glass or glasses and serve at once.

Makes about 3 ½ cups/28 ounces.

Lemon-Buttermilk Shake

Lemon and buttermilk are both tangy and you might think that two tangs would be overkill. But then the vanilla ice cream works its sweet magic, pulling the

whole concoction into a gentle, intriguing balance. A few fresh raspberries, blueberries, or sliced strawberries, or a thin slice of fresh lemon make a lovely garnish.

Ingredients

¾ cup Kate's Real Buttermilk, cold

1 tablespoon honey

4 medium scoops vanilla bean or original vanilla ice cream (about 2 cups/12 ounces), softened until just melty at the edges

4 medium scoops lemon sorbet (about 2 cups/12 ounces), softened until just melty at the edges

Place the buttermilk and honey in a blender and mix thoroughly, about 15 seconds. Add the ice cream and sorbet; pulse several times to begin breaking them up. With the blender motor off, use a flexible spatula to mash the mixture down onto the blender blade. Continue pulsing, stopping and mashing until the mixture is well blended, thick, and moves easily in the blender jar – 30 to 90 seconds. Pour into a chilled glass or glasses and serve at once.

Makes about 3 ½ cups/28 ounces.

Milk your shakes with the old-time secret ingredient: real buttermilk. You can't go wrong with Kate's.