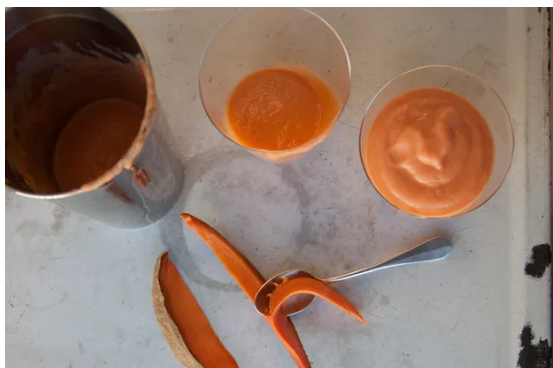


**epicurious**

## Mamey Milkshake

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"*Batido*." This pretty little word is well known all over Latin America and to many in South Florida as well. A sweet and frothy fruit milkshake, it's as varied as the currently available fruits in season. Guanabana, mamey, atemoya, coconut, cherimoya, banana, tamarind and many others—all contributing their gorgeous colors and enticing fragrances! Put the pulp of any tropical fruit or fruits in an electric blender with a little ice, a splash of milk and hit the blend button. Moments later, in a frosty glass, a delicious, healthy, delectable fruit smoothy is waiting for you. The buttermilk is my own addition. If you like the tangyness of sour cream ice cream or crème fraîche you will like this as well. If not, you can omit the buttermilk and go the standard batido route. It's all good.

**YIELD:** Serves 2 to 3, depending on your thirst

### INGREDIENTS

- 1 cup peeled, pitted and cubed fresh ripe mamey
- 1 cup milk
- 1/4 cup buttermilk
- 1/4 cup sugar or honey
- 1 dash pure vanilla extract (optional)
- 1/2 cup ice cubes

### PREPARATION

Combine all of the ingredients in a blender and blend until smooth. Serve immediately.

*Ingredient Note:*

*If you don't have access to fresh, ripe mameys, frozen mamey pulp can be found in many Latin American and Caribbean grocery stores. The flavor is nice though not as exquisite as the ripe, fresh fruit.*



