

HOME DINING RECREATION TRAVEL COMMUNITY HEALTH STYLE

805 LIVING

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SUMMER STARTS HERE

Finch & Fork executive chef James Siao milked flavors from childhood favorites—carrot cake and PB&Js—for these two frosty, creative shakes.

SHAKE IT UP!

805 Living challenges local chefs to whip up fun, new flavors for America's classic ice-cream drink.

BY JAIME LEWIS PHOTOGRAPH BY GARY MOSS

FORGET TRADITIONAL ONE-FLAVOR MILKSHAKES. Today chefs are using ice cream and milk as a blank canvas to showcase the local bounty with ingredients such as organic farm-stand eggs, olive oil, walnuts, and carrots. 805 Living put a few adventurous chefs to the test with a challenge to concoct the perfect modern milkshake. The result? Let's just say your diet can wait until the weather turns.

"Milkshakes are very nostalgic," says Jesse Hansen, executive chef at the Four Seasons Hotel Westlake Village (fourseasons.com/westlakevillage), who met the challenge with his Chocolate-Dipped Strawberry Milkshake With Torched Meringue. "We wanted to pay homage to the traditional milkshake while adding an aspect of seasonality and gourmet composition."

Executive chef Julie Simon of Foremost Wine Company (foremostwineco.com) in San Luis Obispo is known for her unconventional ingredient pairings, and her Olive Oil, Honey, and Sea Salt Milkshake is no exception. Fruity green olive oil, sweet and chewy chilled honey, tangy crème fraîche, and crunchy salt crystals combine for an elegant complement of flavors and textures.

At Finch & Fork (finchandforkrestaurant.com) in Santa Barbara, executive chef James Siao has featured milkshakes on the menu since the restaurant's opening. "I feel milkshakes represent great childhood memories," says Siao, whose Peanut Butter and Jelly Sandwich and Carrot Cake milkshakes made the current cut. "Our milkshakes represent playful nostalgia for a classic."

PEANUT BUTTER AND JELLY SANDWICH MILKSHAKE

Serves 2

"I always want to explore creative options to a comforting treat like a peanut butter and jelly sandwich," says Finch & Fork's executive chef James Siao, whose playful PB&J milkshake includes a subtle twist of lime and is topped with sweet, buttery brioche croutons. Siao uses a custom peanut butter ice cream made for him by Rori's Artisanal Creamery (roriartisanalcreamery.com) in Carpinteria, but peanut butter and jelly flavors from Rori's or supermarket brands, such as Breyers or Ben & Jerry's, can be substituted.

STRAWBERRY-LIME JAM

2 pounds strawberries
1½ cups sugar
1 tablespoon lemon juice
Zest of one lime

BRIOCHE CROUTONS

¼ cup sugar
¼ cup water
¼ loaf brioche

MILKSHAKE

2 scoops peanut butter ice cream
4 tablespoons milk
½ cup house-made Strawberry-Lime Jam >



To make 1 quart of strawberry-lime jam: In a medium saucepan, add all jam ingredients and simmer for 15 to 20 minutes while stirring occasionally. When mixture is reduced and can coat the back of a rubber spatula, remove pan from stove and, with a spoon, skim off foam and discard. Let cool. If preserving, follow proper guidelines for canning and preserving jam; otherwise store in refrigerator.

To make sweet brioche croutons: Preheat oven to 250°F. In a small saucepan, combine sugar and water and bring to a boil, stirring until sugar dissolves to make a simple syrup. Remove from heat and cool. Meanwhile, trim crust off brioche to create a brick shape and dice (this is easier when brioche is slightly frozen). Arrange diced brioche on a sheet pan and drizzle with 1 tablespoon of simple syrup (reserve remainder for another use), tossing to coat lightly. Bake for 5 to 8 minutes or until golden brown. Remove from oven and cool.

To assemble milkshakes: In a blender add ice cream and milk, blending until smooth. Pour to fill each glass halfway. Divide ½ cup of jam between the two glasses, then top both with remaining shake. Garnish with a drizzle of jam and a spoonful of sweet brioche croutons. Serve with wide straws.

CARROT CAKE MILKSHAKE

Serves 2

Don't let the four components in this second milkshake from Siao intimidate you. Every element is simply made and well worth the effort. For this recipe, he prefers to use vanilla bean ice cream from McConnell's Fine Ice Creams (mcconnells.com) of Santa Barbara.

GLAZED CARROTS

- 2 carrots
- 1 tablespoon butter
- 1 tablespoon brown sugar

WALNUT CRUMBLE

- 1½ cups flour
- ¼ cup sugar
- ½ cup chopped walnuts
- 1 stick butter

CREAM CHEESE MOUSSE

- ¼ cup cream cheese, softened
- ¼ cup heavy cream

MILKSHAKE

- 2 scoops vanilla bean ice cream
- 4 tablespoons milk
- ½ cup golden raisins

Preheat the oven to 250°F.

To make glazed carrots: Fill a medium saucepot three-quarters of the way with water and bring to a boil. Peel carrots and medium dice. Add carrots to pot and cook until tender. Strain and transfer to a sauté pan with butter and brown sugar. Cook on medium heat until carrots are soft and caramelized, about 3 minutes. Set aside to cool.

To make walnut crumble: In a small bowl combine flour, sugar, and walnuts. Cut butter into dry ingredients until mixture is the size of small pebbles. Loosely place on sheet pan and bake until golden brown, approximately 10 to 15 minutes. Set aside to cool.

To make cream cheese mousse: In a medium bowl, whip together cream cheese and heavy cream until smooth and thick.

To assemble milkshakes: In a blender add ice cream, carrots, and milk and blend until smooth. Pour up to

halfway in each glass and add 1 tablespoon each of mousse and crumble, topped with several raisins. Top with remaining milkshake, and repeat remaining layers of mousse, crumble, and raisins. Serve with wide straws.

CHOCOLATE-DIPPED STRAWBERRY MILKSHAKE WITH TORCHED MERINGUE

Serves 1

With this milkshake, executive chef Jesse Hansen of the Four Seasons Hotel Westlake Village matches sweet-tart strawberries, from the hotel garden or a local farm, with chocolate and finishes with toasted meringue for a flavor he compares to a "fluffy, toasted marshmallow."

- 4 scoops vanilla ice cream
- 6 California strawberries, 5 stemmed and halved and 1 for garnish
- ¼ cup whole milk
- ¼ cup semisweet chocolate chips
- 2 tablespoons Magic Shell topping, or more if needed
- 4 egg whites
- 2 tablespoons sugar
- Pinch of cream of tartar

In a blender, puree ice cream, 5 strawberries, and milk until smooth. Add chocolate chips and blend to mix. Set aside. Make a small cut in the remaining strawberry, pour Magic Shell topping on the strawberry, and push it onto the rim of a serving glass before the chocolate hardens. In a small mixing bowl, whip the egg whites, sugar, and cream of tartar until stiff peaks form; set aside. Pour milkshake into prepared glass, pipe or spoon meringue on top, and torch lightly with a standard culinary torch until golden brown. Serve immediately.

OLIVE OIL, HONEY, AND SEA SALT MILKSHAKE

Serves 2

The inspiration behind this unusual milkshake is the loyalty of Foremost Wine Company's executive chef Julie Simon to Olea Farm (oleafarm.com) olive oils in Templeton and The California Bee Company (californiabeecompany.com) honey from See Canyon Fruit Ranch (seecanyonwedding.com), both in San Luis Obispo. These purveyors are "close to my heart," Simon says, adding that for this recipe, she prefers to use Olea Farm Arbequina olive oil "for its pungency and irresistible fresh-cut grass aroma."

- 2 cups vanilla ice cream
- ¼ cup whole milk
- 2 tablespoons crème fraîche (optional)
- 2 tablespoons fruity extra-virgin olive oil
- 2 tablespoons honey, warmed slightly
- Maldon sea salt, or any brand

Place two tall glasses in the freezer overnight. In a blender, add ice cream, milk, crème fraîche, and olive oil and blend until smooth. Remove glasses from freezer and drizzle the honey into them so that it hugs the sides of each glass. Then sprinkle a bit of salt on the honey. Divide the milkshake into the glasses and finish with a touch of olive oil and sea salt. ♦

If these shakes inspired you to create your own, please share the recipe with us on Facebook, keyword: 805 Living.



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—James Siao,
executive chef
at Finch & Fork