
Vanilla-Bourbon Milkshakes

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Servings: 4

Preparation Time: 30 minutes

CARAMEL SAUCE

1 stick unsalted butter

1 cup packed light brown sugar

1/4 cup half-and-half

1 teaspoon pure vanilla extract

Kosher salt

MILKSHAKES

2 quarts vanilla ice cream

1/2 to one cup bourbon (or whiskey, vanilla vodka or rum)

1 tablespoon pure vanilla extract

Maldon salt

Place four ten-ounce glasses in the freezer.

Make the caramel sauce: In a small saucepan over medium-high heat, melt the butter with the brown sugar. Cook, whisking, until the sugar melts. Add the half-and-half and vanilla. Bring to a boil. Cook until thickened, about 3 minutes. Season with Kosher salt. Let cool.

Make the milkshakes: In a blender, combine the ice cream, 1/2 cup of bourbon, the vanilla and a sprinkle of Maldon salt. Blend until smooth, adding up to 1/2 cup more bourbon, if desired.

Pour into the chilled glasses. Drizzle with the caramel sauce. Sprinkle with more Maldon salt.

Beverages

Per Serving (excluding unknown items): 941 Calories; 52g Fat (48.3% calories from fat); 9g Protein; 116g Carbohydrate; 0g Dietary Fiber; 178mg Cholesterol; 236mg Sodium. Exchanges: 10 1/2 Fat; 8 Other Carbohydrates.