

Burnt Alaska (Milkshake)

Geoffrey Zakarian
www.FoodNetwork.com

Yield: 1 milkshake

*2 ounces rum
2 ounces half-and-half
1 ounce dry oloroso sherry
1 scoop rocky road ice cream
1/3 cup Italian meringue
ITALIAN MERINGUE
4 large egg whites, room temperature
1/2 teaspoon cream of tartar
1 1/4 cups granulated sugar
1 teaspoon vanilla extract
SPECIAL EQUIPMENT
candy thermometer
piping bag
kitchen blowtorch*

Make the meringue: place the egg whites in the bowl of a standing mixture fitted with a whisk attachment.

In a heavy-bottomed saucepan, combine the cream of tartar, one cup of the sugar, and one-quarter cup of water. Place over medium-high heat. Cook until the syrup registers 245 degrees on a candy thermometer.

While the syrup is cooking, whip the egg whites to soft peaks. Gradually add the remaining one-quarter cup of sugar and whip to soft peaks.

When the syrup reaches the correct temperature, turn the mixer to medium high and slowly pour the syrup down the side of the bowl (avoiding the whisk) into the meringue. Beat for 1 to 2 minutes. Lower the speed to medium and mix until the meringue is cooled, 6 to 8 minutes. Mix in the vanilla extract.

(Use the meringue to top a pie or for baked Alaska. Or bake into meringue cookies.)

Make the drink: Place the rum, half-and-half, sherry and ice cream into a blender. Blend until smooth.

Pour into a rocks glass.

Pipe the meringue on top of the drink, then use a kitchen blowtorch to brown the meringue.

Per Serving (excluding unknown items): 1182 Calories; 0g Fat (0.0% calories from fat); 14g Protein; 253g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 223mg Sodium. Exchanges: 2 Lean Meat; 0 Fruit; 17 Other Carbohydrates.