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Thoroughly Modern Milkshakes by Adam Ried

“**THOROUGHLY MODERN MILKSHAKES** is the perfect guide for blending up an icy avalanche of creamy concoctions. Adam Ried shakes up the classics, giving them a tasty twist, taking them in every delicious direction imaginable. Get your scoops out for some frosty fun!”

—**David Lebovitz**, author of *The Perfect Scoop*, and an award-winning blogger at www.davidlebovitz.com

“If [Adam Ried] offered me a spoonful of his Peach Shake with Brandy and Nutmeg or a sip of the Dead Eye Mocha Shake, I would run across multiple lanes of rush hour traffic just for a taste.”

—**Chris Kimball**, founder and publisher of *Cook's Illustrated* and host of *America's Test Kitchen* and *Cook's Country* from *America's Test Kitchen*

“Ried's book gives me so many classy options—everything from exotic Ginger-Chai to an endearing VanBan Black and White. Check out Bananas Foster. I'll bet you've got all the ingredients in your pantry to make it right now.”

—**Pam Anderson**, author of *The Perfect Recipe for Losing Weight and Eating Great*, and food columnist for *Better Homes and Gardens* and *USA Weekend*

“Adam Ried has brought the milkshake deliciously into the twenty-first century. And if you think milkshakes are just for kids, think again. When the children in my house are asleep, it's time for a Chocolate-Guinness Shake.”

—**Jack Bishop**, editorial director of *America's Test Kitchen*

Chocolate. Vanilla. Strawberry. The same milkshakes have contented us for generations, even as new ingredients and flavors from around the globe—and around the corner—have revolutionized the way we cook. In **THOROUGHLY MODERN MILKSHAKES [W. W. Norton & Company; June 1, 2009; \$24.95 cloth]**, Adam Ried, *Boston Globe Magazine* cooking columnist and a star of PBS's *America's Test Kitchen*, brings the milkshake up to speed. Ried will change the way you conceive of, blend, and drink the traditional American shake by perfecting the old favorites and inventing new ones. Whether you're looking for a special afternoon treat or a sweet, frosty, lighthearted finish to a dinner party or brunch, you're sure to find it in Ried's collection of more than 100 shakes.

Ried begins by striking a blow at conventional milkshake wisdom, turning the ice cream + syrup + milk formula on its head by ditching bland, overly sweet syrups for intense, concentrated sorbet. Incorporating sorbet (the secret to the *Serious* Chocolate Shake), along with spices and

herbs (you may never have plain old strawberry again once you've tried a Strawberry Basil Shake); nuts and seeds, and their butters and oils (Vanilla, Rum, and Salted Cashew Shake: is there a more winning combination?); cultured dairy products (the sweet and tangy Triple Peach Buttermilk Shake); liqueurs and spirits (as in the chocolate and Guinness flavored shake); and fruit jams, preserves, juice concentrates and oils (how else to taste the citrus in the Malted Orange and Molasses Shake?), with ice cream makes for shakes more vibrant, exotic, and unique than your grandparents could have ever imagined!

Creative ingredients are only the beginning. Ried covers regional variations such as frappes, cabinets, and concretes. He explains how to choose a blender and prep your shake ingredients (temperature matters—as does the order of ingredients into the blender).

And then there are the thoroughly modern milkshakes themselves:

- **Your Father's Oldsmobile—Basic Shakes** include recipes like Shot in the Dark Coffee, combining espresso, coffee, and coffee ice cream for intense flavor and a caffeine kick that every barista would appreciate, and the Stupendous Strawberry, which gets a burst of berry flavor from strawberry jam.
- **Vanilla Shakes** take on new life, with creations such as the Vanilla, Rum, and Salted Cashew Shake balancing salty and sweet, and the Vanilla Honey Sesame, with its hint of faraway lands.
- **Chocolate Shakes** like you've never seen them before: smoky, spicy, nutty Chocolate Chipotle pays homage to Mexico, while the Coconut Patty, rich with cream of coconut, harks back to classic chocolate-coconut patty candies. The Chocolate-Guinness Shake has a distinctive deep, malty, bittersweet flavor that will become a fixture of sports nights with the guys.
- **Tea and Coffee Shakes** will impress even the most jaded palate—yet the exotic Ginger-Chai's complex flavors require only four ingredients, while the Vietnamese Iced Coffee traverses the globe with its distinct combination of sweetened condensed milk and coffee ice cream.
- **Fruity Shakes** range from classic combinations like Strawberry-Rhubarb (if it makes a great pie, why not an even better shake?) and Bananas Foster to the Avocado, Coconut, and Lime, a Ried original inspired by the avocado shakes of southeast Asia, and Tomato Peach—a cool, refreshing paean to the height of summer.
- **Not Your Father's Oldsmobile—Unconventional Shakes** like Malted Caramel and Tarte Tatin au Calvados make for unexpected and delicious frozen desserts, while **Shakes (and other Frosty Favorites) from Afar** include Mexico's Watermelon Agua Fresca and India's Mango Lassi.

With 20 beautiful color photographs, an elegant and fun colorful design, and easy-to-follow instructions, **THOROUGHLY MODERN MILKSHAKES** is a one-of-a-kind cookbook that's impossible to resist.

ABOUT THE AUTHOR:

Adam Ried is the cooking columnist for *Boston Globe Magazine* and the kitchen equipment specialist on the PBS shows *America's Test Kitchen* and *Cook's Country from America's Test Kitchen*. For ten years he was an editor for *Cook's Illustrated* and was responsible for the magazine's kitchen equipment testing and ingredient tasting features.

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