Curried Parsnip Milk Shake with Smoked Vanilla Ice Cream & Chocolate Rice Noodles

of Servings: 6 Medium Shakes

Description: Featured in “Savoring Dessert,” an article in Minnesota Monthly’s March Issue.
Ingredients:

PARSNIP MILK
3 parsnips, peeled and cubed
5 cups milk
pinch nutmeg

ICE CREAM
1 pint premium vanilla ice cream
*If you are proficient with cold-smoking and ice cream–making, substitute homemade vanilla ice cream made with cold-smoked eggs.

CURRY FOAM
1½ cups milk
pinch nutmeg
2 tablespoons madras curry
2 egg whites

CHOCOLATE NOODLES
canola oil
4 ounces chocolate
vermicelli rice noodles

Directions
1. Cut on dashed lines.
2. Fold on solid line.

(recipe continued)

Preparation:

PARSNIP MILK
Simmer milk, parsnips, and nutmeg in a saucepan for 10 minutes. Turn off heat and let steep for a few minutes. Cool in refrigerator.

CURRY FOAM
Heat milk, curry, and nutmeg to a simmer in a saucepan. Let steep for a few minutes then refrigerate. When cool, add egg whites and beat until frothy.

CHOCOLATE NOODLES
Heat enough oil to cover noodles in a deep pot. Throw in small bunches at a time. Noodles will pop and expand. Remove immediately. Break into pieces large enough to garnish glasses. Melt chocolate and drizzle over noodles.

ASSEMBLY
Strain parsnips out of milk and save both. Blend milk, ice cream, and a handful of the cooked parsnips. Pour mixture into glasses. Re-froth curry and spoon on top. Garnish with chocolate rice noodles.

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