

Popcorn and Cognac Milkshake

Servings: 1l

Prep Time: 10min + Steep time

Cook Time: 10min



Ingredients

- 1 cup popcorn kernels
- 30ml (2 tbsp) canola or avocado oil
- 1L (4 cups) milk
- 750ml (3 cups) fresh cream
- 100g (½ cup) sugar
- 30ml (2 tbsp) glucose syrup
- 15ml (1 tbsp) salt
- cognac or brandy, to taste

Directions

1. Place the kernels and oil in a deep pot over medium heat and cover. Shake the pot periodically to rotate the kernels and allow even popping. When the popping slows, remove from heat and allow the popping to finish. Be careful not to burn the popcorn.
2. Bring the milk, cream, sugar and glucose syrup to just under a boil and pour over the popcorn. Cover and steep for 1 hour.
3. Divide the popcorn mixture in half and purée one half in a blender until smooth. Pour back into the remaining mixture, whisk well and strain.
4. Blend the mixture again and strain once more. Season with salt. Place in a container and freeze. Use a fork to mix the liquid at least every 20 minutes so that it freezes but doesn't form crystals. When it almost reaches an ice-cream consistency, place in the blender or milkshake machine and blitz until smooth.
5. Add cognac or brandy to taste, pour into glasses and serve.