Turkish Frothy Cinnamon Salep Milkshakes

By Dylan Sabuco

Prep Time 5 / **Cook Time** 5 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

simmer: to cook a food gently, usually in a liquid, until softened.

garnish: to decorate a dish or plate of food to enhance its flavor or appearance, using things like parsley, fruit slices, or edible flowers.

combine: to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

Equipment

☐ Large saucepan

☐ Liquid measuring cup

☐ Measuring spoons

☐ Whisk

Ingredients

Turkish Frothy Cinnamon Salep Milkshakes

☐ 1 T cornstarch

☐ 2 T sugar or honey

☐ 3 C whole milk **(for DAIRY ALLERGY sub dairy-free/nut-free milk)**

☐ 1 T ground cinnamon

☐ 1 C ice (optional, if serving drink cold)

Food Allergen Substitutions

Turkish Frothy Cinnamon Salep Milkshakes

Dairy: Substitute dairy-free/nut-free milk for whole milk in Milkshakes.

Instructions

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intro

"Salep" (Sah-lup) is a Turkish drink made with a special type of flour produced from the tubers of the orchid genus Orchis. This recipe will use cornstarch instead so be sure to whisk extra thoroughly.

combine + simmer

Combine **1 tablespoon cornstarch**, **2 tablespoons sugar**, and **3 cups milk** in a large saucepan. Whisk the mixture thoroughly. Simmer on medium low for 5 minutes and turn the heat off.

garnish + serve

Garnish the drink with a dusting of **1 tablespoon of cinnamon** over the whole drink. Serve warm or cooled over ice! Either way this drink is a Turkish treat! “Serefe!" (Sheh-reh-feh), which is "Cheers" in Turkish!

Featured Ingredient: Cornstarch!

Hi! I'm Cornstarch!

"You can probably guess by my name that I'm made from corn! I've got other names, too, including Cornflour and Maize Starch (you can also spell my name Corn Starch). I'm used to thicken foods, like sauces and soups. I'm also used in glues and as an anti-sticking agent. That confuses me, but I like that I have so many purposes!"

Cornstarch comes from the endosperm or tissue, making up the bulk of the corn kernel. In commercial processing, after soaking, the germ is separated from the endosperm and they are ground individually. A centrifuge separates the starch from the liquid (corn steep liquor), germ, fiber, and gluten. It is then dried. The residual matter is processed for animal feed and corn oil. Additional modifications to the cornstarch may be necessary, depending on its use.
Cornstarch started as a laundry starch in the 1800s to stiffen shirt collars and other clothing, like the Paisley shawls made in Paisley, Scotland. In 1854, John Polson of Brown & Polson, the Scottish company that made the laundry starch for the shawls, patented a production method to enable its use in food. They called their product "Patented Corn Flour." They became the largest producers of cornstarch in the United

Kingdom.

In the culinary world, cornstarch is used as a thickening agent. Add cornstarch to water to thicken gravies, sauces, and soups, usually at a 1:2 ratio (e.g., 1 tablespoon cornstarch to 2 tablespoons water). Cornstarch results in a clearer thickening slurry than flour. After pouring it into a gravy or sauce, applying heat to the mixture causes it to thicken. However, boiling it for too long will cause the sauce to thin again.

Cornstarch is also added to powdered sugar as an anti-caking agent (to prevent lumps). Adding a thin outer layer of cornstarch to chicken nuggets allows more oil to be absorbed, creating a crisper nugget.

Non-food uses for cornstarch include baby powder, anti-sticking agent on latex medical items, like medical gloves, and adhesive in creating paste paper designs.

You can make cornstarch at home. Start by cleaning and soaking corn for 30 to 48 hours in room-temperature water to soften the kernels and begin to separate the starch. Drain and rinse the corn, then blend it in a high-powered blender with a little water to release more starch. Pour the resulting slurry into a container through a cheesecloth or fine mesh strainer. Liquid will pass through with the starch. Let it sit for a few hours, and the starch will settle at the bottom of the container. Pour off the liquid, leaving the starch at the bottom. Spread the wet starch in a thin layer on a parchment paper-lined baking sheet and let it dry out. This may take several hours or days, depending on air circulation and moisture. Breaking up clumps and laying the baking sheet by a sunny window may speed up the drying. Once thoroughly dried, use a blender or food processor to remove clumps and produce a fine powder. Store in an airtight container for up to six months.