

Batido de Mamey

Mamey Shake

- 1 cup fresh ripe mamey cubed
- 1 cup whole milk
- 3 tablespoons sweetened condensed milk
- 3 tablespoons sugar (to taste)
- 1/2 cup crushed ice

If you are lucky enough to find a fresh mamey, you must know the correct way to prepare it. The mamey has a thick brown skin that must be removed by scoring the mamey lengthwise with a sharp knife and peeling away the skin in strips. Beneath this skin is a whitish membrane that is very bitter. You must scrape away this membrane until you reach the tender flesh of the mamey. Then just cut the flesh away from the rather large pit.

Put everything in the blender except the ice and process until frothy. Add the crushed ice and process until the ice is ground fine and the batido is thick and rich.

NOTE: The condensed milk is a very Cuban addition. You may omit this ingredient to your taste.

