

# How to Make a Milkshake

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Last Updated: May 6, 2021

A milkshake is a rich, creamy ice cream treat that pairs perfectly with a burger or fries, or can be enjoyed as a cool dessert on its own. This article will teach you to make an amazing basic milkshake, plus ideas for some fun and tasty alternatives to the classic recipe.

- *Prep time: 5-9 minutes*
- *Cook time (blending): 1 minute*
- *Total time: 10 minutes*

## Things You'll Need

- ☐ Blender, milkshake mixer, or whisk
- ☐ Tall glass
- ☐ Straw
- ☐ Spoon

## Ingredients

- ☐ 3 scoops of vanilla (or flavor of choice) ice cream
- ☐ 2 oz (60 ml) milk
- ☐ Chocolate, strawberry, or caramel syrup (optional)
- ☐ Vanilla extract (optional)
- ☐ Malt powder (optional)
- ☐ Frozen fruit (optional)
- ☐ 3 crumbled cookies (optional)
- ☐ 1 candy bar, chopped into small pieces (optional)

## Part 1 of 3: Making a Milkshake



**1 Let your ice cream soften to the consistency of soft-serve.** The ideal temperature for milkshake-ready ice cream is 20°F (-7°C) and your freezer will probably keep it at about 0°F (-18°C). Allow the ice cream to sit out on the counter for a few minutes to soften.

[1]

If you toss your ice cream into the mixer **when it's too cold and hard**, you may end up adding too much milk to thin it out. **Too much milk will make your shake runny.**[2]



**2 Add three scoops of ice cream to your blender or milkshake mixer.** A milkshake mixer is best because it churns and aerates your milkshake at the same time.[3] But if you're not ready to invest in professional equipment, a regular kitchen blender or immersion (stick) blender will work fine.[4]

- If you don't have any of those things, use a large bowl and a whisk to beat the ice cream and milk together.[5]
- As you begin the recipe, take the glass you plan to use for your milkshake and put it in the freezer. Then it will be nice and chilled when you're ready to serve.[6]



- 3 Pour in 2 oz (1/4 cup or 60 ml) of milk, 1 teaspoon vanilla extract, and any additional ingredients.** [7] This is when you can transform your vanilla milkshake into a malt, chocolate shake, strawberry shake, or even a caramel-pretzel-chocolate-chip shake.
- Never add ice to a milkshake. It will water down your shake and dilute the flavor and creaminess. [8]



- 4 Blend your milkshake for about 1 minute.** If you are using a blender, don't just turn it on and let it go. Alternate between pulsing the blender and then hand-mixing with a spoon. This will give you the same effect as a spindle milkshake mixer.[9]
- No matter which mixing method you use (whisk, stick blender, professional milkshake blender), you want to make sure your shake remains thick. If you insert a spoon and try to pull it out, the thick shake should give a little resistance.[10]
  - If you like a lumpy milkshake, only mix your shake for 30-45 seconds.
  - If your shake seems too thick, add a splash of milk. [11]
  - If your shake seems too watered down, add another scoop or half-scoop of ice cream and mix.[12]



**5 Pour the milkshake into your chilled glass.** If the milkshake is the right thickness and consistency, you should need to use the spoon to get it out of the blender and into the glass. If it slides out easily, it's too thin or over-mixed and you'll want to add more ice cream.<sup>[13]</sup>

- Top your milkshake with a healthy squirt of **whipped cream** and a maraschino cherry.<sup>[14]</sup> Or garnish with a little extra of your chosen ingredients (like a fresh strawberry for your strawberry shake).
- Serve with a spoon *and* a straw.<sup>[15]</sup>



**1 Choose a high-quality vanilla ice cream.** For almost every type of milkshake, you will begin with a base of vanilla ice cream, even chocolate and strawberry shakes! <sup>[16]</sup> The vanilla ice cream is just sweet enough that the addition of flavored syrups or ingredients like cookies or candy won't make the milkshake overly sweet.

- Look for a high-density ice cream. Choose two brands of ice cream that are the same size (a pint, a quart, etc.) and hold one in each hand. The one that feels heavier will make the better milkshake. <sup>[17]</sup>
- Ice creams that are lighter and fluffier contain more air. When you mix the milkshake you'll be introducing even more air, and won't get the thick, creamy consistency you want in a milkshake. Go for the dense ice cream over the extra-churned ice cream so you'll start out with less air. <sup>[18]</sup>
- You can of course use any ice cream flavor you want, so stray from the vanilla base if you want to experiment. If you want a mint chocolate chip milkshake but don't want to mess with mint extract and chocolate chips, go ahead and use a mint chip ice cream.





**2 Choose a high-quality milk.** Whole milk is preferable for a milkshake, since it has a fuller flavor and will make a thicker shake. But if you prefer skim, soy, or nut milk, feel free to use those instead. Just remember these milks tend to be a little thinner, so you want to either use less milk or add a little more ice cream for consistency.<sup>[19]</sup>

- If you can, look for a high-quality, locally produced milk. The better quality ingredients you put into your milkshake, the better the milkshake.<sup>[20]</sup>

Part  
3

### Part 3 of 3: Trying Variations



**1 Make a chocolate malt.** Add 3 scoops vanilla ice cream, 2 oz (1/4 cup or 60 ml) of milk, and 1 oz (30 ml) malt powder to the blender.<sup>[21]</sup>

- Look for malt powder, not instant malted milk or liquid malt flavoring. Malt powder provides the most authentic taste.<sup>[22]</sup>



**2 Make a chocolate shake.** Add 3 scoops vanilla ice cream, 2 oz (1/4 cup or 60 ml) of milk, 1 teaspoon vanilla extract, and about 2 oz (1/4 cup or 60 ml) of chocolate syrup to the blender.<sup>[23]</sup>

- Look for a chocolate sauce with a high cocoa unit for the best flavor.<sup>[24]</sup>



**3 Make a strawberry shake.** Use 1 cup **hulled** strawberries or 2 oz strawberry syrup, plus 3 scoops vanilla ice cream, 2 oz (1/4 cup or 60 ml) of milk, and 1 teaspoon vanilla extract.<sup>[25]</sup>



**4 Make a cookies-and-cream-flavored shake.** Add 3 cookies of your choice (crumble them up a little in your hand first) to a blender with 3 scoops vanilla ice cream, 2 oz (1/4 cup or 60 ml) of milk, 1 teaspoon vanilla extract.<sup>[26]</sup>



**5 Make a milkshake with your favorite candy.** Make a basic shake with 3 scoops vanilla ice cream, 2 oz (1/4 cup or 60 ml) of milk, 1 teaspoon vanilla extract. Before blending, add a handful of your favorite candy or a candy bar cut into small pieces.<sup>[27]</sup>





**6 Make a salted caramel pretzel and chocolate chip shake.** Add squirt of caramel and a handful of crumbled pretzels and chocolate chips to a basic malt recipe of 3 scoops vanilla ice cream, 2 oz (1/4 cup or 60 ml) of milk, 1 teaspoon vanilla extract.<sup>[28]</sup>



**7 Make a banana cream pie shake.** Put 3 scoops vanilla ice cream, 2 oz (1/4 cup or 60 ml) of milk, 1 teaspoon vanilla extract, 1 banana and 1/2 packet of vanilla pudding mix into a blender.<sup>[29]</sup>



## Community Q&A

### Question

How do I make a chocolate milkshake?



Community Answer

You can make it as described in the article, but with chocolate ice cream instead. You can also make it with vanilla ice cream, and add some chocolate syrup to it instead.

Helpful 86 Not Helpful 29

#### Question

**How much sugar per serving should be placed in each?**



Community Answer

Check for sugar in the ice cream, you don't want to overload. Perhaps half to one teaspoon is enough, use spices like cinnamon or nutmeg or some vanilla extract instead of adding too much sugar.

Helpful 81 Not Helpful 29

#### Question

**How many milkshakes does this recipe make?**



Community Answer

Only one, but there is more than enough to completely fill the typical parfait glass.

Helpful 56 Not Helpful 16

#### Question

**What are some toppings that I can put on milkshakes?**



Community Answer

Whipped cream, chocolate or strawberry syrup, sprinkles, chocolate shavings, and a maraschino cherry are classic toppings. You can also add some cookie crumbles, caramel sauce, etc. instead.

Helpful 51 Not Helpful 17

#### Question

**What else can I use apart syrup to make it taste different?**



Community Answer

You can use a different ice cream, like chocolate or strawberry. You can also use chocolate malt, candies, crumbled cookies, and other options mentioned in the article.

Helpful 42 Not Helpful 14

#### Question

**What can I use instead of malt powder?**



Community Answer

You could use peanut butter, chocolate powder, strawberry syrup, cocoa powder, flavored gelatin crystals, flavored milk drink powder, etc.

Helpful 58 Not Helpful 21

Question

Will it work with two scoops of ice cream?



Community Answer

Yes, it'll just be a little less thick.

Helpful 50 Not Helpful 19

Question

What happens if I leave the blender on for a long time?



Community Answer

It will keep going and eventually overheat. Only leave the blender on for the required time.

Helpful 83 Not Helpful 34

Question

Will anything happen to the taste if I blend the ice cream, milk and vanilla extract, then add a little food coloring so that it looks nice?



Community Answer

Food coloring is meant to be flavorless, so not, the taste will stay the same.

Helpful 78 Not Helpful 37

Question

Why do you not need ice?



Community Answer

Frozen fruits or vegetables provide the needed ice.

Helpful 36 Not Helpful 17

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<https://www.wikihow.com/video/b/bf/Make+a+Milkshake+Step+0.1080p.mp4>

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Co-authors: **142**

Updated: **May 6, 2021**

Views: **2,859,971**

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