

# A SUGAR SHAKE Recipe

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## Sugar's Hibernating Bear

- 1 oz. bourbon or whiskey
- ¼ oz. Frangelico
- ¼ – ½ oz. Blackberry Honey Syrup (recipe follows)
- Frangelico Whipped Cream (recipe follows)

Heat Blackberry Honey Syrup (a quick spin in the microwave will do); it should be drinkably warm, not boiling hot, and easy to pour. Combine with bourbon and Frangelico. Stir well. Top with Frangelico Whipped Cream.

## Blackberry Honey Syrup

- 1 clamshell box of blackberries (or 6 oz. frozen blackberries)
- 1 cup honey

Simmer blackberries in honey over medium heat until they begin to get soft and mushy. Remove from heat. Smash blackberries thoroughly. Strain through mesh sieve to get rid of seeds. It's OK to press on the mash; pulp is perfectly acceptable. Discard seeds. Store syrup in refrigerator. Great not just in cocktails, but on ice cream, pancakes and other dessert or breakfast items.

## Frangelico Whipped Cream

- 1 cup cold heavy (whipping) cream
- 1 tablespoon sugar
- 2 tablespoons Frangelico

*Notes: It is often very hot in our house, so I sometimes put the mixing bowl in the fridge before whipping to keep it and the cream cold during the whipping process. Also, this recipe is meant for topping a cocktail, so I keep the sugar to a minimum. If you would like a sweeter whipped cream, for a dessert perhaps, you can double the amount to 2 tablespoons. Keep in mind that Frangelico is already a touch sweet.*

Whip cream until soft peaks begin to form. Add sugar and Frangelico. Continue whipping until stiff peaks form. Store in refrigerator.