

CHAMPOLA

ICE CREAM "FLOAT"

Throughout the Caribbean – from Cuba to Puerto Rico – the *champola* is something like a fruit-and-milk "smoothie" employing simply milk, sugar and the ambrosial tropical fruit *guanábana*, known in English as "soursop." In Yucatán, the recipe was streamlined at least 60 years ago. In a Yucatecan vocabulary book by Jesús Amaro Gamboa, and published by UADY (Autonomous University of Yucatán), the *champola* as it is commonly consumed in the peninsula and popularized by such beloved institutions as Sorbetería Colón is nothing more than a tall glass of ice cold milk with a scoop of your favorite ice cream or sorbet on top – the traditional flavor still being *guanábana*. However, a rainbow of possibilities has opened in recent years, and nowadays it is just as common to use the delicious almond beverage *horchata* (our favorite) instead of milk, and anything from strawberry or chocolate ice cream, to *mamey* or *limon* sorbet as the topping. Advice to our students: Experiment!

1 8-oz. (236ml) SERVING

☞ PREPARE THE CHAMPOLA ☞

- 8 oz. (236ml) chilled milk or *Horchata*
- 1 scoop of your favorite ice cream or sorbet

STEP 1 POUR MILK OR HORCHATA into an 8 oz. (236ml) Tom Collins glass or parfait glass. Add the ice cream or sorbet on top; serve with a straw and an ice tea spoon.