

## **SLFarms CSA Week 10, 2022 Recipes**

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## Grilled Parmesan, Garlic and Basil Corn on the Cob

Adapted from Culinary Ginger ([www.culinaryginger.com](http://www.culinaryginger.com))

Total Time 30-35 minutes

Serves 4

I'm loving the sweet corn! I haven't tried this recipe yet myself, but it was shared with me as someone's favorite way to eat sweet corn. I can't wait to try it!

### Ingredients:

1 bulb garlic, very top cut off to expose cloves

1 tsp olive oil

4 ears of corn, husks pulled back or removed

3 Tbs plus 4 Tbs unsalted butter, softened

½ tsp sea salt

¼ tsp ground black pepper

¾ cup Parmesan cheese, grated

2 tsp fresh basil, finely chopped

### Directions:

Preheat grill on high.

Drizzle the garlic bulb with oil and wrap in aluminum foil. Brush 3 tablespoons of butter all over corn cobs.

Add the garlic to the grill 15 minutes before the corn. Add the cobs to the grill and grill until each side gets a nice char, turning often and checking so they don't burn. About 15 to 20 minutes. Remove both the corn and the garlic.

Cover the corn with foil to keep warm while you make the butter. Open the foil to allow the garlic to cool so you can handle it.

To a bowl add the 4 tablespoons softened butter, the cooled garlic cloves, salt and pepper. Mash and mix well.

To a shallow bowl add the Parmesan cheese and basil, mix well. Spread the butter all over the corn cobs, then sprinkle on the Parmesan and basil.

## **Zuppa Toscana (Sausage, Bacon, Potato and Kale Soup)**

Adapted from Salt and Lavender ([www.saltandlavender.com](http://www.saltandlavender.com))

Total time ~40 minutes

Serves 6

I made this for the first time 5 years ago and I don't think I've ever seen my husband eat soup so fast. It will forever be a seasonal staple for us; I usually only make it when we get kale and potatoes this time of year. I've never added the bacon and it still turns out perfect! You can SUB IN ANY green you have!

### **Ingredients:**

1 (17.6 ounce) pack Italian sausages  
5 strips of bacon (thick cut works best)  
2 cups chicken broth (beef works too)  
4 cups water  
1 medium onion chopped  
4 large red potatoes roughly cubed (leave skins on)  
5 cloves garlic minced  
1 dash Italian seasoning  
1 cup heavy/whipping cream  
1 small bunch of kale torn into bite-size pieces (remove stems)  
Salt and pepper to taste

### **Directions:**

Using kitchen shears (or a knife), cut the bacon into small pieces and put them into the pot. Cook the bacon for a few minutes over medium-high heat. I like to give the bacon a bit of a head start so it gets nice and crispy.

Take the sausages out of their casings. I lightly slice the sausages length-wise with a sharp knife to make a slit in the casings, and then it's really easy to get them out. I then use my fingers to break the meat into bite-size pieces and add them to the soup pot as I go.

While the sausages and bacon cook, I chop the onion and potatoes, making sure to stir the bacon and sausages occasionally.

When the sausages and bacon are nicely browned and crispy, add in your chicken stock and water.

Add onion, potatoes, garlic, and Italian seasoning.

Bring mixture to a boil and then reduce to medium-low heat to simmer.

Cook for 10-15 minutes or until potatoes and onions are tender.

Add kale, cream, and salt and pepper and cook for a further 5-10 minutes or until the kale is soft and wilted.

## **Beet and Onion Salad**

Adapted from Whole Food Republic ([www.wholefoodrepublic.com](http://www.wholefoodrepublic.com))

Total time ~30 minutes

Serves 4

Make this one ahead of time so it's chilled when you're ready to serve!

### **Ingredients:**

2 lbs small beets

2 large onions, thinly sliced

2 garlic cloves, minced

salt and pepper, to taste

½ cup EVOO

½ cup red wine vinegar

### **Directions:**

Trim stems from beets leaving 1/4 inch stem attached.

Place beets in pan with enough water to cover.

Boil, cover, reduce heat and simmer until tender about 25 minutes. Drain and cool. peel and slice in 1/4 inch slices.

Arrange beets on a platter, top with onions and sprinkle with garlic.

Sprinkle with salt and pepper. Mix vinegar and oil and pour over beets.

Refrigerate until well chilled, serve.

## **Grated Beet Salad**

Adapted from Martha Stewart ([www.marthastewart.com](http://www.marthastewart.com))

Serves 6

My obsession is grated raw beets! They taste SO different than a roasted beet and I'm loving the crunch!

### **Ingredients:**

2 Tbs rice vinegar

Juice of 1/2 lime

Pinch of sugar

Coarse salt and freshly ground pepper

6 Tbs EVOO

1 pound red beets, peeled and grated

1/2 pound carrots, peeled and grated

1/2 cup thinly sliced basil leaves

2 tablespoons finely shredded fresh flat-leaf parsley

### **Directions:**

In a large bowl, combine the vinegar, lime juice, sugar, and a large pinch each of salt, and pepper. Whisk to combine. Gradually whisk in oil.

Add beets, carrots, basil, and parsley. Toss to combine. Taste and adjust for seasoning.

## Peperonata

Adapted from Serious Eats ([www.serious-eats.com](http://www.serious-eats.com))

Serves 4-8

Huge exit strategy here! Great flavor and you've got all these goodies, sub in ANY peppers if you need to.

### Ingredients:

¾ cup EVOO, divided

6 medium cloves garlic, thinly sliced

2 medium yellow onions, sliced 1/4 inch thick

4 pounds red, yellow, and/or orange bell peppers (about 6 large bell peppers), stemmed, seeded, and sliced lengthwise ½ inch thick

1 cup pureed tomatoes (see note)

2 sprigs basil or oregano

Kosher salt

1 Tbs white wine vinegar or red wine vinegar

### Directions:

In a large pot or Dutch oven, heat 1/2 cup olive oil over medium heat until shimmering. Add garlic and cook, stirring, until just starting to turn golden, 3 to 4 minutes. Stir in onions, increase heat to medium-high, and cook for 2 minutes. Stir in peppers and cook, stirring occasionally, until starting to soften, about 20 minutes.

Add tomato and basil or oregano sprigs and stir to combine. Bring to a gentle simmer, then lower heat to maintain simmer. Continue to cook, stirring occasionally, until peppers are very soft, about 1 hour. Stir in remaining 1/4 cup olive oil and season with salt. Stir in vinegar (see note). Discard herb sprigs. Serve right away, or chill, then serve reheated, slightly chilled, or at room temperature.

For the pureed tomatoes, you can use a puree of fresh peeled and seeded tomatoes that have been briefly cooked to concentrate their flavor, or canned whole tomatoes that you've blended with their juices. (Canned tomatoes are often the better choice, since they are usually top-quality.) If you make this with beautiful, ripe summer bell peppers, they should provide enough sweetness to balance the small amount of vinegar. If your peppers are less sweet and the peperonata tastes a little too tart, add a tiny bit of sugar, a pinch at a time, until the flavor is balanced.

## **Broiled Top Blade Steak with Herb-Flecked Tomato Salad**

Adapted from Rachael Ray Mag ([www.rachaelraymag.com](http://www.rachaelraymag.com))

Serves 4

What a great main dish!

### **Ingredients:**

4 boneless top blade steaks (3/4-inch thick, about 6 oz. each), at room temperature and patted dry  
1 Tbs plus 2 tsp EVOO  
1 clove garlic, halved  
Salt and pepper  
1 pint cherry tomatoes, halved  
1 Tbs chopped flat-leaf parsley  
1 Tbs chopped fresh basil  
1 Tbs finely chopped shallot  
2 tsp fresh lemon juice

### **Directions:**

Position an oven rack 4 inches from the broiler; preheat the broiler. Heat a large ovenproof skillet (preferably cast-iron) in the oven for 10 minutes.

Rub the steaks with 2 tsp. EVOO and the cut sides of the garlic clove; season generously. Broil the steaks in the heated skillet, flipping halfway through, 5 to 7 minutes for medium-rare. Transfer to a cutting board and let rest for 5 minutes.

Meanwhile, in a medium bowl, toss the tomatoes with the remaining 1 tbsp. EVOO, the parsley, basil, shallot and lemon juice; season. Serve alongside the sliced steak.

## **Grilled Eggplant with Cherry Tomatoes**

Adapted from Sunset ([www.sunset.com](http://www.sunset.com))

Total time ~ 40 minutes

Serves 4

Great easy meal for any night of the week!

### **Ingredients:**

1 qt. cherry tomatoes

About ¼ cup EVOO, divided

1 tsp dried oregano

1 ½ tsp kosher salt, divided

2 large globe eggplants (about 1 lb. each), sliced ½ in. thick lengthwise

½ tsp pepper

8 ounces smoked mozzarella, coarsely shredded

### **Directions:**

Heat a grill to medium (about 400°). In a medium bowl, combine tomatoes, 2 tbs oil, the oregano, and 1/2 tsp salt. Divide tomatoes between two pieces of foil (each about 12 in. by 15 in.) and wrap foil up and around tomatoes to seal. Pinch foil together to completely enclose tomatoes.

Set tomato packets on grill, lower lid, and cook until skins of most of the tomatoes begin to split (open packet to check), about 20 minutes. Transfer tomato packets to a rimmed baking sheet, being careful not to spill any juices.

Meanwhile, coat eggplant slices all over with remaining 2 tbsp. oil, 1 tsp salt, and the pepper. Grill eggplant slices until lightly charred and tender, turning once, 12 to 15 minutes total. Top with mozzarella, close lid, and allow cheese to melt, 1 to 2 minutes.

Transfer eggplant to rimmed baking pan with tomatoes and top with warm tomatoes and their juices. For each serving, stack 3 or 4 slices of tomato-topped eggplant. Drizzle with any tomato juices on the baking pan or foil.



## **Rosemary Potato Skillet with Bacon and Fresh Corn**

Adapted from Bare Feet in the Kitchen ([www.barefeetinthekitchen.com](http://www.barefeetinthekitchen.com))

Serves 6

This is amazing with eggs for breakfast or as a side to dinner!

### **Ingredients:**

3 medium red potatoes thinly sliced into bite-size pieces  
3 ears of corn kernels removed  
4 slices of bacon cooked and chopped into 1-inch pieces  
2 scant Tbs finely chopped fresh rosemary  
Kosher salt to taste  
Freshly ground black pepper to taste  
2 Tbs EVOO  
Optional: top with chopped caramelized onions

### **Directions:**

In a large skillet, warm the oil over medium-high heat. Add the potatoes and stir to coat. Season them generously with salt and pepper. Let them cook undisturbed for a few minutes and then toss to cook the other sides of the potatoes.

Continue cooking until the potatoes are softened and beginning to brown, this should take about 10-20 minutes, depending on the thickness of your potato slices.

Add the corn to the potatoes in the skillet and cook, stirring as needed, until tender and still crisp. Remove from the heat and add the bacon and fresh rosemary.

Taste and adjust seasonings as desired. If you have caramelized onions in the freezer, chop up a tablespoon or two and warm them before sprinkling them on top of your plate. Enjoy!

## Grilled Eggplant Stacked with Indian Spiced Beef

Adapted from Sustainable Dish ([www.sustainabledish.com](http://www.sustainabledish.com))

I tried this last year and fell in love with the flavors!

### Ingredients:

For the beef-

3 Tbs ghee  
2 cups diced white onion  
3 cloves garlic, minced  
1 Tbs minced fresh ginger  
2 tsp ground coriander  
1 tsp smoked sweet paprika  
1 tsp ground cumin  
1 tsp garam masala  
1 pound ground beef  
2 cups diced tomatoes  
1 Tbs seeded and chopped jalapeño pepper  
½ tsp sea salt  
½ tsp ground black pepper  
½ cup water  
2 tsp apple cider vinegar  
¼ cup chopped fresh cilantro, plus more for garnish

For the eggplant:

2 large eggplants, sliced crosswise into ½-inch-thick rounds or lengthwise into ½-inch-thick planks  
¼ cup ghee, melted  
Sea salt and ground black pepper

### Directions:

Make the spiced beef: In a large skillet, heat the ghee over medium heat. Add the onion and cook until translucent, about 5 to 7 minutes.

Add the garlic, ginger, coriander, paprika, cumin, and garam masala and cook for another 3 minutes. Add the beef, breaking up the clumps with a spatula. Cook until the beef is no longer pink.

Stir in the tomatoes, jalapeño, salt, pepper, and water. Cover the pan and cook for 5 minutes. Add the vinegar and turn off the heat. Set aside.

Stir in the cilantro and adjust the seasoning with more salt and pepper if needed. Make the eggplant: Heat a grill to medium heat (see page 00 for grilling tips). Rub the ghee over the eggplant slices and sprinkle them with salt and pepper.

Place the eggplant on the grill. Cook for about 3 minutes on one side, then flip and continue cooking for another 5 minutes or so, until the eggplant softens.

To assemble the dish, start by placing one eggplant slice at the bottom, cover with a layer of the beef mixture, then add another eggplant, one more layer of beef and top with a final eggplant. Garnish with cilantro.

## Roasted Beet and Grilled Corn Salad

Adapted from Culinary Ginger ([www.culinaryginger.com](http://www.culinaryginger.com))

Serves 6

This recipe uses both gold and red beets, but just use what you have!

### Ingredients:

6 medium red beets

6 medium gold/yellow beets

Olive oil

Dried basil

Salt and pepper

2 large corn on the cob

Melted butter, unsalted

Fresh basil, chopped

Juice of 2 lemons

½ Cup EVOO

1 tsp agave nectar

Pinch of salt and freshly ground black pepper

Chopped basil

### Directions:

Preheat oven to 400°F. Preheat barbecue on high.

Cut the tops and bottoms off the yellow beets and peel, repeat with the red beets. Cut into chunks all the same size. Arrange on a baking sheet (keeping the red away from the yellow).

Drizzle with olive oil and sprinkle with dried basil, salt and pepper, toss to coat. Roast in on the center shelf of the oven for 35-40 minutes. To a mixing bowl, add the lemon juice, agave nectar salt and pepper.

Whisk while drizzling in the olive oil. Set aside.

Peel the ears of corn and remove the husks. Brush the corn with melted butter and grill, turning every few minutes until roasted.

Allow the corn to cool and cut the kernels from the cob. When the beets are done, allow to cool.

To a large bowl, add the beets, corn and drizzle with the vinaigrette. Garnish with the chopped basil.

## Slow Cooked Stuffed Pepper Stew

Adapted from Taste of Home ([www.tasteofhome.com](http://www.tasteofhome.com))

Serves 8

This is filled with flavor and can be frozen! Use those Jimmy Nardelo peppers or bells!

### Ingredients:

1-1/2 pounds bulk Italian sausage  
1 large onion, chopped  
2 medium green peppers, chopped  
2 to 4 Tbs brown sugar  
2 tsp beef base  
1/2 tsp salt  
1/4 teaspoon pepper  
2 cans (15 ounces each) tomato sauce  
1 can (28 ounces) diced tomatoes, undrained  
2 cups tomato juice  
3/4 cup uncooked instant rice

### Directions:

In a large skillet, cook sausage and onion over medium heat until sausage is no longer pink, breaking up sausage into crumbles, 8-10 minutes; drain.

In a 6-qt. slow cooker, combine sausage mixture, green peppers, brown sugar, beef base, salt, pepper, tomato sauce, tomatoes and tomato juice. Cook, covered, on low until vegetables are tender, 4-5 hours.

Stir in rice. Cook, covered, until rice is tender, 15-20 minutes longer.

## Southwest Stuffed Poblano Peppers

Adapted from Le Crème De La Crumb ([www.lecremedelacrumb.com](http://www.lecremedelacrumb.com))

Serves 8

Try stuffing these for a more filling pepper!

### Ingredients:

4 poblano peppers halved and seeds/membranes removed  
1 pound lean ground beef or chorizo  
1 tsp each ground cumin, chili powder, garlic powder  
1 cup cooked long grain white rice see note 1  
½ cup canned black beans, drained  
½ cup frozen or canned corn (drained)  
1 15-ounce can diced tomatoes, drained  
1 4-ounce can diced green chiles  
½ 1 cup grated mozzarella or Mexican-blend cheese

### Directions:

Preheat oven to 350 degrees and lightly grease a large baking sheet. Arrange halved poblano peppers in a single layer on the baking sheet so that they aren't overlapping. Bake for 10-15 minutes while you move on to the next step.

Add ground beef (or preferred meat choice, see Note 2) and rice to a large skillet, and season with the cumin, chili powder, and garlic powder. Saute over medium heat for 5-8 minutes until meat is browned and cooked through.

Stir in the black beans, corn, diced tomatoes, and green chiles. Cook another 1-2 minutes. Spoon mixture into the peppers, sprinkle with cheese, and return to oven for another 10 minutes or so until peppers are tender and cheese is melted. Allow to cool slightly before serving.

## **Garlic Mashed Potatoes with Eggplant**

Adapted from All Recipes ([www.allrecipes.com](http://www.allrecipes.com))

Total time ~1 hour

Serves 4-6

I've said it before and I'll keep on saying it- one of the best ways to introduce your family to "different" or new veggies is to combine them with a usual favorite. Potatoes is a pretty common one, try adding in some eggplant.

### **Ingredients:**

1 eggplant, trimmed and halved lengthwise

1 Tbs EVOO

3 potatoes, peeled and cubed

2 cloves garlic, peeled and halved

2 slices bacon

1 Tbs bacon drippings

½ onion, cut into strips

1 Tbs EVOO

salt to taste

freshly cracked black pepper to taste

### **Directions:**

Preheat oven to 400 degrees F. Place eggplant halves, cut sides up, onto a baking sheet and brush with 1 tablespoon olive oil.

Bake eggplant in the preheated oven until soft, 30 to 35 minutes. Peel eggplant when cool enough to handle set aside.

While eggplant is baking, place potatoes and garlic cloves into a large pot and cover with lightly-salted water. Bring to a boil, reduce heat to medium-low, and simmer until tender, about 20 minutes. Drain. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels and retain 1 tablespoon drippings in the skillet.

When bacon is cool, crumble, and set aside. Cook and stir onion in bacon drippings until soft and translucent, about 5 minutes. Set onion aside.

Place eggplant, potatoes, cooked garlic cloves, and 1 tablespoon olive oil in a large bowl and mash with a potato masher until smooth and thoroughly combined. Season to taste with salt and cracked black pepper.

Serve in a bowl topped with cooked onion and crumbled bacon.

## **Breakfast Burritos**

Makes 8 burritos

Store in the freezer for 3 months

Top with additional salsa or cheese for the healthiest breakfast burrito you'll find!

### **Ingredients:**

1 pound sausage (if desired)  
2 to 3 medium Yukon potatoes, diced (~3 cups, no need to peel)  
1 bell pepper, diced  
1 medium onion, diced  
8 ounces mild or sharp cheddar cheese, grated  
1 Tbs butter  
8 large eggs  
salt and pepper  
1 cup salsa of choice  
8 large burrito size flour tortillas

Items to consider adding-

Finely chopped greens (spinach, chard, kale, tops of root veggies)

Green onions

### **Directions:**

**Cook the sausage:** In a large skillet over medium heat, cook the pork sausage. Break it up as it cooks until it's browned evenly. Transfer the cooked pork to a bowl.

**Cook the vegetables:** Add the potatoes to the skillet used to cook the pork and cook until they are tender and browned in spots, 8 to 10 minutes, stirring regularly. Any fat left over from the pork should be enough to cook the potatoes in, but if the skillet is very dry, add a drizzle of olive oil.

Add the diced peppers and onions and continue to cook until the veggies soften, another few minutes. Season with salt and pepper. Remove the skillet from heat.

**Scramble the eggs:** In a separate nonstick skillet over low heat, add the butter. Whisk together the eggs in a medium bowl. Once the butter has melted, add eggs and cook until scrambled and set, but not completely dry. Remove from heat and set aside. (You can do this at the same time the vegetables are cooking if you want to multitask!)

**Assemble the burritos:** Once your fillings are cooled slightly (it's okay if they are still a bit warm, as long as they're not steaming), lay out a large flour tortilla on a clean surface.

Add about 1/8 of the pork sausage, 1/8 of the potato filling, 1/8 of the cheddar cheese, and 1/8 of the eggs. It's okay to eyeball the amounts, but you should have enough of each filling to make eight burritos. Top with about two tablespoons of salsa.

**Roll the burritos:** Fold the sides over the filling and then roll the tortilla into a tight burrito. Immediately roll the burrito in foil or parchment paper. Repeat with all burritos.

**Freeze the burritos:** Transfer the foil-wrapped burritos to a large, freezer-safe, resealable plastic bag and freeze. Burritos will store well in the freezer for up to three months.

**To use frozen burritos:** remove foil and waxed paper.

Oven:

Preheat oven to 375. Place on oven safe dish or baking sheet. Bake frozen for 20 minutes or until cooked through. Enjoy.

Microwave:

Place one burrito on a microwave-safe plate. Microwave on high for 2-1/2 to 2-3/4 minutes or until a thermometer reads 165°, turning burrito over once. Let stand for 20 seconds.

As a bonus step, place the reheated burrito in a small nonstick skillet over medium heat and let the tortilla crisp up for 2 to 3 minutes per side. If you loathe any hint of sogginess in your burritos, this will eliminate the problem!



## **Grilled Cubanelles, Tomatoes and Scallions**

Adapted from Martha Stewart ([www.marthastewart.com](http://www.marthastewart.com))

Total time ~15 minutes

Serves 8

Try grilling these peppers with almost any combination.

### **Ingredients:**

Safflower oil or oil of choice for the grill

2 bunches scallions, trimmed

4 plum tomatoes, cut in half

8 cubanelle peppers

¼ cup EVOO

salt and pepper

2 tsp sugar

### **Directions:**

Preheat a grill to medium-high, and brush grates with safflower oil. Soak 4 pieces of kitchen twine in water. Separate scallions into 4 smaller bunches; secure with twine. Brush scallions, tomatoes, and peppers with olive oil, and season generously with salt and pepper. Sprinkle cut sides of tomatoes with sugar.

Grill vegetables, turning occasionally, until tender and well charred, 5 to 6 minutes for scallions and tomatoes and about 10 minutes for peppers.

## Apple Pear Puff Pancake

Adapted from Taste of Home ([www.tasteofhome.com](http://www.tasteofhome.com))

Total time ~ 30 minutes

Serves 6

You guys inspired me with these pancakes last year!

### Ingredients:

Pancakes:

3 Tbs butter

4 large eggs

1 cup 2% milk

1 cup all-purpose flour

1 Tbs sugar

1/8 tsp ground nutmeg

Topping:

3 tablespoons butter

3 medium apples, sliced

3 medium pears, sliced

3 Tbs sugar

Maple syrup, optional

### Directions:

Preheat oven to 425°. Place butter in a 10-in. ovenproof skillet; heat in oven until butter is melted, 2-3 minutes. Tilt pan to coat evenly with butter.

Place eggs, milk, flour, sugar and nutmeg in a blender; cover and process until smooth. Pour into hot skillet. Bake until puffed and browned. 17-20 minutes.

Meanwhile, for topping, heat butter in a large skillet over medium heat. Add apples, pears and sugar; cook until fruit is tender, stirring occasionally, 12-15 minutes.

Remove pancake from oven; fill with fruit mixture and serve immediately. If desired, serve with syrup.

## **Frozen Melon Daiquiris**

Adapted from Salted Plains ([www.saltedplains.com](http://www.saltedplains.com))

Total time ~15 minutes

Serves 2

Thanks to Danielle, our OG cocktail expert...here's a great one to enjoy from a few summers ago!

### **Ingredients:**

2 cups cubed melon

½ cup white rum

3 Tbs fresh lime juice, 1-2 limes

1 tsp agave syrup or honey

1 cup crushed ice

### **Directions:**

Place all ingredients in a blender except crushed ice. Blend, starting at low speed and move up to high speed until honeydew is pureed. Add crushed ice and blend again until incorporated.

Pour in two classes, garnish with lime and straw if desired.