



## Creative Whipped Cream

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

**seal:** to close tightly, keeping filling inside.

### Equipment

- Plastic jar with a tight-fitting lid
- Liquid measuring cup
- Zester (or grater with small zesting plate/side)
- Wooden spoon

### Ingredients

#### Creative Whipped Cream

- 1/2 C heavy whipping cream **\*\*(Omit Creative Whipped Cream for DAIRY ALLERGY)\*\***
- 1 pinch salt
- Creative add-ins:
- 1 pinch sugar/stevia/honey

- 1 pinch lemon or orange zest
- 1 pinch ground cinnamon
- 1 pinch ground nutmeg
- 1 to 2 drops pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

## Food Allergen Substitutions

### Creative Whipped Cream

**Dairy:** Omit Whipped Cream recipe.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### Creative Whipped Cream

#### zest

Zest a little of the orange or lemon being used in the **Mashed Fruit Jams**.

#### measure + seal + shake

Measure and add **1/2 cup heavy whipping cream** and **1 pinch of salt** to a plastic jar with a tight-fitting lid. Seal the jar with the lid and shake!

#### recipe tip

Whipped cream takes about 3 minutes of active shaking to form! Listen for a “swoosh”—this is when the consistency of the whipped cream changes and will coat the sides. Check to make sure it’s thick; when it is, it’s ready! Careful not to overshake, or you’ll make butter instead of whipped cream (also delicious)!

#### add + stir

Then stir in creative add-ins: **1 pinch of cinnamon, 1 pinch of nutmeg, 1 pinch of sugar, 1 pinch of lemon or orange zest** (from citrus fruit used in Mashed Fruit Jams), and **1 to 2 drops of vanilla extract**. Serve Creative Whipped Cream on any kind of pastry. Or, you could serve it and **Mashed Fruit Jams** with freshly baked **Create-Your-Own Scones**!

## Featured Ingredient: Heavy Cream!

Hi! I'm Heavy Cream!

"I'm not a lightweight, like half and half. I'm full of fat and pour out much thicker. You can also call me 'heavy whipping cream.' The names refer to the same thing! Did you know that I can transform myself with your help? I turn into a fluffy topping to put on cakes and pies when you whisk me as fast as you can (or you can use a mixer). However, I go through an even bigger change when you shake me really hard in a covered container for a few minutes—I turn into butter!"

Heavy cream is the thick, high-fat liquid at the top of raw milk. It naturally separates from the milk, rising to the top. It is skimmed off and then pasteurized to kill bacteria, which makes it safer to drink and lasts longer.

Heavy whipping cream is made up of about 36 percent fat. In comparison, regular whipping cream is 30 percent fat, and half-and-half averages to about 14 percent.

Heavy cream whips up better as a topping if the cream is cold, and pouring it into a cold mixing bowl before whipping also helps.

The Guinness World Record for the most people simultaneously whipping cream by hand is 1,434 and was set on August 22, 2015, by employees of the Swiss company Nordostmilch AG in Bürglen, Switzerland.

A dollop of whipped cream is great on fruit, cakes, and pies. The tallest recorded dollop so far was over 7 inches atop a mug of hot chocolate!

Some of the foods heavy cream is added to include cakes, frostings, ice cream, salad dressings, sauces, soups, sour cream, scrambled eggs, chocolate ganache, crème fraîche, panna cotta, and homemade cheeses.

One-half cup of heavy cream contains 43 grams of fat, 3 grams of protein, and the minerals calcium and phosphorus. It has more of the fat-soluble vitamins A, D, E, and K than lower-fat dairy products. Fat-soluble vitamins are more easily absorbed by your body when eaten with fat.