



Vanilla Whipped Cream

By Erin Fletter

Prep Time 7 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

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

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- Glass jar + tight-fitting lid
- Liquid measuring cup
- Measuring spoons

Ingredients

Vanilla Whipped Cream

- 3/4 C heavy whipping cream ******(for DAIRY ALLERGY sub coconut cream (not coconut milk) or omit recipe)**
- 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**
- 1 T sugar
- 1 pinch salt

Food Allergen Substitutions

Vanilla Whipped Cream

Dairy: Substitute coconut cream (not coconut milk) or dairy-free heavy whipping cream in Whipped Cream, or omit recipe.

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

Instructions

Vanilla Whipped Cream

measure + fill

Measure and fill a clean glass jar with **3/4 cup heavy whipping cream, 1 tablespoon sugar, 1 teaspoon vanilla extract**, and **1 pinch of salt**. Screw on the lid semi-tightly.

shake + shake + shake

Take turns shaking the jar for about 5 minutes until the contents thicken up and whipped cream begins to form. Listen for a "swoosh" sound—this is when the consistency of the whipped cream changes and will coat the sides of the jar. Open the jar and check to make sure it's thick, and be careful not to overshake, or you'll make butter instead!

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.