



Sweetly Whipped Cream

By Dylan Sabuco

Prep Time 2 / 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).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Large mixing bowl
- Liquid measuring cup
- Measuring spoons
- Whisk

Ingredients

Sweetly Whipped Cream

- 1 C heavy whipping cream ******(for DAIRY ALLERGY sub coconut cream (not coconut milk) or omit Sweetly Whipped Cream recipe)******
- 2 T granulated or brown sugar
- 1 pinch salt

Food Allergen Substitutions

Sweetly Whipped Cream

Dairy: Substitute coconut cream (not coconut milk) for heavy whipping cream or omit Sweetly Whipped Cream recipe.

Instructions

Sweetly Whipped Cream

recipe tip

Your heavy cream will become whipped cream a lot faster if you use a cold metal whisk and a cold metal bowl. The cold temperature will cut the time you spend whipping significantly.

measure + whisk

In a large mixing bowl, measure **1 cup heavy whipping cream**, **2 tablespoons sugar**, and **1 pinch of salt**. Whisk that mixture together vigorously until a medium stiff peak forms (if using coconut cream, this will be more of a drizzle than a stiff-peaked whipped cream). Whisking air into the heavy cream will create whipped cream. It's as simple as that.

reserve + serve

Reserve **3/4 cup of the whipped cream** for a Classic Root Beer Float (see recipe). All the remaining whipped cream can be cooled to serve later or used right away to serve with your cooled I Love You a ChocoLOTe Pie (see recipe).

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.