

WHIPPED CREAM

Last Modified: 05/20/2016

PREP: 5 Min
COOK: N/A

F EASY

SAUCE

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Pint	Heavy Cream	COLD
3	Tbsp	Confectioners Sugar	
1 To 2	Tsp	Vanilla Extract	To Taste

PREPARATION	
FACTOID	Cream doubles in size when it's whipped — 1 pint of Cream makes about 4 cups, which is enough for 8 people to each get a healthy dollop on their dessert.
FACTOID	What is labeled "Whipping Cream" at the store usually has a milkfat content of 30% to 35%. Heavy Cream actually has a slightly higher milkfat content (around 36%) so you should use it to make your Whipped Cream. There's no such thing as low-fat Whipped Cream in the real world - fat = flavor.
CAUTION	Don't try making Whipped Cream with any other kinds of Milk — the milkfat content just isn't high enough to whip into Whipped Cream.
TOOLS	1) Stand Mixer & Whisk Attachment OR Hand Mixer 2) Serving Bowl.
PREP	None.
HINTS	Keep the Cream refrigerated right up until you're ready to whip it so that it's as cold as possible. If it's a hot day, chilling your mixing bowl and whisk attachment will also help. If you're using a stand mixer or hand mixer, keep an eye on your speed. It's tempting to go fast, but keeping the speed between medium and medium-high helps make sure you don't overshoot that perfect soft billowy stage and start getting grainy. I usually aim for "firm peaks" with my Whipped Cream, which is when the Cream holds peaks but the tips are slightly softened & flop over. Much beyond this stage and I find the Cream starts becoming overly stiff and somewhat grainy in texture.
1	Add the Heavy Cream into the mixing bowl, add in the Confectioners Sugar. Mix on medium high until you get firm peaks. Slowly drizzle in the Vanilla when you are almost finished mixing.
2	Whipped Cream is at its best right after you whip it. It only takes about 5 minutes to make, so this is one task I often leave until the very last minute. This said, Whipped Cream WILL hold for a few hours in the refrigerator — give it a few sturdy whips with a whisk to froth it back up into full glory just before serving.
SERVE	Spoon the Whipped Cream into a pretty serving dish, just before serving dessert.

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