## Fresh Whipped Cream



#### TIPS:

1. What doesn't go great with **whipped cream**? I often have the vat-sized
measuring cup you see in this recipe in the
fridge good to go whenever I want it. **Fresh whipped cream** goes great in coffee, on
pancakes, French toast or with fresh fruit –
and it's incredibly easy to make!

2. Cold is the key to quicker whipping: Most importantly, use **heavy whipping cream** straight out of the refrigerator for faster whipping. I usually put the mixing bowl or large measuring cup, like the one shown below, in the freezer for a quick chill before making whipped cream.



**Preparation Time:** 5-7 minutes

#### **Ingredients**

(makes about 2 cups whipped cream)

- 1 Cup (8 ounces) Heavy Whipping Cream
- 1 Teaspoon Sugar

#### 1 Teaspoon Vanilla Extract



#### **Equipment**

Electric Hand Mixer (can be substituted with a hand powered egg beater)

Large Measuring Cup or Mixing Bowl (use a bigger bowl than you think you'll need to avoid splatter)

Teaspoon



1. Pour 1 cup (8 ounces) cold heavy whipping cream into a bowl or large measuring cup. (If your bowl doesn't have cup markings on it, just estimate.)



- 2. Add the following to the **heavy cream**:
  - 1 teaspoon sugar (I'm using coconut sugar, but any sugar will work.)



#### 1 teaspoon vanilla extract



3. For safety's sake, **don't** plug the electric hand mixer into a power socket until first attaching the mixer blades to the hand mixer. You should feel the blunt rod end of the mixer blade click into place in the slotted sleeves.





### 4. Plug the electric hand mixer into a power socket.



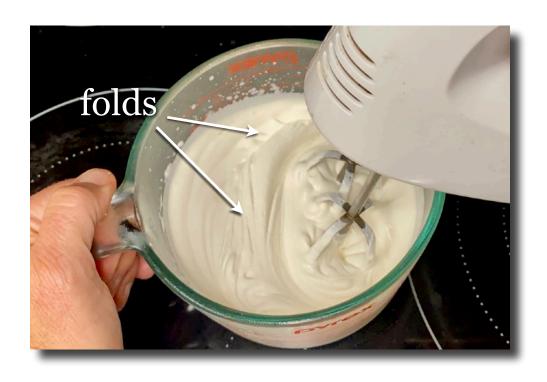
Put the mixing blades into the **cream**, use your free hand both to steady the bowl and contain any splatter - *making sure to keep that hand safely clear from the mixer blades*, and turn on the mixer to MEDIUM - HIGH speed.



Gently circle the mixer clockwise and counterclockwise along the bowl edge until...



...the **whipped cream** forms folds and can stand on its own.



## 5. Turn off the mixer and unplug it from the power socket.





Eject the blades.



6. Store **freshly made whipped cream** by covering it with plastic wrap and refrigerating for at least 1 week.



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