

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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