

## **Whipped Cream**

"Whipped cream" from a can is neither whipped nor cream. Whip up the real thing yourself either by hand or with an electric mixer, and the fresh taste will keep you from ever going back to the spray-on variety.

### **Ingredients:**

Heavy Whipping Cream

### **Directions**

Chill a clean stainless steel bowl, a whisk, and the cream, in the refrigerator or freezer for 10 or 20 minutes. Let them get nice and cold, but don't freeze the cream. (Cream is easier to whip when cold.)

Pour the cream, when chilled, in the bowl and start whisking.

It will take 3 or 4 minutes to whip a cup of cream. At first bubbles will appear on the surface of the cream, then it will start to become foamy, then volume will begin to build. As volume builds, the cream will pass through several degrees of stiffness. Light and foamy is best for topping cakes and desserts as an accompaniment; stiff and firm is best to use as a cake frosting or to make mousse.

### **Hints**

If you're using an electric mixer, start whipping the cream at a slow speed until the mixture gets foamy, then switch to higher speeds. If you start off at high speed, you'll splash the cream out of the bowl. It'll take a lot less time, so monitor the cream constantly to avoid its getting too thick.

Always use "heavy cream" or "heavy whipping cream" to make real whipped cream.

Cream that's a few days old actually whips better than ultra-fresh cream.

Whipped cream will stay whipped for a few hours in the refrigerator, then it will slowly break down. It can be refreshed by re-whipping.

The cream should always remain smooth, and the wires of the whisk should leave a "track" as they pass through. If the cream stiffens and appears grainy, stop whisking immediately - you're halfway to butter.