



"The Whole Story of Whipped Cream"

You know, it all started back on the farm. That's when the farmer milked the cow into the bucket, then the farmer's wife took the milk, skimmed off the cream and created delicious dishes for her family plus some special treats!

MILLER FARMS MARKET ... MAY 15, 2015

Yum

Just so you know...

"The cream comes from here ... no additives, no preservatives... all natural... all the time."

Small amounts of heavy cream added to a recipe impart a richness and depth of flavor that cannot be duplicated. Savory dishes are creamier and the rich flavor tends to linger on your tongue long after the bowl is empty. Good cooks and chefs know the value of a "splash of cream."

And, then there is dessert! Add freshly whipped cream to any dessert and it makes it mighty special. How does it happen? How do you take cold whipping cream (heavy cream) and create that subtly, sweet, fluffy cream? Just start whipping... add some sugar and a touch of vanilla... and you've got it. Sounds easy... and it is... but here are a few tips to insure your success: Remember these words... KEEP IT COLD !!

Early in the day, place your bowl and beaters in the freezer. When you are ready to make the whipped cream, just pour the cold heavy cream into the very cold bowl (stainless steel bowls are best) and begin to whip @ high speed with the cold beaters. As the heavy cream begins to fluff up and create soft peaks, gradually add in $\frac{1}{4}$ cup sugar and one teaspoon vanilla extract. Continue beating until soft peaks take shape. If you are not paying attention... and the beaters keep going and going... YIKES! ... you will have butter. Soft to medium peaks are just perfect.

Now, you've made it... and... if you eat it all at that dessert time, all is well. But sometimes leftover whipped cream can deflate and become runny. Here is what you do... as you are whipping the cream add in $\frac{1}{4}$ cup sour cream OR instead of granulated sugar use sifted confectioners sugar. Each of these... sour cream or confectioners sugar act as binding agents. If you use one of these, then on the next day all you have to do is take a hand whisk to what is left in the bowl and whip it back to fluffiness.

