



Cinnamon Whipped Cream

By Dylan Sabuco

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Medium mixing bowl
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Whisk

Ingredients

Cinnamon Whipped Cream

- 1 C heavy whipping cream **** (for DAIRY ALLERGY sub dairy-free/nut-free whipping cream)****
- 1 tsp ground cinnamon
- 1/4 C brown sugar
- 1 pinch salt

Food Allergen Substitutions

Cinnamon Whipped Cream

Dairy: Substitute dairy-free/nut-free whipping cream.

Instructions

Cinnamon Whipped Cream

recipe tip

Your heavy cream will become whipped cream a lot faster if you use a cold metal whisk and a cold metal bowl. The cold temperature will cut the time you spend whipping significantly.

scrumptious science

Creating the whipped cream will require friction. Friction is the resistant force that is present when two objects move across each other. In this instance, the cream will be whisked against the walls of the container. This friction causes the cream to become whipped cream. Friction can help to force air into the cream molecule, changing the fat structure of the cream. The fat, or lipid, molecule contains all sorts of fat, water, and a little air, protected by a barrier of triglycerides. When you whisk the cream, the triglyceride barrier breaks down, allowing the contained fat to clump together and appear thicker. You will notice the cream is becoming thicker but not yet whipped cream. Now that the triglyceride barrier is broken down, air can more freely integrate into the cream, and before you know it, the cream will be standing tall because it is full of air bubbles. Now put that cream on some banana pudding and quickly before it deflates.

measure + whisk

In a medium mixing bowl, measure **1 cup heavy whipping cream, 1/4 cup brown sugar, 1 teaspoon cinnamon**, and **1 pinch of salt**. Whisk that mixture together vigorously until a medium stiff peak forms (if using coconut cream, this will be more of a drizzle than a stiff-peaked whipped cream). Whisking air into the heavy cream will create whipped cream. It's as simple as that. Dollop Cinnamon Whipped Cream on top of desserts or layer it with our Southern Sunny Delight Banana Pudding!

Featured Ingredient: Heavy Cream!

Hi! I'm Heavy Cream!

"I'm not a lightweight, like half and half. I'm full of fat and pour out much thicker. You can also call me 'heavy whipping cream.' The names refer to the same thing! Did you know that I can transform myself with your help? I turn into a fluffy topping to put on cakes and pies when you whisk me as fast as you can (or you can use a mixer). However, I go through an even bigger change when you shake me really hard in a covered container for a few minutes—I turn into butter!"

Heavy cream is the thick, high-fat liquid at the top of raw milk. It naturally separates from the milk, rising

to the top. It is skimmed off and then pasteurized to kill bacteria, which makes it safer to drink and lasts longer.

Heavy whipping cream is made up of about 36 percent fat. In comparison, regular whipping cream is 30 percent fat, and half-and-half averages to about 14 percent.

Heavy cream whips up better as a topping if the cream is cold, and pouring it into a cold mixing bowl before whipping also helps.

The Guinness World Record for the most people simultaneously whipping cream by hand is 1,434 and was set on August 22, 2015, by employees of the Swiss company Nordostmilch AG in Bürglen, Switzerland.

A dollop of whipped cream is great on fruit, cakes, and pies. The tallest recorded dollop so far was over 7 inches atop a mug of hot chocolate!

Some of the foods heavy cream is added to include cakes, frostings, ice cream, salad dressings, sauces, soups, sour cream, scrambled eggs, chocolate ganache, crème fraîche, panna cotta, and homemade cheeses.

One-half cup of heavy cream contains 43 grams of fat, 3 grams of protein, and the minerals calcium and phosphorus. It has more of the fat-soluble vitamins A, D, E, and K than lower-fat dairy products. Fat-soluble vitamins are more easily absorbed by your body when eaten with fat.