



Sweet Shaken Cream

By Erin Fletter

Prep Time 7 / 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).

seal: to close tightly, keeping filling inside.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- Glass or plastic jar + tight-fitting lid
- Measuring cups
- Measuring spoons

Ingredients

Sweet Shaken Cream

- 1 T granulated sugar
- 1/2 C heavy whipping cream ******(for DAIRY ALLERGY substitute dairy-free/nut-free heavy cream OR coconut cream)**
- 1/2 tsp pure vanilla extract, optional ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**

Food Allergen Substitutions

Sweet Shaken Cream

Dairy: Substitute dairy-free/nut-free heavy cream OR coconut cream for heavy whipping cream.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Sweet Shaken Cream

measure + seal

In a glass or plastic jar with a tight-fitting lid, kids can measure **1 tablespoon of sugar** with **1/2 cup heavy whipping cream** and **1/2 teaspoon vanilla extract**. Seal the jar tightly.

recipe tip

Whipped cream takes about 3 minutes of active shaking to form! Listen for a “swoosh”—this is when the consistency of the whipped cream changes and will coat the sides. Check to make sure it’s thick; when it is, it’s ready! Be careful not to overshake, or you’ll make butter instead of whipped cream (also delicious)!

shake + shake

Pass the jar around to each child to shake the cream for 10 seconds until the cream is slightly thickened. Stop shaking the jar when you have a soft, fluffy cream!

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.