



Crazy Color-Changing Cream

By Dylan Sabuco

Prep Time 5 / 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.

dip: to briefly put a solid food, such as chips, fries, battered fried fish, hot sandwich (French dip), or veggie slices, into a liquid, like beef broth or a thicker sauce, like ketchup, dressing, or a dip to impart moisture and extra flavor to the solid food.

Equipment

- ☐ Medium mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk

Ingredients

Crazy Color-Changing Cream

- ☐ 3/4 C sour cream ******(for DAIRY ALLERGY sub dairy-free/nut-free sour cream or yogurt)**
- ☐ 1/4 C cooked red cabbage (from Purple Polish Savory Cabbage Pierogi recipe)
- ☐ 1 pinch granulated sugar
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 1 T lemon juice from 1/2 lemon

Food Allergen Substitutions

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Dairy: Substitute dairy-free/nut-free sour cream or yogurt for sour cream in Cream.

Instructions

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caution

Red cabbage can stain clothes!

measure + whisk

Measure and combine the following ingredients in a medium mixing bowl: **3/4 cup sour cream**, **1/4 cup cooked red cabbage** (from Purple Polish Savory Cabbage Pierogi recipe), **1 pinch of sugar**, **1 pinch of salt**, **1 pinch of black pepper**, and **1 tablespoon lemon juice** from 1/2 lemon. Whisk all the ingredients thoroughly.

recipe tidbit

The lemon will react with the red cabbage and create a color-changing effect. Be sure to add the lemon juice as the last ingredient to achieve the most drastic color change possible.

serve + dip

Serve alongside the Purple Polish Savory Cabbage Pierogi (see recipe) for a perfect dip pairing.

Featured Ingredient: Sour Cream!

Hi! I'm Sour Cream!

"I know my name has "sour" in it, and I do have a tangy flavor, but I'm really tasty and add an extra zip and creaminess to lots of foods! Try a dollop of me on baked potatoes, enchiladas, chili, and omelets. I'm also great in chip and veggie dips. I even add richness and moistness to cakes!"

Sour cream is cream that has been cultured or acidified. It is rich, high in fat, and quite adored by many. A similar product, but less sour, is the French "crème fraîche" (crehm fraysh). In Mexico, the creamy dairy product that tops many Mexican dishes is called "crema" (CREH-mah). In Central and Eastern Europe, sour cream is called "smetana" (SMUH-tah-nah).

Either lactic acid bacteria or an acid, like vinegar or lemon juice, can make cream sour. The bacteria occur naturally or can be intentionally introduced to the cream, causing it to become thick and sour. Vinegar or

lemon juice act the same way; however, most sour cream is cultured with lactic acid bacteria.

Fermented milk may have originated with the Mongols, who used milk from horses, and Russians may have borrowed their method using cow's milk. The sour cream was originally produced naturally by leaving milk out at room temperature, with the cultured cream rising to the top.

Did you know you can make your own sour cream? Just stir 2 to 3 teaspoons of lemon juice or white vinegar into 1 cup of heavy cream. Some recipes also include 1/4 cup of milk. Stir (or shake) and leave on the counter overnight, up to 24 hours.

Sour cream is used in sweet and savory dishes, like baked goods and soups. A famous Russian dish, beef stroganoff, uses sour cream in the sauce. In addition to baked potatoes, you can put sour cream on loaded potato skins and potato pancakes (latkes).

Reduced-fat or non-fat sour cream and several dairy-free options are also available. Sour cream has been sold in small plastic containers for many years, but you can now find it in plastic squeeze bottles, making it easy to put just the right amount of sour cream on a taco or baked potato.

Two tablespoons of regular sour cream contain about 1 gram of protein, 5 grams of fat, 30 milligrams of calcium, and 40 milligrams of potassium.