



Kid-Shaken Whipped Butter

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.

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

- ☐ Container with a lid
- ☐ Liquid measuring cup
- ☐ Strainer
- ☐ Paper towels
- ☐ Wooden spoon

Ingredients

Kid-Shaken Whipped Butter

- ☐ 1/2 C heavy whipping cream ****(for DAIRY ALLERGY omit Kid-Shaken Whipped Butter recipe)****
- ☐ 1 pinch salt
- ☐ 1 pinch granulated sugar

Food Allergen Substitutions

Kid-Shaken Whipped Butter

Dairy: Omit Kid-Shaken Whipped Butter recipe.

Instructions

Kid-Shaken Whipped Butter

measure + shake

Start by measuring and combining **1/2 cup of heavy whipping cream** and **1 pinch of salt** in a container with a tight fitting lid. Start shaking the container. After roughly 5 minutes, the cream will have become butter.

strain + sprinkle

Drain all the excess liquid by pouring the butter into a paper towel lined strainer. This will allow the liquid to drain and protect the butter from slipping through the strainer. Place the strained butter into a bowl, sprinkle with a generous pinch of sugar and gently mix until the sugar is incorporated. Serve this airy butter alongside the Nova Scotia Blueberry Grunt (see recipe) or another dessert or snack.

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.