



Oh, So Sweet Chocolate Cream Glaze

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).

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

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

Equipment

- ☐ Mixing bowl
- ☐ Can opener
- ☐ Measuring spoons
- ☐ Whisk

Ingredients

Oh, So Sweet Chocolate Cream Glaze

- ☐ 1 14-oz can sweetened condensed milk ******(for DAIRY ALLERGY sub 3/4 C plain dairy-free/nut-free yogurt + 2 tsp granulated or brown sugar)******
- ☐ 2 tsp pure unsweetened dark cocoa powder ******(for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)******
- ☐ 1 to 3 T chocolate sprinkles, optional ******(Omit for CHOCOLATE ALLERGY; for VEGAN option use 100% natural sprinkles)******

Food Allergen Substitutions

Oh, So Sweet Chocolate Cream Glaze

Dairy: For 1 14-oz can sweetened condensed milk, substitute 3/4 C plain dairy-free/nut-free yogurt + 2 tsp granulated or brown sugar. Check the label of the dark cocoa powder for dairy ingredients; use pure unsweetened cocoa powder. Use vegan 100% natural chocolate sprinkles.

Chocolate: Substitute carob powder for cocoa powder. Omit optional chocolate sprinkles.

Instructions

Oh, So Sweet Chocolate Cream Glaze

measure + whisk

Open **1 can of sweetened condensed milk** and pour into a bowl. Then, measure **2 teaspoons of dark cocoa powder** and add that to the bowl. Finally, whisk until fully combined.

drizzle

Drizzle this slightly sweet glaze over cupcakes. Top with **1 to 3 tablespoons of optional chocolate sprinkles**.

Featured Ingredient: Sweetened Condensed Milk!

Hi! I'm Sweetened Condensed Milk!

"As you can tell from my name: I'm milk; I'm sweet; and I'm condensed! Condensed means that the milk has had around 60 percent of its water removed, so it becomes dense and thick. Then, sugar is added to make it sweet. I come in a can and am able to sit unopened on your pantry shelf for one to two years so you can add me to your dessert recipes whenever you need me!"

In his travel books from the late 1200s, the explorer and merchant Marco Polo wrote about the Tatars, or Turkic ethnic groups across Eastern Europe and Asia, who condensed milk into a paste, which would be carried around in 10-pound bags. This was probably a fermented, yogurt-like milk curd, "katyk," to which they would add water to make a drink called "ayran."

Nicolas Appert, a French confectioner and inventor, successfully condensed milk in 1820. In the United States, Gail Borden Jr invented a process in 1853, before refrigeration, to make sweetened condensed milk, allowing milk to be stored for much longer than a few hours.

Evaporated milk is a similar shelf-stable canned milk product, except it does not contain sugar and must be homogenized and sterilized by heat. In some countries, they call evaporated milk unsweetened condensed milk.

"Sweetened condensed milk" is often shortened to "condensed milk." It has many uses. Add it to hot coffee and tea instead of milk, or make Thai iced tea or Vietnamese iced coffee with it. You can make fudge and dulce de leche with condensed milk. You will also find it in caramel candy and key lime pie, and it is a main

ingredient in a Brazilian confection called "brigadeiro."

You might even try adding sweetened condensed milk to the egg mixture for French toast, like our Crème Brûlée Fancy French Toast Sticks!