



## Sour Cream Frosting

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

**adjust:** to change seasonings or consistency to one's taste or to alter portion sizes.

### Equipment

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

### Ingredients

#### Sour Cream Frosting

- ☐ 2 T sour cream **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free sour cream or omit frosting and top cakes with 2 T puréed ripe banana)\*\***
- ☐ 1/2 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***
- ☐ 1/2 tsp orange juice
- ☐ 1/4 tsp salt
- ☐ 1 to 2 C powdered sugar

# Food Allergen Substitutions

## Sour Cream Frosting

**Dairy:** Substitute dairy-free/nut-free sour cream or omit frosting and top cakes with 2 T puréed ripe banana.

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

## Instructions

### Sour Cream Frosting

measure + mix

In a medium mixing bowl, have your kids measure and mix together **2 tablespoons sour cream, 1/2 teaspoon vanilla extract, 1/2 teaspoon orange juice**, and **1/4 teaspoon salt**.

stir + adjust

Slowly stir in **1 to 2 cups powdered sugar** as needed to make a thick frosting. Have your kids whisk until the frosting is smooth. If the frosting is too thick, spoon in more sour cream, banana, or orange juice until desired consistency is reached.

## 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.