

Stabilised Cream Recipe

This stabilised cream will hold form in the fridge for 3 to 4 days without deflating (like normal whipped cream does).

INGREDIENTS

1/3 cup (70g) caster sugar (superfine sugar)

1 1/2 tbsp cornflour / cornstarch

3 3/4 cups (940ml) heavy / thickened cream (separate into 3 cups / 750ml and 3/4 cup / 190ml)

2 tsp vanilla

DIRECTIONS

1. Place the sugar and cornflour in a small saucepan.
2. Stirring constantly, slowly add 3/4 cup of the cream and the vanilla.
3. Bring to a boil over medium heat then reduce heat and simmer for 2-3 minutes, stirring constantly, until it thickens.
4. Transfer the mixture to a small bowl and set aside to cool to room -temperature.
5. For best results with the cream, chill your beaters and bowl in the freezer or using ice water then drying and make sure the cream is really cold.
6. Add the remaining 3 cups of cream to your stand mixer large chilled bowl and beat at low speed 2 for 30-45 seconds until small bubbles appear.
7. Increase the speed to medium speed 6 and beat another 30 seconds until the beater leaves a faint trail.
8. Slowly add the cooled cornflour mixture and continue beating 1-2 minutes until soft peaks form. DO NOT beat this until it is really thick and stiff or it will break. it stiffens up more when you spread it on the layers. You only want soft peaks.

Recipe source: Cooks Illustrated / America's Test Kitchen