

Mrs Jones' Recipe for Mint Cream Filling

Equipment

Weighing scales

Measuring jug

Food mixer (or hand held electric mixer and bowl)

Sieve

Measuring spoon

Spatula

Cling film

Ingredients

250mls double cream

5 level tablespoon icing sugar (one tablespoon per 50mls of cream)

¼ - ½ teaspoon of Peppermint Extract (depending on personal taste)

Optional – a couple of drops of green food colour

Method

Ensure all ingredients are at room temperature.

Weigh out all ingredients.

Whip cream till it just begins to thicken and no more.

Add peppermint extract and sift in icing sugar.

Beat till soft peaks form. DO NOT OVERBEAT because the cream will become too stiff.

Optional – add a very small amount of green food colouring to give a mint colour and mix till combined. Again, do not overbeat.

Mint cream can be stored in the fridge in a sealed container (or bowl covered with cling film) for up to 24 hours till ready to use. Gently beat again to remove any air pockets.

Top Tips

1. Always taste the filling to ensure that it the flavouring is not too strong.
2. As this recipe uses fresh cream, the cake must be stored in the fridge between servings.
3. Mint Cream is a delicious filling with Paul's Chocolate Cake.