

# love to cook

by vicki frank day



# Sweet cream

Great for your morning cup o' joe – or any time, really!

My grownup self loves coffee, a romance that didn't really take shape until my early 20s, although then I preferred savoring a cup after a good meal. I suppose working in restaurants had a lot to do with that. Come to think of it, my waitress days were also the start of the morning coffee ritual, though it would be years until I wanted a cup upon waking.

I've always been a bright-and-early kind of girl, one who never needed or relied on that morning jolt of joe to get a kickstart. Even today, when sitting down to enjoy that first cup, it isn't for the perk but rather for the comfort and enjoyment, hence the fact that I take my early morning cup to the couch or front porch settee and enjoy the blissful quiet, soothed by its warmth and flavor before the rush of a busy day. For me it's an everyday indulgence, and I'd rather have good coffee or none at all.

I'm lucky to have an excellent coffee roaster mere blocks from my house, so good coffee is never an issue. I will occasionally go to The Great and Powerful Coffee Chain, but it's a rarity. I'm no snob, but I do have a budget to keep to, so homebrew is how I roll. That being said, I have a new obsession, one born of a recent trip to Atlanta. There was an aforementioned coffee shop temptingly close to the hotel, so I treated myself to it the

mornings I was there, and discovered a cold brew topped with a lovely sweet cream. It was perfectly balanced and not too sweet, and I fell in love all over again.

Upon arriving home, I couldn't stop thinking about it, and as I went straight to work from the airport I pulled into a rest stop to get some. Unfortunately that particular franchise didn't offer it, and I would find out later that not all do. It seems my new love was proving elusive, so I did what any besotted girl would do and sat down to write a love letter. And by love letter I mean recipe.

You see, since my obsession with sweet cream began, I noticed it cropping up everywhere, from desserts to cocktails. This clearly was a staple I couldn't do without. With only a few ingredients it had to be a relatively simple recipe to recreate. And, as with most simple recipes, the challenge was getting the balance just right. I found quite a few recipes online, which gave me a great starting point. Turns out my recipe is even simpler than any I saw – I mean really easy - and I loved the way it turned out. I wanted the frothy quality I'd gotten in the store, not just a creamer substitute. Not having a milk frother, I opted to vigorously whisk the cream for a few minutes, but putting it in the blender and whizzing away for 30 seconds would do the trick, I think.

### SWEET CREAM

My first taste of it was only kissed with the slightest sweetness, not cloying or artificial, and all the recipes I found would have been far too much for me. You really don't need to invest in a milk frother or dirty the blender to get the foaminess – a whisk does it in no time – and the result is a cloud-like foam that sits on top of the coffee, even if you add more coffee after the fact. It's magic, I tell ya! I add salt when I make whipped cream – just a pinch – to boost flavor and avoid flatness – so I did the same here.

One more note: I considered adding vanilla but decided not to. I didn't want it to be flavored, just milky and lightly sweet, but feel free to add it. I also wondered if I should make this on the stovetop, if heat would make a difference; after all, scalding milk makes it naturally sweeter. I didn't try it this time, but experimentation may be in order.

OK – on with the show.

### INGREDIENTS:

- 1 cup heavy cream
- 1/4 cup sweetened condensed milk (1/2 cup if you prefer)
- Pinch of salt

### METHOD:

Combine ingredients in a deep medium bowl and whisk until frothy and beginning to thicken, 1-2 minutes. Pour into

coffee and sip blissfully. Place extra in a lidded jar and refrigerate (up to 2 weeks). Shake to refroth before using.

This little bit of heaven is lovely in hot or cold coffee. There are plenty of pre-made cold brew coffees out there, but it's easy to make your own. I set up the French press at night with the ground coffee and water, give it a stir and let it steep overnight, pressing down the plunger in the morning. Pour it into a container and pop it in the fridge and you're good to go.

With this now in my arsenal, I will be playing with it for other uses: thickening it a bit to use for dessert sauce, salting it for cocktails. All I know is that it makes me happy. And if something so simple can bring me so much joy, then life is good and the day is mine. Enjoy!

*Vicki Frank Day is a graphic artist with more than two decades of experience in different aspects of the food service industry. She is the illustrator and visual merchandising coordinator for Adams Fairacre Farms where she has worked for more than 20 years, with in-depth food research being an integral part of her marketing position. She believes that cooking is for everyone and should be a pleasurable journey, that food should be experienced, not merely eaten, and that special occasions can be an everyday celebration. E-mail her at vfrankday@adamsfarms.com.*

# Community Calendar

**PLEASE CHECK TO MAKE SURE EVENTS ARE STILL HAPPENING, AS EVENTS MIGHT GET CANCELED AS A PRECAUTIONARY MEASURE TO COVID-19.**

### WEDNESDAY, MARCH 18:

Waterman Bird Club Walk, 9 a.m., Vanderbilt Mansion, Route 9D, Hyde Park. Information: <http://watermanbirdclub.org/where-to-bird/>.

### THURSDAY, MARCH 19:

Mid-Hudson Valley, IBM Retirees Club, 1 p.m., Crown Heights Clubhouse, 34 Nassau Road (off RT 9 & South Gate Drive), Poughkeepsie.

### FRIDAY, MARCH 20:

Dinner Dance, 6 p.m. to 10 p.m., Poughkeepsie Elks Lodge #275, 29 Overocker Road, Poughkeepsie. Dinner and dancing is \$16. Dancing only, from 8 to 10 p.m., is \$11. Information: 845-454-6660.

### SATURDAY, MARCH 21:

La Leche League Combined Meeting for Nursing Toddlers and Employed Nursing Mothers, 10 a.m. to noon. Free breastfeed-

ing support via mother-to-mother community for nursing toddlers and children ages 1 and up, as well as nursing moms who have returned to work. They meet on the third Saturday of each month. Email cori.lalecheleague@gmail.com for host address.

Dinner and Dancing, 6:30 p.m. to 10:30 p.m., Moose Lodge #904, 1273 Route 9G, Hyde Park. Dinner and dancing is \$15. Dancing only, from 7:30 to 10:30 p.m., is \$10. Members and qualified guests welcome. Information: 845-229-7287.

### MONDAY, MARCH 23:

Waterman Bird Club Meeting, 7:30 p.m., Freedom Plains Church fellowship hall, 1168 Route 55, Lagrangeville. Program is Owls of the Northeast with Frank Galls. Information: <http://watermanbirdclub.org/where-to-bird/>.

### WEDNESDAY, MARCH 25:

MHA of Dutchess County Vet2Vet Support Group. 5:30p.m. to 6:30 p.m., 110 S. Grand Ave., Poughkeepsie. These groups serve as an outlet for veterans to discuss with peers their opinions, challenges, successes and anything else to regain balance in their lives. Free and confidential. Information: 845-473-2500, Ext. 1307.

### SATURDAY, MARCH 28:

ADK Hike, Hudson Highlands, S.P., 9:30 a.m., Beacon. This is a strenuous hike, 8 miles. Meet at the parking area at the end of Sunnyside Rd and take the Overlook Trail up to Fishkill Ridge loop via Dozer Junction. Confirmation deadline: Thurs, 8 p.m.. (Hike will be cancelled if there are no confirmations.) Wear proper clothing, foot wear, bring water and food. Information: georgette.weir@gmail.com.

Dinner and Dancing, 6:30 p.m. to 10:30 p.m., Moose Lodge #904, 1273 Route 9G, Hyde Park. Dinner and dancing is \$15. Dancing only, from 7:30 to 10:30 p.m., is \$10. Members and qualified guests welcome. Information: 845-229-7287.

### SUNDAY, MARCH 29:

Waterman Bird Club Walk, 9 a.m., Vassar Farms, 51 Vassar Farm Ln., Poughkeepsie. Information: <http://watermanbirdclub.org/where-to-bird/>.

Pancake Breakfast, 8 a.m. to 11 a.m., Rombout Fire Company, 901 Main Street, Fishkill. Pancakes, eggs, omelet station, sausage, bacon, juice, coffee and tea. Adults/\$10, Seniors/\$9, Children/\$7 (under age 5 is free). Information: 845-896-8620 or [www.romboutfire.com](http://www.romboutfire.com).

### TUESDAY, MARCH 31:

ADK Hike, Long Dock Park parking lot meet, Beacon. Scenic hike, 4.5 miles. Meet in the Long Dock parking lot in the morning and walk the newly re-opened Dennings Point loop. Call leader to confirm attendance and start time. Wear proper clothing, foot wear and bring water and food. Information: Tom 203-241-3423.

### SUNDAY, APRIL 5:

Sunday of the Passion: Palm Sunday Services, 9 a.m. and 10 a.m., St. Nicholas-on-the-Hudson, 37 Point St. New Hamburg.

### THURSDAY, APRIL 9:

Maundy Thursday, 7:30 p.m., St. Nicholas-on-the-Hudson, 37 Point St., New Hamburg. Holy Eucharist with foot washing and the stripping of the altar.

### FRIDAY, APRIL 10:

Good Friday, 10 a.m. Children's Good Friday Service; 3 p.m. Stations of the Cross; 7:30 p.m., Good Friday Liturgy, St. Nicholas-on-the-Hudson, 37 Point St., New Hamburg.

### SATURDAY, APRIL 11:

Easter Vigil, 8 p.m., St. Nicholas-on-the-Hudson, 37 Point St., New Hamburg. The first service of Easter.

# NORTHERN DUTCHESS SYMPHONY ORCHESTRA

The Northern Dutchess Symphony Orchestra was formed in 2006 to bring live orchestral music to northern Dutchess County and the surrounding Hudson Valley area.

Now celebrating its 13th season, the orchestra ranges from 40 to 50 performers, depending on the repertoire. The 2018/19 concert season includes five main performances. Since the beginning, the orchestra has been conducted by Kathleen Beckmann who also serves as artistic director.

The orchestra regularly features inter-

nationally acclaimed guest artists and talented dance ensembles with the goal of offering the best live performances possible at family-affordable prices.

Friends of the Northern Dutchess Symphony Orchestra is a group of individuals, who are passionate about supporting the arts throughout the Hudson Valley, organized to support and promote the growth of the Northern Dutchess Symphony Orchestra.

For more information, visit [ndsorchestra.org/](http://ndsorchestra.org/)



The Northern Dutchess Symphony Orchestra pays tribute to the music of Pete Seeger. Courtesy photo