



The Frosty Whip Recipe Book

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Frosty Whip is an analogue Cream powder with many applications. It can be used to make simple whipped Cream, cakes, slices, mousses, terrines, frozen parfaits, desserts and many other delicious sweets.

Because it comes in a powder-form, **Frosty Whip** does not require refrigeration, it can be kept in a dry-store below 25°C / 77°F for up to 18 months from the date of manufacture.

A few, simple steps is all that it takes to use **Frosty Whip** instead of real dairy cream.

Advantages of **Frosty Whip**:

- Easy storage
 - No refrigeration: dry powder can be kept below 25°C / 77
 - Long shelf-life: 18 months from the date of manufacture
 - **Frosty Whip** products have excellent serving durability; they can be put on display without refrigeration for up to 8 hours and will still hold their shape.
- Easy to use
 - Simply mix with water (~17°C) and whip
 - Doesn't turn to butter like dairy cream when over-whipped
 - Once prepared, **Frosty Whip** can be frozen and defrosted without cracking or loss of aeration.
 - Can be stored at room temperature for long periods of time without collapsing or melting.
- Lower in fat
 - **Frosty Whip** has only 12-18% fat, depending on the mixing instructions. That is between 1/3 and 1/2 of normal dairy cream.
- HALAL
 - **Frosty Whip** is Halal certified by The Islamic Council of Western Australia.

RECIPES

- 1) Chantilly Cream
- 2) Chantilly Swans
- 3) Chocolate Mousse
- 4) Marbled Chocolate Mousse
- 5) Frozen Parfait Bombe
- 6) Strawberry Compote with Cream
- 7) Lemon Chiffon Cake
- 8) Coffee Right-Angle Cake
- 9) Raspberry Terrine
- 10) Malteaser Cake

Chantilly Cream (Sweetened whipped Cream)

Recipe:

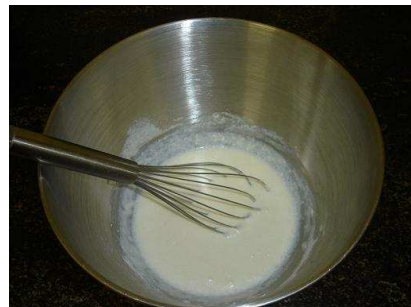
100g Frosty Whip powder
200 mL cool water (~17°C/63°F)

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper

Method:

- 1) Weigh out the Frosty Whip
- 2) Measure the water
- 3) Combine both and stir through
- 4) Whip at low speed for about 1 minute
- 5) Scrape down the sides of the mixing bowl
- 6) Whip at full speed for about another 2 minutes or until fully aerated. The volume should at least double!
- 7) You are ready to use the Chantilly Cream.



Chantilly Swans

Recipe:

100g Frosty Whip powder
250 mL cool water (~17°C/63°F)
Profiteroles
Swan necks (made from Choux Pastry)

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper

Method:

- 1) Weigh out the Frosty Whip
- 2) Measure the water
- 3) Combine both and stir through
- 4) Whip at low speed for about 1 minute
- 5) Scrape down the sides of the mixing bowl
- 6) Whip at full speed for about another 2 minutes or until fully aerated. The volume should at least double!
- 7) Cut the Profiteroles in half and split the top.
- 8) Pipe the Chantilly Cream onto the bottom parts,
- 9) Add the Swan necks
- 10) Add the cut top like wings.
- 11) Place onto a plate and garnish



Chocolate Mousse

Recipe:

100g	Frosty Whip powder
150g	Chocolate Paste
200 mL	cool water (~17°C/63°F)
20 mL	Whiskey (<i>optional</i>)

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper
Piping bag

Method:

- 1) Weigh out the Frosty Whip
- 2) Measure the water
- 3) Combine both with the Chocolate paste and whiskey, stir through
- 4) Whip at low speed for about 1 minute
- 5) Scrape down the sides of the mixing bowl
- 6) Whip at full speed for about another 2 minutes or until fully aerated. The volume should at least triple!
- 7) Fill the Chocolate Mousse into glasses and decorate.
- 8) Chill for at least one hour before serving.



Marbled Chocolate Mousse

Recipe:

100g Frosty Whip powder
200 mL cool water (~17°C/63°F)

100g Frosty Whip powder
100g Chocolate Paste
200 mL cool water (~17°C/63°F)

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper
Piping bag

Method:

- 1) Prepare the Chantilly Cream (see recipe 1)
- 2) Prepare Chocolate Mousse (see recipe 2)
- 3) Combine the two mousses and gently fold through with a spatula to achieve a light marbling effect.
- 4) Fill the Marbled Chocolate Mousse into glasses and decorate.
- 5) Chill for at least one hour before serving.



Frozen Parfait Bombe

Recipe:

100g Frosty Whip powder
200 mL cool water (~17°C/63°F)

50g Frosty Whip powder
50g Chocolate Paste
100 mL cool water (~17°C/63°F)

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper
Piping bag

Method:

- 1) Prepare the Chantilly Cream (see recipe 1)
- 2) Prepare Chocolate Mousse (see recipe 2)
- 3) Fill a bombe-mould about 2/3 with the white mousse.
- 4) Insert the nozzle of the piping-bag containing the chocolate mousse into the centre of the bombe-mould and fill the remainder of the mould.
- 5) Level the mould and freeze for at least one hour.
- 6) When the parfait is frozen, quickly dip the mould into hot water and tip over to remove the parfait-bombe.
- 7) Dust with some cocoa powder and garnish as desired.
- 8) Serve while semi-frozen.



Strawberry Compote with Cream

Recipe:

100g Frosty Whip powder
150 mL cool water (~17°C/63°F)

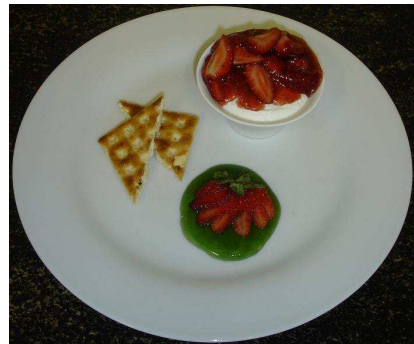
Fresh Strawberries
Strawberry Coulis

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper
Knife

Method:

- 1) Weigh out the Frosty Whip
- 2) Measure the water
- 3) Combine both and stir through
- 4) Whip at low speed for about 1 minute
- 5) Scrape down the sides of the mixing bowl
- 6) Whip at full speed for about another 2 minutes or until fully aerated. The volume should at least double!
- 7) Fill the cream into small portion-sized containers
- 8) Trip and cut the fresh Strawberries and mix with fresh Strawberry-coulis. Load the marinated Strawberries onto the pot of cream and garnish.



Lemon Chiffon Cake

Recipe:

300g Frosty Whip powder
300 mL cool water (~17°C/63°F)
Lemon Butter
Lemon Liqueur
White Sponge

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper
Knife
Cake ring

Method:

- 1) Weigh out the Frosty Whip
- 2) Measure the water
- 3) Combine both and stir through
- 4) Whip at low speed for about 1 minute
- 5) Scrape down the sides of the mixing bowl
- 6) Whip at full speed for about another 2 minutes or until fully aerated. The volume should at least double!
- 7) Slice the Sponge into three layers, place the first slice into the cake-ring and soak with Lemon liqueur.
- 8) Spread a little lemon butter over the sponge, add the FrostyWhip.
- 9) Place the second sponge-slice and repeat step 8.
- 10) Add the third sponge-slice and soak as well.
- 11) Cover the cake with more FrostyWhip, level and refrigerate for at least two hours.
- 12) Cover the top of the cake with Lemon jelly and garnish the exterior of the cake. Refrigerate until use.



Coffee Right-angle Cake

Recipe:

300g Frosty Whip powder
300 mL cool water (~17°C/63°F)
Instant Coffee Butter
Chocolate Sponge (flat)

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper
Knife
Cake ring

Method:

- 1) Weigh out the Frosty Whip
- 2) Measure the water
- 3) Combine both with the instant coffee and stir through
- 4) Whip at low speed for about 1 minute
- 5) Scrape down the sides of the mixing bowl
- 6) Whip at full speed for about another 2 minutes or until fully aerated. The volume should at least double!
- 7) Cut two circles of Chocolate sponge and trim the remainder into long strips about the width of the cake-tin's height.
- 8) Place one choc-sponge disk into the cake-tin and spread a little Coffee-Whip across.
- 9) Pipe Coffee-Whip into the strips and roll up into one big roll until you have raced the diameter of the cake-tin.
- 10) Place the roll into the cake-tin, cover with a little more Coffee-Whip and place the second chocolate-sponge slice on top.
- 11) Refrigerate for at least two hours before garnishing.



Raspberry Terrine

Recipe:

200g Frosty Whip powder
300 mL cool water (~17°C/63°F)
Frozen Raspberries
Raspberry Jam

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper
Knife
Terrine mould

Method:

- 1) Weigh out the Frosty Whip
- 2) Measure the water
- 3) Combine both and stir through
- 4) Whip at low speed for about 1 minute
- 5) Scrape down the sides of the mixing bowl
- 6) Whip at full speed for about another 2 minutes or until fully aerated. The volume should at least double!
- 7) Line the terrine mould with a thin layer of sponge and spread another thin layer of sponge with some raspberry Jam.
- 8) Break up the frozen raspberry and fold into the Frosty Whip
- 9) Fill the terrine mould with the Raspberry Whip and cover with the sponge-slice.
- 10) Refrigerate for at least two hours.
- 11) Tip out the terrine, garnish and serve.

This recipe can also be served semi-frozen.



Malteaser Cake

Recipe:

400g Frosty Whip powder
600 mL cool water (~17°C/63°F)
1 pack Malteasers
Sponge Cake
Whisky
Cocoa powder

Utensils:

Mixing bowl
Hand Whisk
Spatula
Electric Mixer
Scraper
Knife
Bowl-shaped Mould

Method:

- 1) Weigh out the Frosty Whip
- 2) Measure the water
- 3) Combine both and stir through
- 4) Whip at low speed for about 1 minute
- 5) Scrape down the sides of the mixing bowl
- 6) Whip at full speed for about another 2 minutes or until fully aerated. The volume should at least double!
- 7) Line the bowl with a thin layer of sponge, soak the sponge with a whiskey-syrup to moisten.
- 8) Crush the Malteasers and fold into 2/3 of the whipped Cream (leave some aside for decoration)
- 9) Fill 1/3 of the malteaser-cream into the bowl, cover with a layer of sponge and soak the sponge.
- 10) Fill the remainder of the malteaser-cream into the bowl, even and cover with sponge.
- 11) Refrigerate for a few hour or over night.
- 12) Un-mould the cake, cover in the unflavoured Frosty Whip, dust with cocoa powder and garnish with a Malteaser per piece,

