

Strawberries and Cream

What can be easier than fresh strawberry with cream? The touch of vanilla in the fresh cream makes this dessert super especial.



This is another no recipe needed...but I could not ignore it...it is literally strawberry and cream and almost nothing else...okay, some sugar and vanilla extract. No need to bake, cook, just mix and serve...what could be easier? Especially now that all the stores are loaded with beautiful and fresh strawberries.

Back in Brazil strawberry was often served with either condensed milk or cream...and I totally forgot about it until a friend took us to a local Mexican food court where fresas con crema (strawberry and cream) were served...apparently in Mexico,

strawberries with cream are sold everywhere...I felt in love again with the combination of it...so here I am, posting a very simple and delicious recipe for strawberry and cream.

Ingredients:

- 1 lb fresh strawberries, rinsed and halved
- 1 cup Mexican cream, or heavy cream, or crème fraîche
- $\frac{1}{2}$ teaspoon vanilla extract
- 2 to 4 tablespoons sugar (more or less according to your taste)
- Fresh mint for garnish



Method:

Place the sliced strawberries in a bowl, add sugar and gently press with a fork until slightly mashed. The amount of sugar is determined by the tartness of the strawberries or how sweet you prefer.

Cover and place in the refrigerator for about 1 hour.

In the meantime mix the cream, vanilla extract and more sugar, according to your taste.

When ready to assemble the glasses, layer alternatively strawberries and then the cream. Finish with a layer of cream and garnish with mint leaves.

Serve cold





If you enjoy this simple recipe using fresh strawberries, you might want to check on Strawberry Icebox Cake or Strawberry Frozen Yogurt recipes.



Did you know that strawberries are packed with vitamin C? Apparently one serving of strawberries (about 8) provides more vitamin C than an orange.

Thank you for stopping by Color Your Recipes...have a colorful week!