

## Strawberry whipped cream with mascarpone



The creamy strawberry filling is a delicious and refreshing dessert that combines sweet cream's smoothness with fresh strawberries' refreshing taste. It also makes an excellent filling that adds a delightful flavor and smooth texture to your cakes and rolls. Combining sweet cream and fresh strawberries creates a refreshing, creamy filling that perfectly complements any sweet dessert.

I'm bringing you two irresistible versions to choose from. ✨

The first one is made with fresh strawberries – the cream is wonderfully light, refreshing, and full of natural flavor. Perfect for when you want something delicate and fruity. (Just keep in mind it's best enjoyed fresh, as it's not ideal for freezing.)

The second version is freezer-friendly – creamy, versatile, and perfect not only on its own but also as a filling for cakes, roulades, or layered desserts. A great choice if you'd like to prepare treats in advance and always have a little homemade delight ready in your freezer. 🍓 ❄️

## **Option 1:**

### **Fresh strawberry cream**

**- not suitable for freezing**

#### **Ingredients:**

- 250 ml heavy cream
- 100 g fresh strawberries
- 50 g sugar (or to taste)
- 1 teaspoon vanilla extract
- 4 tablespoons mascarpone (or high-fat whipping cream)
- 1 tablespoon powdered sugar (optional, for a sweeter taste)

#### **Procedure:**

1. Whip the heavy cream until stiff peaks form.
2. Wash the strawberries, remove the stems, and blend them into a smooth puree. You can lightly strain the puree to achieve a softer consistency.
3. Gently fold the mascarpone and vanilla extract into the whipped cream. If you prefer a sweeter cream, add the powdered sugar.
4. Finally, mix in the strawberry puree. Stir well to combine all the ingredients.
5. The cream is now ready to be used as a filling for cakes, rolls, or other desserts. Let it cool slightly in the fridge before using.

*The cream can be used in desserts in a glass, as a filling for cakes, or in roulades, that we do not plan to freeze.*

## Option 2 – FREEZER-FRIENDLY:

Strawberry cream that can be safely frozen without the risk of strawberries releasing water and becoming runny

### Ingredients:

- 250 ml heavy cream (33–35%)
- 150 g fresh strawberries (slightly more than in the original recipe, as some water will evaporate)
- 50 g granulated or powdered sugar
- 1 teaspoon vanilla extract
- 5 tablespoons mascarpone (slightly more for better stability)
- 1 packet whipping cream stabilizer (optional, but recommended)
- Optional: 2 sheets of gelatin or ½ teaspoon agar-agar (for a firmer puree)

### Method:

#### 1. Strawberry puree

- Clean and blend the strawberries, then put them in a small saucepan with sugar.
- Cook briefly (2–3 minutes) to evaporate some liquid and thicken the puree.
- For extra stability, stir in gelatin or agar (optional but helpful).
- Let the puree cool completely.

#### 2. Whipped cream with mascarpone

- Whip the cream with the stabilizer until semi-stiff peaks form.
- Add mascarpone and vanilla extract, then whip until a firm cream forms.

#### 3. Combining the cream

- Gently fold the cooled strawberry puree into the whipped mascarpone cream.

- Mix carefully to keep the cream light and airy.

#### 4. Freezing

- Divide the cream into airtight containers, or use it directly as a filling for cakes/rolls and freeze the whole dessert.
- It can be stored in the freezer for 2–3 months.

#### 5. Thawing

- Best to thaw slowly in the fridge overnight.
- After thawing, the cream remains smooth and creamy without separating water.

👉 This method is ideal if you want to prepare cakes, roulades, or dessert cups in advance and store them in the freezer.

More about strawberry purée on [www.PatriciaBereni.com](http://www.PatriciaBereni.com): [Strawberry Purée](#)

Tip:

#### [How to cover a cake with this cream in fondant \(as shown in my photo\):](#)

Fondant does not tolerate moisture – it can dissolve not only from whipped cream or fruit juice, but even from humidity in the fridge. Cream-based fillings are generally not suitable directly under fondant, but they can be used inside the cake while buttercream is placed directly beneath the fondant. If you plan to make a cake with any kind of cream-based or otherwise “risky” filling (including fruit), it’s best to create a protective buttercream barrier as follows:

Using a piping bag, pipe a ring of pure buttercream around the edge of each tier to separate the moist filling from the fondant. Fill the ring with the cream filling and place the next cake layer on top, repeating the same process. Finally, coat the sides and top of the cake with buttercream. Freeze the entire cake first, and only then cover it with fondant without worry.

#### [How to protect a fondant cake from moisture in the fridge](#)

Fondant is very sensitive to moisture – it can become sticky, soft, or even start to dissolve. Never store a cake uncovered. The best option is to keep it in a sealed cake box that protects it from humidity and odors in the fridge. If you don’t have a suitable box, use at least a glass or plastic dome.

### How to freeze a cake properly

If you need to store the cake for longer, you can safely freeze it. First, wrap the entire cake tightly in cling film, then in a layer of aluminum foil, and finally again in cling film. This prevents drying out, freezer burn, and absorption of unwanted odors. Properly wrapped, the cake can last for several months in the freezer.

### Defrosting

When defrosting, condensation on the surface is normal. If the cake is covered with fondant, it may become slightly moist, but the moisture will disappear after a few hours. Always defrost the cake slowly – ideally by moving it from the freezer to the fridge in the evening and letting it thaw overnight. Never defrost at room temperature, as this increases condensation and may damage the fondant.

