

Cream Ingredients

Cream is prepared from milk by centrifugal separation. United States standards require cream containing a minimum of 36% fat to be labeled “heavy whipping” cream. Cream used as an ingredient contains 36% to 40% fat. By standardizing with skim milk, cream of different fat levels can be produced. Light whipping cream and light (“coffee” or “table”) cream contain 30% to 36% and 18% to 30% fat, respectively. Specific homogenization and heat treatments bring about desirable grades of viscosity in cream products. Cream should be stored under refrigeration. It can be quick-frozen and stored frozen until used.

Typical Composition for Fluid Milk Cream Products (%)

Cream Product	Water	Fat	Protein	Lactose	Ash
Half-and-Half	80.2	11.5	3.1	4.5	0.7
Light Cream	74.0	18.3	2.9	4.2	0.6
Light Whipping Cream	62.9	30.5	2.5	3.6	0.5
Heavy Cream	57.3	36.8	2.2	3.2	0.5
Plastic Cream	18.2	80.0	0.7	1.0	0.1
Sour Cream, Cultured	71.0	21.0	3.2	4.3	0.7

Source: Chandan R. (1997), Dairy-Based Ingredients, Eagen Press, St. Paul, Minn.

Cream Varieties

Half-and-Half is a product containing between 10.5% and 18% milkfat, according to federal regulations. It can be pasteurized or ultrapasteurized and may be homogenized. The titratable acidity, expressed as lactic acid, is not less than 0.5%. If nutritive sweeteners or bulky flavoring ingredients are added, the final product must contain not less than 8.4% milkfat.

Light Cream (coffee cream, table cream) contains at least 18% but not more than 30% milkfat. It is pasteurized or ultrapasteurized and may be homogenized.

Light Whipping Cream or whipping cream contains not less than 30% but not more than 36% milkfat. It is pasteurized and may be homogenized. Whipping cream is generally ultrapasteurized to increase shelf life.

Heavy Cream contains not less than 36% milkfat. It is pasteurized or ultrapasteurized and may be homogenized.

Plastic Cream contains 80% milkfat. It resembles butter in consistency but, in contrast to butter, is still an oil-in-water type of emulsion. It can be stored in frozen form and offers

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economy of transportation. It can be used as an ingredient in cheese products and in frozen dessert formulations.

Sour Cream (cultured sour cream) results from souring pasteurized cream with lactic acid-producing bacteria. It contains not less than 18% milkfat, except when the food is characterized by the addition of nutritive sweeteners or bulky flavoring ingredients, in which case the weight of the milkfat is not less than 18% of the remainder obtained by subtracting the weight of such optional ingredients from the weight of the food. In no case should the food contain less than 14.4% milkfat. Sour cream has titratable acidity of not less than 0.5%, calculated as lactic acid.

Acidified Sour Cream results from souring pasteurized cream with safe and suitable acidifiers, with or without the addition of lactic acid-producing bacteria. It contains not less than 18% milkfat, except when the food is characterized by the addition of nutritive sweeteners or bulky flavoring ingredients, in which case the weight of the milkfat is not less than 18% of the remainder obtained by subtracting the weight of such optional ingredients from the weight of the food. In no case should the food contain less than 14.4% milkfat. It has a titratable acidity of not less than 0.5%, calculated as lactic acid.

Dry Cream is obtained by removing the water from pasteurized milk and/or cream; homogenization is optional. Dry cream contains not less than 40% but not more than 75% milkfat by weight on an as-is basis. It contains not more than 5% by weight of moisture on a milk solids-not-fat basis.



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