

# SOUR CREAM

*Versatile Ingredient & Add-on with Reduced & Fat-free Versions*



Sour cream is cultured or acidified light cream. Rich and delicious, it's a traditional addition to Eastern European dishes, a common topping for baked potatoes and nachos, and a great addition to a broad array of dishes. Cultured sour cream, which is the more common type, is soured and thickened by adding lactic acid bacteria to pasteurized cream with at least 18 percent milkfat.

## SOUR CREAM FACTS



While sour cream has at least 18 percent fat, reduced-fat sour cream contains 25 percent less fat; this light version has less butterfat than regular sour cream, because it is made from a mixture of milk and cream rather than just cream.

Fat-free sour cream contains no cream at all, as it's made primarily from non-fat milk; this version is made with less than 0.5 g of fat for each 50 g of weight.



Cultured sour cream is made by adding a culture of *Streptococcus lactis* to pasteurized cream and incubating at 72°F until the desired sour flavor and thickness emerge.

The culture produces lactic acid, which is responsible for sour cream's thickness and distinctive flavor.



Manufacturers may use an acid, such as vinegar, instead of lactic acid cultures to produce acidified sour cream.

Non-fat milk solids and stabilizers may also be added to commercial sour cream.



### STORAGE & HANDLING

- Store sour cream in a refrigerator set at 38°–40°F in the container in which it was sold.
- If separation occurs, gently stir the liquid back into the sour cream.
- Sour cream stays fresh for 2-3 weeks after it's been opened. If any mold forms on the sour cream's surface, discard it immediately.
- Sour cream can be frozen. Freezing may slightly change the texture of sour cream, but any difference is unnoticeable in cooked dishes.



## FOODSERVICE APPLICATIONS

### Back-of-the-House

Sour cream's versatility as a natural additive has made it a staple in restaurant kitchens. It is kept on hand to make quick dips and dressings, thicken soups and sauces and, of course, as a condiment.

Much like yogurt, sour cream also tenderizes and softens baked goods. Rich and acidic in nature, this semi-liquid acts as a fat to produce moist, tender textures in a variety of sweet dishes, such as cookies, scones and cakes.

The relatively low milkfat in sour cream makes it susceptible to curdling at high cooking temperatures. To prevent curdling when using sour cream in hot dishes, add it as late as possible during preparation, heat gradually and stir gently. Sour cream can be used to enrich a dish after cooking and just before serving.

Because of its rich texture, sour cream is a traditional addition to Eastern European dishes such as beet soup (borscht), potato, pea, cabbage, pickle soup and vegetable soups, and a wide array of other dishes.

### Front-of-the-House

Encourage patrons to apply or top California sour cream on their appetizers, entrees, sides and desserts. It's most popular usage is with baked potatoes, where it's often blended with chives, seasoned salt and bacon bits. Chefs are also using it as a topping on crêpes, pancakes and as a dip with vegetable platters.

Sour cream is the California dairy staple that "cools" spicy Mexican-American cuisine such as tacos and chili with its rich, creamy tang. A dollop of sour cream makes a perfect garnish atop steaming tortilla soup or sizzling fajitas, and is the key ingredient for nachos, party dips and dressings.

## WHAT'S TRENDING

### Dairy Fats are Back!

Dairy fats are not only healthy, but also offer tremendous flavor. Not only sour cream, but whole milk and butter are more popular than ever in recipes at a wide variety of restaurants.

### Sour Cream Featured on Pizza

With the growing popularity of vegetarian pizzas, sour cream is appearing as part of a blend with a soft cheese. The freshness and silky taste works great with any number of toppings such as onions, basil and vegetables.

### The Baked Potato Debate

Restaurant patrons have an age-old debate regarding toppings for their baked potatoes. Some want butter, others defend their favorite side dishes' accompaniment as sour cream. Here in California, the nation's largest producer of butter, there is no debate, we prefer both!



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209.883.6455 (MILK) | [businessdevelopment@cmab.net](mailto:businessdevelopment@cmab.net) | [www.RealCaliforniaMilk.com/Foodservice](http://www.RealCaliforniaMilk.com/Foodservice)