

2 minutes application break

# Sour cream



## Facts

**Origin** Eastern Europe  
**Dates back** 18th century  
**Ingredients** Heavy cream and Lactic acid culture

Topping or ingredient in various dishes

## MixSing Process



### Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 75,000 cP
Accessories	Vacuum system, scrape agitator
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

The origins of sour cream can be traced back to Eastern Europe, specifically to countries such as Poland, Hungary, and Russia, where it has been a staple ingredient in traditional cuisine for centuries. It is said to have been first mentioned in the 18th century.

The traditional method of making sour cream involves adding a lactic acid culture, such as a mixture of bacteria, to heavy cream and allowing it to ferment for several hours. The fermentation process thickens the cream and gives it a distinct sour flavour. This process is similar to the one used to make yoghurt, but the cream is not

heated as it is for yoghurt. It's considered a fresh cheese, as it's not aged like most cheese; it's typically consumed within a week or two of being made.

Sour cream is a versatile ingredient that can be used in various dishes. It's a popular condiment, often used as a topping for baked potatoes, tacos, and chilli. It's also commonly used in baking cakes, pies, and pastries. In addition, sour cream is used in many traditional Eastern European dishes such as pierogi, blintzes, and borscht. Sour cream is also often used as a topping for soups, such as borscht and gazpacho, and it can be used as a base for dips and

sauces, providing a tangy and creamy flavour to any dish.

The popularity of sour cream has spread worldwide and can be found in many different cuisines. It's often used as a topping for Mexican dishes, such as tacos and burritos, and it's also a popular ingredient in many American dishes, such as baked potatoes and chicken pot pie.

One of the benefits of sour cream is its versatility. It can be used in both sweet and savoury dishes, and it can be used in a variety of cooking methods, such as baking, sautéing, and grilling.



The power of simplicity

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