



Mise en place

Dairy Products

Dairy products in baked good can be used as a liquid ingredient or as a fat. They provide batters with moisture, tenderizing ability, and increased nutrients. Dairy products are also used in icings and fillings.

Commonly Used Dairy Products

Type of dairy product	Percent fat	Grams of fat per cup
Skim milk	0 %	.5
Fat-free yogurt	Less than 1/2 %	.5
Evaporated skim milk	Less than 1/2 %	.5
Sour cream, fat free	0	0
Buttermilk	1 %	2.2
Lowfat milk	1 %	2.2
Reduced-fat milk	2 %	4.4
Whole milk	3.25 %	7.7
Yogurt, whole milk	3.25%	7.7
Evaporated milk	6.5 %	19
Sweetened condensed milk	8 %	26.6
Ricotta cheese	7 %	32
Half-and-half	10–12 %	27.6
Cream cheese, lowfat	17–18 %	42
Light cream	16–22 %	46.3
Sour cream	18–30 %	48.2
Cream cheese	33–55 %	80.9
Heavy cream	36–40 %	88
Butter	80 %	182

Spices commonly used in cakes, cookies, pies

Allspice

Cinnamon

Clove

Ginger

Nutmeg

Vanilla