

Dairy & Cream

Kitchen

Fat percentages, and which creams will whip or split.

Approximate fat content; names vary by country.

Product	Fat	Whips?
Single cream	18%	No
Whipping cream	35%	Yes
Double cream	48%	Yes, quickly
Heavy cream (US)	36%	Yes
Crème fraîche	30%	Will not split when boiled
Soured cream	20%	Splits if boiled
Greek yoghurt	10%	Splits if boiled

Higher fat resists splitting. Stir yoghurt or soured cream in off the heat; crème fraîche can be simmered.