

Food Writers New Zealand  
**HANDBOOK**  
dairy products



# DAIRY PRODUCTS

## MILK

A new Standard to regulate nutrition content and health claims on food labels and in advertisements became law on 18 January 2013. Food businesses have three years to make changes to ensure they are following the new rules. During this time, health claims must comply with either the new Standard (1.2.7) or the Transitional Standard (1.1A.2). Food businesses must comply with the new standard (Standard 1.2.7) from 18 January 2016.

Product	Fat content	Description
Full cream milk	>3.2%	Pasteurised and can be homogenised
Half and half	18%	A premium, creamier milk product, popular as a replacement for milk or cream in sweet and savoury recipes. Homogenised to create an even texture
Reduced fat milk *	At least 25% less fat than reference food	Energy content is lower than full cream milk or standard milk, with little difference in flavour
Non fat or skim milk *	Maximum 0.15%	Liquid that remains after cream has been skimmed off – provides nearly half the energy of full cream milk
Trim milk * Super trim *	0.5% 0.1%	Non-fat milk solids are added to boost flavour, protein and calcium content
Flavoured milk*	% will vary according to brand	Fluid milk product to which any flavouring has been added
UHT ( <i>ultra high temperature</i> ) milk	% will vary according to whether full cream, skim etc	Does not require refrigeration until opened, then treat as fresh milk
Buttermilk	0.9%	Cultures are added to pasteurised skim milk; has the characteristic flavour and thickness of traditional buttermilk
Cultured milk	2%	Contains acidophilus and bifidus cultures

\* These products are not suitable as complete foods for infants.

## CONCENTRATED MILKS

Product	Fat content	Description
Evaporated milk	7%	A concentrated product that can be diluted and used as a substitute for fresh milk; will whip if chilled
Sweetened condensed milk	Minimum 8% m/m	Contains added sugar that helps to promote keeping qualities once opened

## POWDERED MILKS

Product	Fat content	Description
Full cream milk powder	Milkfat minimum 26%	Full cream milk in powdered form
Instant whole milk powder	Milkfat minimum 26%	Standard milk in dried form, dissolves instantly in cold water
Non-fat milk powder	Milkfat maximum 1.5% m/m	Dissolves instantly in cold water, a substitute for fresh non fat-milk
Skim milk powder	Milkfat maximum 1.5% m/m	Mix into warm water or use as a dry ingredient in cooking

## YOGHURT

To make yoghurt milk is heat treated, homogenised and cooled. A starter culture is added. This acts on the milk sugar to produce lactic acid which sets the milk into a soft curd and develops the mild acid flavour characteristic of yoghurt. (Note that dairy foods and dairy desserts are not yoghurts. They have a pudding-like consistency and do not contain bacterial cultures). Yoghurts vary in fat content. Standard yoghurt has 3% fat, reduced fat has a minimum 25% less fat than reference food, low fat has max 1.5g/100ml.

Product	Description
Natural yoghurt	No flavours, fruits or sweeteners are added. This is simply cultured milk. May contain dried milk products such as non-fat milk solids
Natural sweetened yoghurt	Natural yoghurt with added sweetening
Flavoured yoghurt	Flavourings and sweetener are added to the milk before the manufacturing process begins. Most popular flavours are chocolate, vanilla and strawberry
Fruit yoghurt	Sweetened fruit pulp is added to the yoghurt after fermentation
Acidophilus yoghurt	Yoghurt made using lactic acid producing bacteria such as <i>L. acidophilus</i> , <i>B. bifidus</i> , <i>L. casei</i> . Some yoghurts contain prebiotics (oligosaccharides) which help to increase the population of bifidobacteria (which suppress the activity of harmful bacteria). These yoghurts differ slightly in flavour to other yoghurts

## CREAM

There are a number of different types of cream which can be used for different purposes. A distinction should be made regarding what is regulated by the Food Standards Code and what are typical values for the products. Standard 2.5.2 cream has milkfat no less than 350g/kg, i.e. 35%. Some qualified terms are regulated under Standard 1.2.7 Nutrition Health and Related Claims. Creams are usually sold in small quantities such as 300ml or 500ml, can be pasteurised or UHT treated and are packaged in cartons or plastic.

Product	Fat content	Description
Cream	Milkfat no less than 350g/kg, i.e. 35%	All purpose fresh, pasteurised product for pouring or whipping
Double cream	48% butterfat	No gelatin or thickeners, 100% cream. Ideal for cooking, can be boiled without separating. Use for desserts, sauces, ice cream and soup garnishes. This cream whips well
Reduced cream	Min 25% less fat than reference food	A reduced fat cream that is sterilised and canned
Sour cream	22%	Prepared by culturing pasteurised cream
Light sour cream	Min 25% less fat than reference food	Reduced fat sour cream, prepared by culturing pasteurised reduced fat cream
'Lite' cream	Min 25% less fat than reference food	Contains cream, skim milk, modified starch and stabilisers
Uht 'lite' cream	Min 25% less fat than reference food	Heat-treated cream for pouring; will not whip
Uht whipping cream	37%	Heat-treated cream of similar composition to standard cream
Clotted cream	55%	A thick, pasteurised cream with a sticky consistency and a golden crust on the surface. Originating in Britain's west country
Creme fraiche	N/A	A cream in which a culture has been added to thicken, stabilise and preserve. Has a trace of sourness. Originated and is used extensively in France. Use with fruit desserts and as an alternative to sour cream

## BUTTER

Butter is made by churning cream. The Australia New Zealand Food Standards Code states that butter must contain 80% m/m milk fat.

Product	Description
Creamery butter	Before refrigeration salt was added to butter to act as a preserving agent; now this butter is preferred by many New Zealanders. An all purpose product
Unsalted creamery butter	Useful for baking and cooking, particularly for desserts where a salty taste is not wanted
Cultured butter	During manufacture, a lactic culture, similar to the cultures used to make yoghurt, is added. This gives a subtle tangy taste that is preferred by many Europeans
Clarified butter also known as anhydrous milk fat	This is made from fresh cream from which moisture and milk solids are removed. It heats quickly to high temperatures without burning. Useful for frying
Spreadable butter	Made from the same ingredients as creamery butter. Made more spreadable by a unique process that removes the hard fractions of the cream
Dairy spreads	Made from a blend of butter and margarine. Improves the health profile of the total fat. Blends contain a lower proportion of saturated fat: overall fat composition depends on the product

## CHEESE

There are many ways to classify cheese and classification systems vary from country to country. In New Zealand the most common method is based on the cheese manufacturing process. Many New Zealand cheeses are in the style of, for example, brie, feta etc, cheeses which have their roots in regions of Europe. Cheese can be made from the milk of cows, sheep, goats or buffalo, that is the predominant milk producing animal in the local regions.

Type	Examples	Description
Cheddar and cheddar type	Mild cheddar, tasty cheddar, extra tasty cheddar, Cheshire, colby, Leicester, double Gloucester etc	These cheeses are made from whole milk and all have a similar fat content. Flavour differences come from a longer maturing time or from different lactic acid bacteria cultures
Round eye/ swiss style	Ajhette, Edam Elsberg, Emmentaler, Gruyere, Joboe, Swiss, Gouda	Specific lactic acid bacteria cultures are added to the milk to produce the required flavour and to generate gas that gives the characteristic 'holes'. Some cheeses, e.g. Edam, are made from partially skimmed milk and have a lower fat content
Hard grating cheeses	Parmesan, romano	Ideal cooking cheeses as they are very strongly flavoured
Mould ripened - white	Camembert, brie	Higher fat cheeses prepared so that a surface mould develops and modifies the cheese protein to give a creamy texture
Mould ripened - blue	Bleu de Bresse, blue vein, blue supreme, bleu de montagne, Stilton	Mould cultures are injected into the moulded cheeses. The original cheese composition, salt content, mould variety and maturation time all contribute to the different flavours
Brine ripened	Feta	Feta, matured in a brine solution, has a crumbly texture and salty flavour
Stretched curd	Mozzarella	The curd is cooked which gives a pliable texture and stretchy form when heated
Surface ripened/ washed rind	Havarti, Pyrenees, Poitevin, St Paulin	Many different types of cheese with widely varying flavours and textures fit into this group. All have a similar stage during manufacture: while curing and maturing the outside is wiped with a solution that may contain whey, salt or specific bacteria
Fresh unripened	Cottage, cream, quark (quarg), ricotta, fromage frais	Most fresh cheeses must be eaten fairly soon after they are made. They have the lowest acid and salt content of all cheeses
Sheep milk cheese		White cheese with a distinctive flavour
White cheese	Chevre, tihi	Fresh, mild and creamy with characteristic overtones and a distinctive flavour

Our first handbook was produced in 1991, with the purpose of providing a reference tool that in turn would establish standards for New Zealand food writers. In 1999 the handbook was updated to reflect the growing needs of members.

Food Writers New Zealand is indebted to our hardworking, talented, innovative and active contributors who provided their specialist input for this latest edition.

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**KATHY PATERSON, PRESIDENT, 2016**

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