

## Low Protein Creams

### Single Cream

#### Ingredients

400mls low protein milk e.g. Prozero / Loprofin / SnoPro  
50g unsalted butter  
15g corn flour (3 heaped teaspoons)  
A few drops of cold water



### Whipping Cream

#### Ingredients

400mls low protein milk e.g. Prozero / Loprofin / SnoPro  
400g unsalted butter  
20g cornflour (4 heaped teaspoons)



### Double Cream

#### Ingredients

400mls low protein milk e.g. Prozero / Loprofin / SnoPro  
30g corn flour (6 heaped teaspoons)

### Extra thick double cream

#### Ingredients

400mls low protein milk e.g. Prozero / Loprofin / SnoPro  
250g unsalted butter  
50g corn flour (10 heaped teaspoons)

### Method

1. Place all the measured ingredients into a small saucepan.
2. Place over a low heat and stir until the mixture begins to simmer and thicken
3. Remove from the heat
4. Pour into a suitable mixing bowl/ container and using a hand blender blend for 30-40 seconds
5. Leave to cool
6. Cover and place in the fridge for 3-4 hours or overnight if time permits
7. When chilled the cream will be softly set, you can make the consistency more airy and light by blending again for ~20-30 seconds.

### Note

Add 20g sugar and 3 drops vanilla essence when it has cooled to make Chantilly cream.

You can add the zest of a lemon or orange for additional flavour