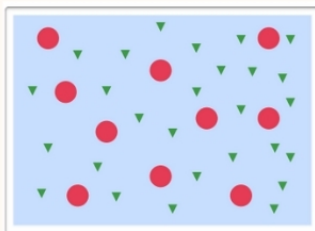


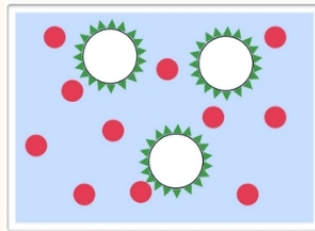
1 UNDERSTANDING THE STAGES OF WHIPPING CREAM

STAGE 1



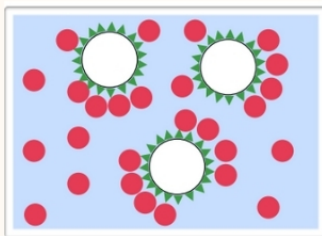
It all starts with **liquid cream**, where fat globules (red) and casein proteins (green triangles) are dispersed.

STAGE 2



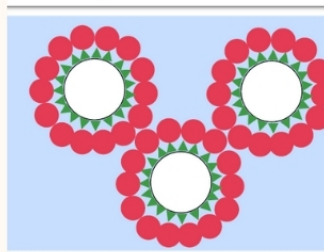
As you **begin whipping**, air bubbles (white circles) are incorporated, and casein proteins start to surround them, forming a '**proteinic liquid foam**'

STAGE 3



With **continued whipping**, fat globules cluster around the air bubbles, creating a '**high fat liquid foam**'.

STAGE 4



Finally, the fat globules **fully envelop** the air bubbles, forming a stable '**high fat solid foam**' – your beautifully whipped cream!

2 CALCULATING YOUR WHIPPING RATE

Yield Volume
Coefficient

=



Liquid Cream
Volumic Mass

÷



Whipped Cream
Volumic Mass

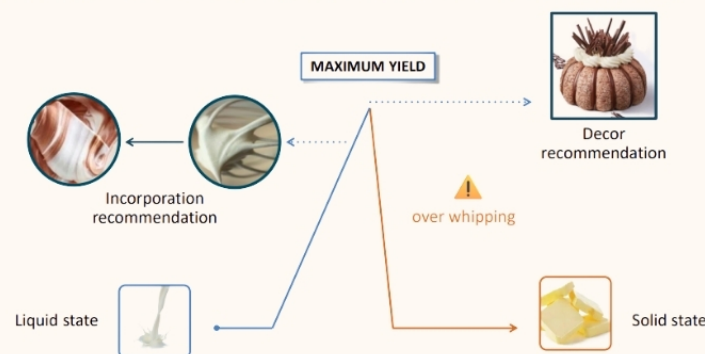
Yield Volume
Coefficient

=

225g ÷ 75g

Knowing your cream's whipping rate helps you predict its yield. It's calculated by dividing the liquid cream's volumetric mass by the whipped cream's volumetric mass. For example, 225g of liquid cream yielding 75g of whipped cream gives a coefficient of 3.

3 THE SWEET SPOT: REACHING MAXIMUM YIELD



Liquid State to Maximum Yield: Start with liquid cream and whip until you reach the 'Maximum Yield' – this is where your cream has the best volume and stability for decoration.
Over Whipping: Beware the 'over whipping' zone! Past its peak, whipped cream can quickly turn grainy and eventually separate into a solid (butter) and liquid.