Value-Added Dairy Foods

Penn State Extension supports dairy processors and producers with technical assistance and education focusing on safe, high quality milk and value-added dairy products and business success.

Introduction to Making Cultured Products

The type of products determines the cultures and ingredients, processing equipment, and facility requirements needed. Make sure you know the regulations that apply to your products.

Cultured dairy products include yogurt, sour cream and dips, cottage cheese, cream cheese, buttermilk, and kefir; in a variety of flavors including sweet and fruity, and savory with herb and vegetable flavors.

Cultured dairy products contain:
- A milk base
- Cream and milk powders to get the desired fat and protein contents
- Stabilizers may be used for texture and to keep whey from separating
- Sweeteners and flavors may be added

There are different types of cultured products and different ways to make them:

Yogurt:
- Spoonable - Fermented in a tank and then packaged. Flavors are blended in after fermentation
- Cup-set - Packaged and then fermented in a warm room. Flavors are put into the cup before the yogurt mass is added
- Greek style - Concentrated by centrifuging or straining
- Drinkable - Thinner formula, homogenized before bottling

Sour Cream and Buttermilk:
- General manufacturing is similar to yogurt, with different ingredients and process targets

Knowing the different flavors and styles of products you want to make before you start will allow you to construct your facilities with all the areas you will need, and purchase the correct equipment, supplies, and ingredients to create your own unique line of cultured dairy products.

For more information, please follow us at extension.psu.edu.

This program was developed by Food Safety CTS, LLC, for Penn State Extension.

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

This publication is available in alternative media on request.
Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to all qualified applicants without regard to race, color, religion, age, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status.

Code 6025I 3/21pdf