

I scream, you scream, we all scream for

Ice Cream!

Seems like every shop has a different name for their signature frozen dairy treat, but are they really the same?

But first, what is

Milk Fat

and why does it matter?

Milk fat is the natural fat content in dairy products, made up of fatty acids and usually measured in percentages. The texture, flavor, and richness of dairy products can vary depending on the milk fat content.



Types of Ice Cream!



Traditional

Standard, scoopable ice cream with 10% to 18% milk fat and a firm, dense, and creamy texture.



Soft Serve

Lower fat content (3-6% milk fat) and a higher air content than traditional ice cream, lending the soft and fluffy texture.



Gelato

Italian-style ice cream with less milk fat content (4-8%), churned more slowly, and often served at a warmer temperature than traditional ice cream, resulting in a denser, softer, and richer texture with more pronounced flavor.



Frozen Yogurt

Made with yogurt instead of milk and cream, giving it a tangier flavor and less fat content (0.5-6%) than traditional ice cream, and has more air, giving it a similar texture to soft serve.



Frozen Custard

Similar to traditional ice cream with 10-18% milk fat, but also contains egg yolks, giving it a smoother texture.



Sherbert

Fruit-based frozen dessert, made with fruit juice or puree, sugar, water, and a small amount of cream (usually 1%-2% milk fat), making it lighter and more granular in texture than traditional ice cream.



Sorbet

Fruit-based frozen dessert, made with fruit juice or puree, sugar, and water, but contains no dairy, resulting in a lighter and icier texture due to the lack of fat content (0% milk fat).