

## = Clotted cream =

Clotted cream ( sometimes called scalded , clouted , Devonshire or Cornish cream ) is a thick cream made by indirectly heating full cream cow 's milk using steam or a water bath and then leaving it in shallow pans to cool slowly . During this time , the cream content rises to the surface and forms " clots " or " clouts " . It forms an essential part of a cream tea .

Although its origin is uncertain , the cream 's production is commonly associated with dairy farms in southwest England and in particular the counties of Cornwall and Devon . The current largest commercial producer in the UK is Rodda 's in Redruth , Cornwall , which can produce up to 25 tons ( 25 @, @ 000 kg ; 55 @, @ 000 lb ) of clotted cream a day . In 1998 the term Cornish clotted cream became a Protected Designation of Origin ( PDO ) by European Union directive , as long as the milk is produced in Cornwall and the minimum fat content is 55 % .

## = Description =

Clotted cream has been described as having a " nutty , cooked milk " flavour , and a " rich sweet flavour " with a texture that is grainy , sometimes with oily globules on the crusted surface . It is a thick cream , with a very high fat content ( a minimum of 55 percent , but an average of 64 percent ) ; in the United States it would be classified as butter . For comparison , the fat content of single cream is only 18 percent . Despite its popularity , virtually none is exported due to its short shelf life .

Due to its high saturated fat content , the regular consumption of clotted cream is usually thought to be bad for health , though some dairy fat in the diet is considered beneficial . A 2006 survey of nutrition professionals ranked clotted cream as the least healthy of 120 foods selected to be representative of the British diet . According to the United Kingdom 's Food Standards Agency , a 100 @-@ gram ( 3 @. @ 5 oz ) tub of clotted cream provides 586 kilocalories ( 2 @, @ 450 kJ ) , roughly equivalent to a 200 @-@ gram ( 7 @. @ 1 oz ) cheeseburger .

## = History =

Originally made by farmers to reduce the amount of waste from their milk , clotted cream has become so deep @-@ rooted in the culture of southwest Britain that it is embedded as part of the region 's tourist attraction . While there is no doubt of its strong and long association with Cornwall and Devon , it is not clear of its actual antiquity , or more recent development .

The Oxford Companion to Food follows traditional folklore by suggesting it may have been introduced to Cornwall by Phoenician traders in search of tin . It is similar to kaymak ( or kajmak ) , a Near Eastern delicacy that is made throughout the Middle East , southeast Europe , Iran , Afghanistan , India , and Turkey . A similar clotted cream known as ' urum ' ( ???? ) is also made in Mongolia .

However , contemporary ancient food experts , noting Strabo 's commentaries on Britain ;  
" They live off their herds ... As they have mines of tin and lead , they give these metals and hides from their cattle to the sea traders ... instead of olive oil they use butter . "

have proposed that the early Britons would probably have clotted cream to preserve its freshness .  
More recently , regional archaeologists have associated the stone fogou ( dial . ' fuggy @-@ hole ' ) , or souterrains , found across Atlantic Britain , France , and Ireland as a possible form of " cold store " for dairy production of milk , cream , and cheese in particular . Similar functions are ascribed the linney ( dial . ' lean @-@ to ' ) stone @-@ built form , often used as a dairy in later medieval longhouses in the same regions .

It has long been disputed whether clotted cream originated in Devon or Cornwall , and which county makes it the best . There is evidence that the monks of Tavistock Abbey were making clotted cream in the early 14th century . After their abbey had been ransacked by Vikings in 997 CE , the monks rebuilt it with the help of Ordulf , Earl of Devon . Local workers were drafted in to help with the repairs , and the monks rewarded them with bread , clotted cream , and strawberry preserves . The

1658 cookery book The Compleat Cook had a recipe for " clouted cream " .

In the 19th century it was regarded as better nourishment than " raw " cream because that cream was liable to go sour and be difficult to digest , causing illness . An article from 1853 calculates that creating clotted cream will produce 25 percent more cream than regular methods . In Devon , it was so common that in the mid @-@ 19th century it was used in the formative processes of butter , instead of churning cream or milk . The butter made in this way had a longer lifespan and was free from any negative flavours added by the churning .

It has long been the practice for local residents in southwest England , or those on holiday , to send small tins or tubs of clotted cream by post to friends and relations in other parts of the British Isles . Food regulations for perishable goods prohibit it being sent abroad .

= = = EU directives = = =

In 1993 , an application was made for the name Cornish clotted cream to have a Protected Designation of Origin ( PDO ) in the European Union for cream produced by the traditional recipe in Cornwall . This was accepted in 1998 . Cornish clotted cream must be made from milk produced in Cornwall and have a minimum butterfat content of 55 percent . The unique , slightly yellow , Cornish clotted cream colour is due to the high carotene levels in the grass .

= = Preparation = =

Traditionally , clotted cream was created by straining fresh cow 's milk , letting it stand in a shallow pan in a cool place for several hours to allow the cream to rise to the surface , then heating it either over hot cinders or in a water bath , before a slow cooling . The clots that had formed on the top were then skimmed off with a long @-@ handled cream @-@ skimmer , known in Devon as a reamer or raimer . By the mid @-@ 1930s , the traditional way of using milk brought straight from the dairy was becoming a rarity in Devon because using a cream separator actively separated the cream from the milk using centrifugal force , which produced far more clotted cream than the traditional method from the same amount of milk . As a farmer 's wife in Poundsgate said , " the separator saves a whole cow ! " .

Today , there are two distinct modern methods for making clotted cream . The " float cream method " includes scalding a floating layer of double cream in milk ( skimmed or whole ) in shallow trays . To scald , the trays are heated using steam or very hot water . After the mixture has been heated for up to an hour it is slowly cooled for 12 hours or more , before the cream is separated and packaged . The " scald cream method " is similar , but the milk layer is removed and a layer of cream which has been mechanically separated to a minimum fat level is used . This cream is then heated in a similar manner , but at a lower temperature and after a set amount of time it is then chilled and packaged . In the United Kingdom the resultant cream is deemed to be equivalent to pasteurised for legal purposes . Unlike pasteurisation , however , there is no requirement for the temperatures to be recorded on thermograph charts . As the temperatures are lower than used in standard pasteurisation , much care is needed in ensuring high standards of hygiene .

The largest UK manufacturer is Rodda 's , a family @-@ owned business based in Scorrier , Cornwall . Founded in 1890 , the company was producing over 1 @,@ 000 @,@ 000 pounds ( 450 @,@ 000 kg ) per year in 1985 , and in 2010 the managing director said that they might produce as little as 5 or 6 tons ( 5 @,@ 000 or 6 @,@ 000 kg ) a day in January , but up to 25 tons ( 25 @,@ 000 kg ) a day as Christmas approached . In the early 1980s , Rodda 's signed deals with international airlines to serve small tubs of clotted cream with the in @-@ flight desserts . The company considers the annual Wimbledon tennis championships one of their peak selling periods . As a by @-@ product , for every 100 imperial gallons ( 450 l ; 120 US gal ) of milk used , 94 imperial gallons ( 430 l ; 113 US gal ) of skimmed milk is produced , which is then used in food manufacture .

One Devon manufacturer , Definitely Devon was purchased by Robert Wiseman Dairies in March 2006 , closing one of the two Devon dairies and moving all production to Okehampton . However , in

2011 Robert Wiseman sold the Definitely Devon Brand to Rodda 's , who moved the production of Definitely Devon to Cornwall , which caused some controversy as the name was not changed , prompting an investigation by Trading Standards .

Throughout Cornwall and southwest England , clotted cream manufacture is a cottage industry , with many farms and dairies producing cream for sale in local outlets . Clotted cream is also produced in Somerset , Dorset , Herefordshire , Pembrokeshire , and the Isle of Wight .

When authentic clotted cream is not available , there are ways to create a substitute product , such as by mixing mascarpone with whipped cream , a little sugar , and vanilla extract .

= = Uses = =

= = = Cream tea = = =

Clotted cream is an essential part of a cream tea , a favourite with tourists in Cornwall and Devon . It is served on scones ? or the more traditional " splits " in Cornwall ? with strawberry or raspberry jam , along with a pot of tea . Traditionally , there are differences in the way it is eaten in each county : in Devon , the cream is traditionally spread first on the scone , with the jam dolloped on top . In Cornwall the jam is spread first with a dollop of cream . Cream teas spread to southern Australia as early immigrants from Cornwall and Devon took their traditional recipes with them . In 2010 , Language Farm in Devon started a campaign for " Devon cream tea " to have protected designation of origin similar to " Cornish clotted cream " . One variation on a cream tea is called " Thunder and Lightning " which consists of a round of bread topped with clotted cream and golden syrup , honey , or treacle .

= = = Confectionery = = =

Clotted cream can be used as an accompaniment to hot or cold desserts . Clotted cream , especially clotted cream from Devon , where it is less yellow due to lower carotene levels in the grass , is regularly used in baking . It is used throughout southwest England in the production of ice cream. and fudge .

= = = Savoury dishes = = =

Clotted cream is used in some savoury dishes , and can be incorporated into mashed potato , risotto or scrambled eggs .

= = = Historical = = =

Cabbage cream ( which does not contain cabbage ) was a delicacy in the mid @-@ 17th century : layers of clotted cream were interspersed with sugar and rosewater , creating a cabbage effect when served . It was a common accompaniment to junket , a milk @-@ based dessert which went out of fashion in the mid @-@ 20th century .

= = Literature and folklore = =

Clotted cream was mentioned in The Shepheardes Calendar , a poem by Edmund Spenser in 1579 :

As with many Cornish and Devonian icons , clotted cream has become entrenched in local folklore . For example , one myth tells of Jenny who enticed the giant Blunderbore ( sometimes called Moran ) by feeding him clotted cream . He eventually fell in love with her and made her his fourth wife . Another myth , from Dartmoor , tells of a princess who wanted to marry an elven prince , but according to tradition had to bathe in pure cream first . Unfortunately , a witch who wanted the

prince for her daughter kept souring the cream . Eventually , the prince offered the princess clotted cream , which the witch was unable to sour .