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# **Shortening**

## **What is it?**

[Shortening](#) is a fat that is solid at room temperature, derived from a variety of plant-based sources such as palm, soy, canola and cottonseed. They may contain other ingredients in the blend to optimize the taste, texture and mouthfeel based on the finished product needs. Whether it's for baking, frying, or general cooking, shortening blends offer a versatile and reliable solution for food manufacturers.

## **Where is it used?**

Bakery - a critical component of baked goods like pie crusts, cakes, cookies, bars, bread, biscuits, danishes and tortillas.

Icings and fillings - buttercream and whipped icings, flat frostings, bakery fillings and whipped toppings

Confectionery - chocolate compound, caramels, truffles, gums, candy coatings

Fried Foods - donuts, potato chips, nuggets, wings, fingers, appetizers and snacks

Plant-Based Foods - meat and dairy alternatives have special needs for fat, for products like vegan burgers, chicken-like products and plant based ice cream.

## **Variations and Selection Criteria**

Melting point and smoke point are important criteria when selecting a shortening, as are other processing conditions such as speed of setup time, mixing capabilities and freeze thaw stability. The ingredients in the blend should also be considered particularly if the finished product is clean label. Nutritional profile is important with respect to saturated and trans fats. Certifications such as organic, non-GMO and RSPO palm are important depending on the claims of the finished product.

## **Conclusion**

In conclusion, shortenings offer a versatile and reliable solution for food manufacturers in a variety of products. There are many products available and Blendtek can help you select the best option for your specific needs.

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