Using Specialty Fats for Fillings

Choosing the right vegetable filling fat is an essential step towards a fresh, cool-melting filling or a healthier filling reduced in saturated fat.

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Confectionery fillings that are low in saturated fats or high in cooling sensation are gaining popularity. Specialty vegetable fats are the key to differentiation.

Innovative products with a captivating taste and texture are a must for manufacturers looking to expand their share of the filled-chocolate market. So it is only natural that companies are exploring new ingredients and efficient processes that can give consumers the experience they expect every time they eat a piece of chocolate.

A good place to start is with the fat. Vegetable fats are major players when it comes to the texture, flavor release and melting properties of a chocolate filling. Often they hold the key to meeting consumer requests for new, indulgent products.

A strong indulgence trend revolves around giving consumers a special cooling sensation when eating a filled chocolate. This gives the filling a fresher feel and accentuates most flavors. Though very much linked to the composition of the vegetable fat, the cooling sensation is also influenced by the process, the overall fat composition and the total recipe.

At the same time, there is a growing demand for healthier products with a lower content of saturated fat per serving. Saturated fat is a very important structure builder, so developing a more indulgent, speciality filling with less saturated fat is a challenge. However, nothing is impossible provided that the optimal vegetable fat is identified for each application.

THE FATS IN THE FILLING

Before exploring these trends in detail, let’s start by considering the typical content of a fat-based chocolate filling. Generally, the fat accounts for 35 to 50 percent of the total composition. Up to 0.6 percent emulsifier is used, while the rest of the recipe consists of solid components, such as milk solids, cocoa solids, nut solids, sugar and other dry ingredients. Often small flavoring doses are added.

The fat content—or fat phase—mainly comprises a mixture of vegetable fat, milk