

Crème Fraîche



TIP: What is crème fraîche? Crème fraîche (pronounced "krem fresh" and French for "fresh cream") is a slightly sweet, buttery flavored combination of heavy (whipping) cream and bacteria cultured butter milk or yogurt. Because of its 15-45% butter fat and almost no protein content, crème fraîche can be cooked to thicken either savory or sweet sauces without curdling. At the same

time, crème fraîche works well cold as a compliment to desserts and can also be varied in flavor by adding sweet (sugar, honey, cinnamon, etc.) or savory (garlic, herbs, etc.) ingredients - as always, imagination is your only limit!

Preparation Time: about 2 minutes to put together and 12-24 hours to let sit at room temperature

Needed

(to make 1 cup)

1 Cup (8 ounces) Heavy (pasteurized but not ultra-pasteurized) Whipping Cream

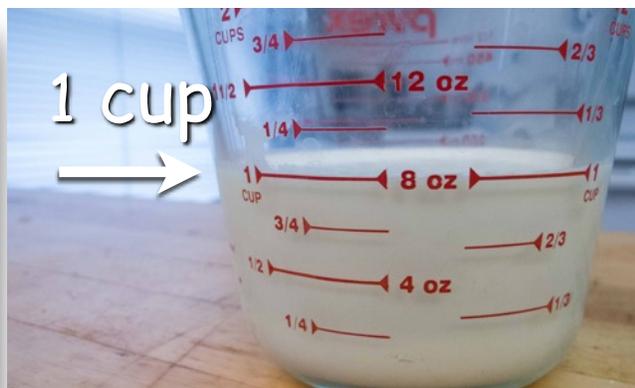
2-3 Tablespoons Low Fat Cultured

Buttermilk (buttermilk can be substituted with live bacteria cultured yogurt or kefir, though buttermilk is best at adding crème fraîche's distinctive buttery taste)

Measuring Cup Tablespoon Glass Jar with Top



1. Measure **1 cup (8 ounces)** whipping cream and...



...and add and stir in 2-3 tablespoons low fat cultured butter milk. (**NOTE:** Adding **2 tablespoons buttermilk** will result in a **thinner crème fraîche**: **3 tablespoons of buttermilk** will make for a **thicker crème fraîche.**)



2. Pour the **heavy cream and buttermilk mixture** into a glass jar, and cover the glass jar loosely with a jar top.



3. Let the jar sit at room temperature (about 70°F/21°C) for 12-24 hours.



4. After 12-24 hours, check the **crème fraîche** for thickness.



**Thinner creme fraiche
made with 2 tablespoons
buttermilk**



**Thicker creme fraiche
made with 3 tablespoons
buttermilk**

5. Stir the room temperature crème fraîche. Then...



...cover the jar snugly and refrigerate up to 10 days.



6. Refrigerated crème fraîche should look

about like this.



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