

3/4 cup heavy cream
 1/4 cup buttermilk
 juice from 1/2 a fresh lemon

A NOTE ABOUT CRÈME FRAÎCHE

Crème fraîche is widely used in French cooking and is readily available in French markets.

Crème fraîche is available in specialty or gourmet markets in the United States, but making it is easy and much less expensive. Plus, making it yourself allows you to personalize it. To do this, add a herb or spice, such as lemongrass, tarragon or even cinnamon, after you add the lemon juice. Then let set and enjoy!

Crème fraîche can be added to soups and sauces and it will not curdle or split due to the high fat content in the cream.

Crème Fraîche

Crème fraîche is thickened cream that has a “sour cream-like” texture and taste. It has a slightly tangy almost nutty flavor, that is the perfect complement for both sweet and savory dishes.



Pour boiling water into an earthenware crock, or a heavy glass measuring cup.

Allow the container to heat for a minute, then pour out the water and add the whipping cream, buttermilk, lemon juice.

Stir well and cover with plastic wrap. Store at room temperature for two days or until the mixture reaches the consistency of thick cream. Then refrigerate. It will thicken even further once refrigerated.

If stored properly, crème fraîche will last up to a week in the refrigerator.