

Crème Fraîche | Mexican Crema

Makes 1 cups | Active Time: 5 minutes | Total Time: 24 hours

Swick

Chef's Notes

Crème fraîche is available in specialty or gourmet markets, 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 it set and enjoy!

Crème fraîche can be added to soups and sauces and it is less likely to curdle or split due to the high fat content in the cream.

Step 1: Making the Crème Fraîche

- 3/4 cup heavy cream (33% M.F.)
- 1/4 cup buttermilk
- juice from 1/2 a fresh lemon

To make the crème fraîche, 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. Add the whipping cream, buttermilk and 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. It will thicken even further once refrigerated.

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