

CRÈME FRAÎCHE


Rich, tangy, luscious crème fraîche is one of the many culinary triumphs of French cuisine. Thank the heavens above that cheesemakers here in the U.S. are doing a great job producing their own crème fraîche, and that it can be found in many well-stocked supermarkets and natural food stores across our great land. However, if you do have trouble finding it, or if you are feeling extra French, you can easily make this simple homemade version. We love to blend it with fresh herbs and lemon then spoon it on top of chicken and fish. And when it comes to fresh fruit and dessert, we especially love it whipped with honey and vanilla.

Prep time: 2 minutes

Makes 1 cup

Ingredients:

1 cup heavy whipping cream
2 tablespoons buttermilk, or
plain yogurt



Combine the cream and buttermilk in a small glass or metal bowl and cover with plastic wrap. Let sit for 24 hours at room temperature to culture and thicken. Refrigerate until ready to use. Will keep in the fridge for about a week.