

Mexican Crema

May 17th, 2025

Prep Time: 01:00

Cook Time: 48:00

Mexican Crema Fresca is a traditional cream-based sauce, similar to Crème Fraîche. Both use Heavy Cream, however Crème Fraîche integrates an active buttermilk culture (*Lactococcus lactis* or *Lactobacillus bulgaricus* plus *Leuconostoc citrovorum*), while Crema Fresca uses an active yogurt culture (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*). This recipe can be easily scaled to produce a larger yield by maintaining a yogurt/cream ratio of 1:8. Note: Yogurt that does not have an active culture will fail to incubate properly. You can replace the Heavy Cream with Half and Half, to reduce the overall cost, without a negative impact on the flavor.

Ingredients:

2 Cups Heavy Whipping Cream (or Half and Half)

4 Tablespoons Active Culture Plain Yogurt

2 Limes, juiced

1 Pinch Salt

Directions:

Stovetop Preparation

Place the Heavy Cream into a medium saucepan over medium-high heat.

Heat the Heavy Cream until it reaches 161° F.

DO NOT BOIL.

Immediately remove from the heat and cool the Heavy Cream to below 90° F.

Add the Yogurt. Use a wire whisk to mix thoroughly.

Cover tightly with cheesecloth and Incubate at 100° F. to 116° F. for 36 to 48 hours (depending on desired thickness).

Instant Pot Preparation

Sanitize the Instant Pot

Allow to cool, then open the Instant Pot and drain the water

Allow the pot to cool. You can place it in the refrigerator to speed the process.

Place the Heavy Cream into the Instant Pot. Use the Saute setting to heat to 161° F.

DO NOT BOIL.

Immediately remove from the heat and cool the Heavy Cream to below 90° F.

Add the Yogurt. Use a wire whisk to mix thoroughly.

Apply the glass lid (do not pressurize) and set on "Yogurt" for 36 to 48 hours (depending on desired thickness).

After the Mexican Crema has Incubated

Mix in the Lime Juice and the Salt, then refrigerate for 24 hours before using to let the flavors permeate.

Will keep (refrigerated) for up to 3-4 weeks.