

Crème Fraîche

May 27th, 2018

Prep Time: 24:00

Cook Time: 00:00

Crème Fraîche is a traditional creamy French sauce, made by mixing cultured Buttermilk and Heavy Cream and then incubating the culture to thicken the cream. Crème Fraîche can be a tasty addition to fresh fruit, a thickener for sauces, or even added as a creamy thickener for soups. Because of the high percentage of milk fat, Crème Fraîche can survive high heat, even boiling, without breaking down. This recipe can be easily scaled to produce a larger yield by maintaining a buttermilk/cream ratio of 1:16. **Note**

: Buttermilk that does not have an active culture will fail to incubate properly. The Borden brand "Country Store Bulgarian Cultured Whole Buttermilk" seems to be available most places across the US.

Ingredients:

1 Cup Heavy Whipping Cream

2 Tablespoons Active Culture Buttermilk

Note: To modify the yield, use 1 part Buttermilk to 16 parts Heavy Cream

Directions:

Stovetop Preparation

Heat Cream to 161° F.

Immediately remove from heat and Cool to below 90° Fahrenheit.

Thoroughly mix the Heavy Cream and the Cultured Bacteria Buttermilk in a non-reactive container (glass, Stainless Steel, etc.)

Cover tightly with cheesecloth and Incubate at 100° F. to 116° F. for 12 to 24 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. Place in the refrigerator to speed the process.

Place the Heavy Cream into the Instant Pot. **Use the Sauté setting (for 10 minutes) to heat to 161° F.**

DO NOT BOIL.

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

Add the Cultured Bacteria Buttermilk. Use a wire whisk to mix thoroughly.

Apply the glass lid (do not pressurize) and set on "Yogurt" for 12 to 24 hours (depending on desired thickness).

Seal in an airtight container and refrigerate for 24 hours before using.

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