



HOMEMADE CRÈME FRAÎCHE

A TANGY, RICH, AND VERSATILE CULTURED
DAIRY PERFECT FOR SOUPS, SAUCES, OR
DESSERTS.

RECIPE ADAPTED FROM NOURISHING
TRADITIONS BY SALLY FALLON.

INSTRUCTIONS:

- Combine the Ingredients:
- Pour the raw cream into a clean glass jar. Stir in the buttermilk or yogurt using a wooden spoon.
- Cover and Ferment:
- Cover the jar loosely with a clean cloth or the jar lid (not tightly sealed). Leave it at room temperature (around 70°F) for 12-24 hours, or until the cream thickens and develops a tangy flavor.
- Check the Texture:
- Once the crèpe fraîche is thickened to your liking, give it a gentle stir.
- Refrigerate:
- Store in the refrigerator with the lid secured. Crèpe fraîche will continue to thicken slightly as it chills and can be kept for up to 2 weeks.

INGREDIENTS:

- 2 cups raw cream (preferably fresh and unpasteurized)
- 2 tablespoons cultured buttermilk or yogurt (with live active cultures)

Equipment:

- A clean glass jar with a lid
- A wooden spoon for stirring