

Fresh homemade crème fraîche is a nice alternative to store bought crème fraîche and sour cream. It tastes much better and is easier on the budget. I've been able to source my dairy locally , through @bexley_natural_market. Locally made dairy products taste sweeter, fresher, and is more nutritious.

Why make homemade crème fraîche?

Benefits:

- ★ Full of probiotics supporting gut microbione
- ★ Easier to digest
- ★ Vitamin A,D,k
- ★ Calcium
- ★ Easy to use in sweet and savory recipes
- ★ Doesn't curdle when heated like sour cream or yogurt

I've tried several different recipes and this is my recipe I've come up with

Equipment:

Clean glass jar (cleaned in dishwasher or boiled to sterilize)

Coffee filter or cheese cloth

Rubber band or lid ring

Clean metal fork

Ingredients:

2 cups of organic heavy cream, pasteurized (not ultra pasteurized; getting cream from a local farm is ideal)

4 Tbs of full fat organic Greek yogurt with live active cultures

(ratio is 1 cup heavy cream to 2 Tbs Greek yogurt)

1. Place cream in glass jar
2. Let cream and Greek yogurt come to room temperature , about 30 minutes
3. Add Greek yogurt to cream and stir until it's mixed completely
4. Cover with coffee filter or cheese cloth and secure it with a rubber band or lid ring
5. Set aside on kitchen counter where the temperature is around 70 degrees F
6. Let cream +yogurt mixture ferment for about 12-36 hours. Check every 12 hours to see if it's thickened and has a slightly tangy taste.

If it smells really bad, you see any changes in color, or there's clear liquid on top of the cream, it's a sign the fermentation didn't work and the cream is spoiled. Most likely the equipment wasn't clean enough, allowing harmful bacteria to grow. Discard and try again.

I have never had my cream spoil.

7. When your crème fraîche is done fermenting, refrigerate it. It should be good for 7-10 days

Enjoy your crème fraîche with fruit, in baked goods or add to savory recipes

#crème fraîche #probiotics #guthealth #bwellayurvedahealthcoach
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