

Cream (crème fraîche, crème double)



French cream is matured cream, that is, lactic acids and natural ferments have been allowed to work in it until the cream has thickened and taken on a nutty flavor. It is not sour. Commercially made sour cream with a butterfat content of only 18-20 percent is no substitute; furthermore, it cannot be boiled without curdling. French cream has a butterfat content of at least 30 percent. American whipping cream with its comparable butterfat content may be used in any French recipe calling for crème fraîche. If it is allowed to thicken with a little buttermilk, it will taste quite a bit like French cream, can be boiled without curdling, and will keep for 10 days or more under refrigeration; use it on fruits or desserts, or in cooking.

1 tsp. commercial buttermilk

1 cup whipping cream

Stir the buttermilk into the cream and heat to luke-warm—not over 85 degrees. Pour the mixture into a loosely covered jar and let it stand at a temperature of not over 85 degrees nor under 60

degrees until it has thickened. This will take 5-8 hours on a hot day, 24-36 hours at a low temperature. Stir, cover, and refrigerate.

Note: French unmatured or sweet cream is called fleurette