

Crème Fraiche

Crème Fraiche:

As I'm sure is becoming obvious to you, I think simple is best. And this little gem is soooo simple yet so versatile. There are, of course, lots of milk based products that are useful in the kitchen: yogurt, cottage cheese, buttermilk, (and, in fact, butter itself), etc. This concoction is inane, which in and of itself, would seem to dictate, "why bother." Why bother is because it's so inane, so basically without its own flavor, that it can be so easily molded to fit the flavor you want. It's the ultimate base. It can be served cold, which I do often, with dill added to accompany fish, particularly salmon, as a "for instance." It can also be added to hot dishes, soups and casseroles, without curdling, and to thicken or add a wonderful creaminess. It can stand up to the addition of lemon or other citrus juices without curdling.

I can't begin to tell you how many times, when I first started cooking, I tried to add lemon to a sauce that was cream based only to have it curdle.

Crème Fraiche is forgiving, wonderfully smooth, and many times the perfect compliment to your dish.

And it's so easy....

- 1 pint heavy crème
- 1 pint half-and-half
- 1 tablespoons buttermilk

Mixed all ingredients together in a glass container that you can cover, and sit on the counter, covered, for 12 to 24 hours until nature takes her course and it has thickened. Then place in the refrigerator. This will keep for days. I've had it develop mold after a couple of weeks, so watch it as it takes many hours to replace.