FRENCH · SAUCE

Homemade Crème Fraîche

5 min · plus 24 h culturing and 24 h chilling · Makes 17 × 2 tbsp (30 g) · 97 kcal a portion
Video 3:40 · Food Wishes

Carnivore · Vegetarian · Gluten-free ingredients · Nut-free

Just cream and a spoonful of buttermilk — no thickeners or stabilisers. It is rich, about 95 kcal and 10 g fat a 2-tbsp dollop, so use it like sour cream, a spoonful at a time.

Diet notes: Keto (0.9 g net carbs a serve).

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Ingredients 2 · MAKES 17 × 2 TBSP (30 G)

- ☐ 470 ml **heavy whipping cream**
- ☐ 3 tbsp **cultured buttermilk** (with live cultures)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash a jar thoroughly, then dip it in boiling water for a few minutes to sterilise it and let it cool. 0:24
2. Pour in 470 ml heavy whipping cream and stir in 3 tbsp cultured buttermilk. It must be real buttermilk with live cultures; Chef John doesn't heat the cream first (warming it just speeds things up). 0:32
3. Cover the jar with a coffee filter held on with a rubber band, so it can breathe but stays clean. Leave in a warm spot, about 21–24°C, for about 24 hours until thickened; he uses the oven with only the light on. 1:05
4. Wipe the rim, put the lid on and refrigerate for 24 hours more, where it thickens further and gets tangier. 1:48
5. Keep it in the fridge and use within a week or two. Unlike sour cream it can be simmered in sauces without curdling.

> **Tip** Makes about 520 g, roughly 17 two-tablespoon serves. Save a few tablespoons to start the next batch instead of buttermilk. Use it on soups, in pan sauces or in stroganoff.

The method is a summary in our words — the video shows every step.

One portion, 2 tbsp (30 g), gives you 1 OF 17 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
97 kcal	**0.7** g	**0.9** g	**0** g	**10** g	**10** mg
410 kJ	1% of a day	0.9 g net · 0.9 g sugars	0% of a day	6.5 g saturated	1% of a day
		0% of a day		13% of a day	

Energy from net carbs 4% · protein 3% · fat 93% — fits keto: 0.9 g net carbs, 93% of the energy from fat

Source of (10–19%) Vitamin A 13%

Recipe and video: Food Wishes (@foodwishes) on YouTube — youtube.com/watch?v=Z-635txQuiq, published 25 March 2011. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/homemade-creme-fraiche