



# Crème Fraîche STARTER CULTURE INSTRUCTIONS



**You can make delicious crème fraîche!**

**Total time:** 12-13 hours ★ **Active time:** 20-30 minutes

**YOU  
CAN DO  
THIS**

Make rich and delicious crème fraîche with this easy-to-use direct-set starter culture. True crème fraîche is milder in flavor and contains more fat than sour cream, which gives it a thicker, richer texture.

## What You'll Need

- ➔ 1 packet of crème fraîche starter culture
- ➔ Pasteurized cream or half-and-half (avoid ultra-pasteurized or UHT cream)
- ➔ Stainless steel pot with lid
- ➔ Non-aluminum mixing utensil (stainless steel is OK)
- ➔ Thermometer

## Instructions

- 1 Warm** 1 quart of fresh cream or half-and-half to 86°F.
- 2 Add** 1 packet of crème fraîche starter and **mix** thoroughly. Do not stir longer than 15 seconds.
- 3 Cover** the pot and **culture** in a warm spot, 72°-77°F.

————— / 72°-77°F ⌚ 12 HOURS —————

- 4** After 12 hours the crème fraîche should be set. **Store** your crème fraîche in a closed container in the refrigerator for up to 1 week.

➔ **TIP:** Use your homemade crème fraîche as a topping for desserts, or try one of our recipes! [www.culturesforhealth.com/CF-recipes](http://www.culturesforhealth.com/CF-recipes)

## Questions? We can help!

**Q** *What if I'm culturing less than 1 quart of liquid?*

**A** For the best results, we recommend never culturing less than 1 quart of liquid. But if you do, still use 1 full packet of starter.

**Q** *How will I know when my crème fraîche has set?*

**A** It will be more or less uniform in appearance: one solid mass. It should appear relatively smooth. Sometimes a bit of whey will separate during the culturing process. This is normal.

**Q** *Why is my crème fraîche thinner than store-bought crème fraîche?*

**A** Store-bought crème fraîche generally contains thickeners and other added ingredients to make a thicker product.



If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support: [www.culturesforhealth.com](http://www.culturesforhealth.com)

Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

