

Cultured Dairy Basics

Cultured Butter & Crème Fraîche

Cultured Butter (European Style)

This traditional method cultures the cream before churning, developing deep flavor and producing real cultured buttermilk as a byproduct.

Ingredients

- 1 1 quart (946 ml) low-temperature pasteurized heavy cream
- 2 2 tablespoons live cultured buttermilk or crème fraîche with active cultures

Method

- 1 Culture the cream: Stir the cultured buttermilk into the cream. Cover loosely and leave at room temperature for 12–24 hours until lightly thickened and gently tangy.
- 2 Churn: Transfer the cultured cream to a mixer or food processor and whip on medium-high speed until the butter separates from the liquid.
- 3 Drain: Strain off the buttermilk and reserve for baking or cooking.
- 4 Wash: Place the butter in ice-cold water and gently press to release trapped buttermilk. Change water until clear.
- 5 Salt (optional): Knead in $\frac{1}{4}$ – $\frac{1}{2}$ teaspoon fine salt per pound of butter.

Storage: Refrigerate up to 3 weeks or freeze up to 9 months. Wrap tightly to prevent oxidation.

Crème Fraîche (HWL Updated Method)

A thick, mild cultured cream that is naturally heat-stable and will not curdle when warmed.

Ingredients

- 1 1 pint (480 ml) low-temperature pasteurized heavy cream
- 2 2 tablespoons live cultured buttermilk or existing crème fraîche

Method

- 1 Stir the cream and culture together in a clean jar.
- 2 Cover loosely and leave at room temperature for 12–24 hours (up to 36 hours in cooler kitchens).
- 3 When thickened to a spoonable consistency, refrigerate.
- 4 Reserve 2 tablespoons to culture your next batch.

Storage: Refrigerate up to 10–14 days. Crème fraîche does not freeze well and is best used fresh.

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