



## Bubbling Crème Fraîche Drizzle

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- Medium bowl
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Whisk
- Citrus squeezer (optional)
- Cutting board
- Kid-safe knife

### Ingredients

#### Bubbling Crème Fraîche Drizzle

- 1/2 C crème fraîche or sour cream **\*\***(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free plain yogurt)**\*\***
- 1/4 C sparkling water
- 1 pinch granulated sugar
- 1 pinch salt

- 1 pinch ground white pepper
- 1 tsp lemon juice
- 2 tsp fresh chives, chopped (roughly 1/4 bunch)

## Food Allergen Substitutions

### Bubbling Crème Fraîche Drizzle

**Dairy:** For 1/2 C crème fraîche or sour cream, substitute 1/2 C dairy-free/nut-free plain yogurt for crème fraîche or sour cream.

## Instructions

### Bubbling Crème Fraîche Drizzle

#### measure + whisk

Measure **1/2 cup crème fraîche or sour cream, 1/4 cup sparkling water, 1 pinch of sugar, 1 pinch of salt,** and **1 pinch of white pepper** into a medium bowl. Whisk to combine.

#### squeeze + chop + stir

Squeeze **1 teaspoon of lemon juice** into the crème fraîche. Then, chop **2 teaspoons of chives** and add that to the bowl. Stir to combine.

#### drizzle

Drizzle this tasty and light sauce in soups, stews, salad dressings, or all over Tender Red Bell Pepper French Soufflés! Bon appetit!

## Featured Ingredient: Crème Fraîche!

Hi! I'm Crème Fraîche!

"I'm French and my name means "fresh cream" in English. It's pronounced "krehm fresh" in French! I'm similar to sour cream, but I'm richer and less sour. I'm often added to desserts!"

Crème fraîche may have been discovered in the 1700s in Normandy, France, a dairy-producing area. When fresh milk was left out to settle in the cool night, to allow the cream to rise to the top for butter, natural bacteria thickened and soured the cream.

Producing crème fraîche today involves adding a lactic acid starter to ferment the cream. It can also be made at home with heavy cream and cultured buttermilk.

Crème fraîche should contain 10 to 45 percent butterfat with a pH (acidity) level of 4.5. This is similar to cream cheese.

The cream is used in hot and cold and savory and sweet dishes. It is added to finish savory sauces and as a topping for fruit, pancakes, and desserts, like parfaits and pies. Due to its fat content, it is less likely to curdle when heated.

Crème fraîche may replace sour cream on baked potatoes and Mexican food. It can thicken soups and sauces and add creaminess. When added to baked goods, it adds moisture.

If you use sour cream, Mexican crema, or Greek yogurt in your cooking or baking, consider giving crème fraîche a try instead!