

Recipes from France

Crème Fraîche

Prep time: 10 minutes

Standing time: 48 hours

Yield: 2 cups

Crème fraîche can be used in place of sour cream or whipping cream in savoury or sweet dishes.

Ingredients:

- 2 cups pasteurized whipping cream
- 3 tablespoons buttermilk

Method

- In medium saucepan, heat cream to 100° F (40° C).
- Pour cream into a clean jar with a lid.
- Stir buttermilk into warm cream. Cover with lid but do not screw lid down.
- Let mixture stand in a warm place in the kitchen for 24 hours, stirring twice over that time.
- Tighten lid and move mixture to refrigerator and let stand another 24 hours. Crème fraîche will keep for 7 days in the refrigerator.

Quiche

Prep time: 20 minutes

Cook time: 25-30 Minutes

Makes one quiche, 4-6 servings

Ingredients:

- 1 9-inch pie shell, store-bought or homemade
- 4 large eggs
- 1½ cups cream (15-35% milk fat)
- ⅛ teaspoon nutmeg
- salt and pepper to taste

Optional Ingredients:

- 6 slices bacon, cooked, cooled and chopped
- ¾ cup ham, cubed
- ¾ cup grated cheese (e.g. Cheddar or Gruyère)
- ½ cup chopped onion, fried over medium heat until soft, cooled

Method

- Prick the bottom of the pie shell with a fork and place in the freezer for 20 minutes.
- Preheat oven to 400° F.
- Remove pie shell from freezer and bake in preheated oven for 10 minutes. Let cool 10 minutes.
- Reduce oven to 375° F.
- In a bowl, beat together eggs, cream, nutmeg, salt and pepper
- Layer any optional ingredients in the pie shell
- Pour egg mixture over optional ingredients, being careful that the mixture does not overflow.
- Bake in preheated oven for 25-30 minutes or until set.

Crêpes

Prep time: 10 minutes

Cook time: 20 minutes

Yield: 8 crêpes

Ingredients:

- 1 cup all-purpose flour
- ¼ teaspoon salt
- 2 eggs
- ½ cup milk
- ½ cup water
- 2 tablespoons butter, melted

Method

- Mix flour and salt in a large mixing bowl.
- Whisk together the milk, water, eggs.
- Gradually add the wet mixture to the dry mixture; add butter; beat until smooth. Let batter rest for 20 minutes
- Heat a lightly oiled griddle or frying pan over medium-high heat. Pour ¼ cup of batter onto the griddle. Tilt the pan with a circular motion so that the batter coats the surface evenly.
- Cook the crêpe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot filled with sweetened fruit and topped with cream or with a savoury filling topped with sauce.