



Rich Natas Quick Crema

By Dylan Sabuco

Prep Time 5 / 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.

taste: to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

Equipment

Ingredients

Rich Natas Quick Crema

- ☐ 1/3 C sour cream ****(for DAIRY ALLERGY sub plain soy yogurt)****
- ☐ 2 T white sugar
- ☐ 1 tsp vanilla extract
- ☐ 1 T cold water

Food Allergen Substitutions

Rich Natas Quick Crema

Dairy: Substitute plain soy yogurt for sour cream in Crema.

Instructions

Rich Natas Quick Crema

measure + whisk + taste

Measure and combine **1/3 cup sour cream, 2 tablespoons sugar, 1 teaspoon vanilla extract**, and **1 tablespoon cold water** in a small mixing bowl. Whisk thoroughly. This sauce should be sweet and drizzly. If the taste is too sour, add a teaspoon more sugar until the desired sweetness is reached.

Featured Ingredient: Sour Cream!

Hi! I'm Sour Cream!

"I know my name has "sour" in it, and I do have a tangy flavor, but I'm really tasty and add an extra zip and creaminess to lots of foods! Try a dollop of me on baked potatoes, enchiladas, chili, and omelets. I'm also great in chip and veggie dips. I even add richness and moistness to cakes!"

Sour cream is cream that has been cultured or acidified. It is rich, high in fat, and quite adored by many. A similar product, but less sour, is the French "crème fraîche" (crehm fraysh). In Mexico, the creamy dairy product that tops many Mexican dishes is called "crema" (CREH-mah). In Central and Eastern Europe, sour cream is called "smetana" (SMUH-tah-nah).

Either lactic acid bacteria or an acid, like vinegar or lemon juice, can make cream sour. The bacteria occur naturally or can be intentionally introduced to the cream, causing it to become thick and sour. Vinegar or lemon juice act the same way; however, most sour cream is cultured with lactic acid bacteria.

Fermented milk may have originated with the Mongols, who used milk from horses, and Russians may have borrowed their method using cow's milk. The sour cream was originally produced naturally by leaving milk out at room temperature, with the cultured cream rising to the top.

Did you know you can make your own sour cream? Just stir 2 to 3 teaspoons of lemon juice or white vinegar into 1 cup of heavy cream. Some recipes also include 1/4 cup of milk. Stir (or shake) and leave on the counter overnight, up to 24 hours.

Sour cream is used in sweet and savory dishes, like baked goods and soups. A famous Russian dish, beef stroganoff, uses sour cream in the sauce. In addition to baked potatoes, you can put sour cream on loaded potato skins and potato pancakes (latkes).

Reduced-fat or non-fat sour cream and several dairy-free options are also available. Sour cream has been sold in small plastic containers for many years, but you can now find it in plastic squeeze bottles, making it easy to put just the right amount of sour cream on a taco or baked potato.

Two tablespoons of regular sour cream contain about 1 gram of protein, 5 grams of fat, 30 milligrams of calcium, and 40 milligrams of potassium.