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## Discover the crème de la crème. Discover Kendall Farms Crème Fraîche.

*This superior and sumptuous cultured cream product transforms sauces and toppings from ordinary to extraordinary. Understanding the attributes that make Kendall Farms Crème Fraîche one of your kitchen's most versatile ingredients allows you to enjoy all its benefits.*

1. Kendall Farms Crème Fraîche is not a garnish. It is an ingredient.
2. Kendall Farms Crème Fraîche is Bechamel. "Bechamel Sauce" is white sauce. Kendall Farms Crème Fraîche is white sauce without the flour. No flour is needed. It is ready-made white sauce.
3. Kendall Farms Crème Fraîche is heat stable\* and acid stable. It is an emulsion-fixing, stable white sauce. It has an amazing shelflife. It is ready when you are, waiting in the refrigerator.
4. California crème fraîche, made from 40% butterfat cream, can be boiled and will NOT break. French crème fraîche, made from 30% butterfat cream, breaks when boiled.
5. Kendall Farms Crème Fraîche is lower in fat and calories than butter and oil.
6. What about the crème fraîche you make yourself? IT'S SOUR CREAM.

*\* It is the protein to fat ratio that determines heat stability. Sour cream has a ratio of protein to fat which is 5 times that of Kendall Farms Crème Fraîche.*

*The recipes on this CD are not meant to be production recipes. They are used for example and illustration only. They are adaptations of classic recipes which are widely available. For more detailed recipes and techniques, please see the books in the bibliography below.*

### **Bibliography**

- The Professional Chef*, Culinary Institute of America (John Wiley and Sons, 2002).  
*The Escoffier Cook Book*, A. Escoffier (Crown Publishers, 1941).  
*The French Laundry Cookbook*, Thomas Keller (Artisan, 1999).  
*On Food and Cooking*, Harold McGee (Scribner, 2004)  
*Larousse Gastronomique*, P. Montague (Crown Publishers, 1961).  
*Sauces*, James Peterson (John Wiley and Sons, 1998).  
*The Saucier's Apprentice*, Raymond Sokolov (Knopf, 1976).

*Crème Fraîche*  
PASTEURIZED CULTURED CREAM



**KENDALL FARMS**

Fresh Sauce *for* Fresh Food



## Boil It!

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*Boilable, unbreakable cultured cream requires proper protein-to-fat ratio.*

*Kendall Farms Crème Fraîche is made from 40% butterfat cream. The small amount of ultra-frozen starter culture we use does not add water or protein. We pay great attention to our protein-to-fat ratio.*

*French crème fraîche is made from 30% butterfat cream. It is more heat stable than sour cream, but not as heat stable as Kendall Farms Crème Fraîche.*

*French crème fraîche is a traditional product. Kendall Farms Crème Fraîche was created for chefs using science to find the right cream with the right protein-to-fat ratio to increase heat stability.*

*To view recipe, click on title.*

### **Pan Sauces**

**Chicken Breast with White Wine and Parsley Sauce**

### **Shallow Poaching**

**Chicken Supreme**

### **Crème Fraîche Mornay Sauce**

**Crème Fraîche Mornay Sauce with Macaroni**

*Crème Fraîche*  
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## Pan Sauces

*This pan sauce (aka a la minute sauce) is finished (thickened) with Kendall Farms Crème Fraîche instead of butter. Simply whisk in Kendall Farms Crème Fraîche, a tablespoon at a time, until you reach desired thickness.*

*Finishing (thickening) sauces with Kendall Farms Crème Fraîche produces sauces that are lighter and fresher tasting. Half as much crème fraîche as butter is required. Since crème fraîche has half the fat and calories of butter, your sauce has 25% the calories of butter-finished sauces, i.e., 75% FEWER calories than butter-finished sauces. And they taste better.*

### Basic Technique\*

1. Sauté meat or fish.
2. Remove meat or fish from sauté pan. Keep warm.
3. Deglaze pan with wine (vinegar, cider, etc.) and reduce until about 2 tablespoons remain.
4. Add stock (and, if desired, demi-glace or concentrate) and reduce until about 3 fluid ounces remain.
5. Turn down heat and whisk in Kendall Farms Crème Fraîche.
6. Taste, adjust, serve.

### Chicken with Parsley Sauce

- 4 Boneless, Skinless Chicken Breasts
- Oil for Sauteing
- White Wine
- Chicken Stock
- 1 Bunch Italian flat-leaf parsley, stems removed, reserved
- 1/2 cup Kendall Farms Crème Fraîche
- Fresh lemon juice

### Parsley Infusion

1. Remove leaves from stems. (Save stems for stock reduction.)
2. Very finely chop parsley leaves. (Set aside one handful.)
3. Stir into Kendall Farms Crème Fraîche. Set aside.

### The Chicken

1. Saute the chicken breasts in oil. Set aside and keep warm.
2. Pour off any excess fat. Deglaze pan with white wine. Reduce. Add chicken stock if desired. Add parsley stems and juice from resting chicken. Reduce to desired volume. Remove parsley stems.
3. Whisk in parsley-infused Kendall Farms Crème Fraîche, one tablespoon at a time. Taste. Whisk in a squeeze of lemon juice if needed.
4. Plate chicken with its sauce. Decorate with reserved chopped parsley.

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\*For the classic pan sauce, see especially CIA and Peterson.



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## Shallow Poaching

*Shallow poaching produces a very different chicken breast; the flesh has a fine, close grain which is very elegant. Shallow-poached chicken cries out for Supreme sauce.*

*Once the chicken (or other protein) is cooked, set it aside in a holding dish. The poaching liquid (cuisson) is reduced by about one half. This reduced liquid is finished (thickened) with crème fraîche.*

*NOTE: Because this reduction is greater in volume than a la minute reductions, use the following technique for combining the reduced poaching liquid and the crème fraîche. Place Kendall Farms Crème Fraîche in a small stainless-steel bowl. Add, an ounce at a time, the hot liquid to the crème fraîche, whisking well after each addition. This “tempers” the crème fraîche. When the crème fraîche is thin and warm, pour it into the pan with the remaining cuisson. Whisk well. Pour in any liquid that has collected under the chicken. Bubble sauce to desired thickness and flavor. Liberally sauce the chicken and serve.*

### Basic Technique\*

1. Butter the pan.
2. Add aromatics in an even layer.
3. Place chicken on top of aromatics.
4. Pour poaching liquid about half way up the chicken.
5. Bring to a bare simmer over direct heat.
6. Cover with vented parchment. Finish cooking in 350° F oven (8 to 10 minutes). DO NOT ALLOW TO BOIL AT ANY TIME.
7. Make a sauce with poaching liquid.

Note: Preheat oven to 350° F. If you are poaching fish; turn the oven off when you add the fish. For chicken, be sure the oven stays warm enough to cook the chicken thoroughly.

### Chicken Supreme\*\*

Boneless, skinless chicken breasts  
 Aromatics (shallots, sprigs of fresh thyme)  
 Poaching liquid (mix of chicken stock and white wine)  
 Kendall Farms Crème Fraîche to finish sauce

1. Shallow poach the chicken breasts.
2. When chicken is cooked, remove from pan and keep warm.
3. Remove thyme and, if desired, strain out shallots. Reduce cooking liquid.
4. Finish and thicken the sauce with crème fraîche.

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\*See CIA, Peterson.

\*\*See Escoffier for the classic Supreme recipe.



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## Crème Fraîche Mornay Sauce

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*Sauce Mornay and macaroni is the American classic “Macaroni and Cheese”. This simple recipe requires no special techniques. Just warm Kendall Farms Crème Fraîche sufficiently to melt the cheese. Combine with cooked macaroni.*

*Just three ingredients: Kendall Farms Crème Fraîche, cheddar cheese, and cooked macaroni. Simplicity. Enjoy the best macaroni and cheese you will ever have.*

### **Classic Mornay Sauce\***

1. Boil down by 1/3 one cup Bechamel sauce mixed with 1/2 cup of fresh cream.
2. Add 1/2 cup grated cheese.
3. Incorporate 3 tbs butter and strain.

*\*Larousse, page 856*

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### **Crème Fraîche Mornay Sauce with Macaroni**

- |                                   |  |
|-----------------------------------|--|
| 1 cup Kendall Farms Crème Fraîche | 1. Heat the Kendall Farms Crème Fraîche just warm enough to melt the cheese. |
| 1 cup shredded Cheddar cheese     | 2. Stir in the cup of shredded Cheddar cheese.                               |
| 1/2 pound macaroni, cooked        | 3. Mix well.   |
|                                   | 4. Pour over the macaroni. Mix well.<br>Sprinkle with paprika if desired.    |



## Emulsify It!

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### **Butter Emulsions**

*Beurre Monté-based sauces were the darlings of Nouvelle Cuisine. Chefs considered them to be “lighter” than classic roux-based sauces. Because they contain no flour, they are “lighter” tasting, but they are not “lighter” in the sense of lower in fat and calories. Roux is customarily made from 50% flour and 50% butter. Beurre Monté sauces are close to 100% butter.*

*Kendall Farms Crème Fraîche added to butter-emulsified sauces makes them lighter, fresher tasting AND saves half the fat and calories per ounce.*

### **Egg Yolk Emulsions\***

*Mayonnaise and Hollandaise are classic French sauces that depend upon the emulsifying properties of egg yolks to make a stable sauce from otherwise immiscible ingredients.*

*Kendall Farms Crème Fraîche added during the make procedure stabilizes these egg-oil emulsions so that they never, ever break. With Kendall Farms Crème Fraîche, they are lighter, fresher tasting, and have up to 58% FEWER calories.*

*To view recipe, click on title.*

### **Buerre Monté**

**Crème Fraîche Beurre Monté**

### **Mayonnaise**

**Crème Fraîche Mayonnaise**

### **Hollandaise**

**Crème Fraîche Hollandaise**

*\*See Harold McGee*

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## Beurre Monté

Thomas Keller (*The French Laundry Cookbook*) calls *beurre monté* the workhorse sauce.

*Beurre monté* is a basic, though troublesome, sauce-thickener-and-liaison-maker in the modern chef's kitchen. By gently warming butter, its fat globules lose their crystalline structure and release trapped emulsifiers (phospholipids and proteins). This small amount of emulsifiers is sufficient to form an emulsion, but a delicate, tenuous emulsion. If it gets too hot, it separates into butter oil and milk solids; if too cold, it crystallizes, producing graininess. Whisking in one (1) ounce of Kendall Farms Crème Fraîche for each four (4) ounces of butter at the end of the make procedure increases the amount of emulsifiers and the stability of the emulsion.

*NOTE: Careful attention to temperature and technique is key to a fine *beurre monté*.*

### Crème Fraîche Beurre Monté

*NOTE:* It is important that the pan not become too hot. The pan should never be so hot that you cannot hold your hand on it. If the pan is too hot, the butter will melt. To make a *beurre monté*, butter must be neither crystalline nor liquid. It must soften, but not liquify. The ideal water temperature to make *beurre monté* is 125° F.

4 oz cold butter, cubed  
2 tbs warm water  
1 oz (2 tbs) Kendall Farms Crème Fraîche

1. Put water into a small sauce pan.
2. Warm gently. When the water is warm, start adding butter, whisking all the while. Constant whisking is necessary to create the emulsion.
3. Once you have the emulsion established, whisk in the Kendall Farms Crème Fraîche one tablespoon at a time, to stabilize.

Voilà. *Beurre Monté*

*Crème Fraîche*  
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## Mayonnaise

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*Some year ago, I took a class on sauce making taught by James Peterson. He made food-processor mayonnaise. I was impressed. I went home to see if I could make crème fraîche mayonnaise in a food processor. Yes! This is my recipe.*

*I use safflower oil because it is tasteless and light. Any oil can be used. The proportion of oil to Kendall Farms Crème Fraîche may be changed as desired.*

*The addition of crème fraîche to mayonnaise makes a mayonnaise that is lighter, fresher, and lower in calories. Crème fraîche is 40% fat; all oils are 100% fat. Crème fraîche has 50 calories per tablespoon; oils have 120 calories per tablespoon.*

*Emulsified sauces made with Kendall Farms Crème Fraîche will NOT break!*

### **Crème Fraîche Mayonnaise\***

(Made in a food processor: 2 cups)

3 egg yolks  
1 tbs Dijon mustard  
1 tbs lemon juice  
1 cup safflower oil  
1 cup Kendall Farms Crème Fraîche

1. Put egg yolks, mustard, and lemon juice into food processor.
2. With processor running, pour in oil in a very thin, slow, steady stream.
3. Once you have added the oil and have an emulsion, with the processor running, add crème fraîche, one tablespoon at a time.
4. Refrigerate until ready to use.

*\*See Peterson.*





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## Hollandaise

*The make procedure for this sauce is the same as for mayonnaise except that butter oil replaces safflower oil.*

*The ratio of butter oil to Kendall Farms Crème Fraîche may be altered to suit the intended use. For Hollandaise to be served with steamed vegetables, I use a 50-50 ratio. For Eggs Benedict, I use 75% butter to 25% Kendall Farms Crème Fraîche.*

*Kendall Farms Crème Fraîche stabilizes Hollandaise so that it will NOT break.*

### **Crème Fraîche Hollandaise\***

(Made in a food processor: 2 cups)

3 egg yolks  
2 tbs lemon juice  
1 1/2 cups butter  
1/2 cup Kendall Farms Crème Fraîche

1. Put egg yolks and lemon juice into food processor.
2. Heat butter until it just begins to foam. Do not brown.
3. With processor running, pour in butter in a very thin, slow, steady stream.
4. Once you have added the butter and have an emulsion, with the processor running, add crème fraîche, one tablespoon at a time. The sauce will be thin because the butter is hot.
5. Pour sauce into a heat-proof jar and refrigerate until ready to use. Place jar in a warm water bath to reheat.

Serve with artichoke, asparagus spears, or Eggs Benedict.

*\*See Peterson.*



## Whip It!

*Kendall Farms Crème Fraîche whips to a lofty, dense foam and to twice the volume of an equal amount of whipping cream. Foams made from Kendall Farms Crème Fraîche hold their structure. Days later refrigerated whipped crème fraîche looks the same as when you made it.*

*Kendall Farms Crème Fraîche contains no stabilizers. It is cream and culture. It does what it does because of its nature.*

*Whipped Kendall Farms Crème Fraîche can be used for sweet or savory applications. Simply add flavorings to the crème fraîche, allow to infuse in the refrigerator, and then whip.*

*Eggs Cocotte is a savory application that uses flavored oil as a source of aroma and flavor. Herbs and spices can be used as well.*

*Crème Chantilly is a dessert application. Vanilla is the source of aromatics in Crème Chantilly, but any liqueur may be used.*

*To view recipe, click on title.*

### Savory Whipped Crème Fraîche with Flavored Oil

**Eggs Cocotte with Truffled Crème Fraîche**

### Sweet Whipped Crème Fraîche

**Crème Fraîche Crème Chantilly**

### Pastry Creme

**Crème Fraîche Pastry Cream**

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## Savory Whipped Crème Fraîche with Flavored Oil

*This recipe illustrates the concept of combining flavored oils with crème fraîche. Choose any flavored oil you like. Stir a small amount into the crème fraîche. The amount is determined by your taste preferences. Be aware that the aroma will bloom in the crème fraîche; so, it is best to start with a small amount and add more if necessary. Allow the mixture to infuse in the refrigerator for about four hours. Whip the infusion to the desired loft.*

*By adding flavored oil to Kendall Farms Crème Fraîche, you have made the oil water-soluble and greatly increased its applications.*

*In the traditional Eggs Cocotte recipe, the baked eggs are topped with reduced cream. I have topped the baked eggs with truffled crème fraîche. Spoon the whipped, truffled crème fraîche over the eggs just before serving. The aroma is intoxicating.*

### **Eggs Cocotte with Truffled Crème Fraîche**

Eggs  
1 tbs white truffle oil  
1/2 cup Kendall Farms Crème Fraîche  
Truffle peelings

Stir oil into crème fraîche and allow to infuse in refrigerator for at least four hours. Whip truffle-infused crème fraîche to desired loft.

1. Bake eggs at 325° F in individual ramekins set in a water bath.
2. Top eggs with whipped, truffle-infused crème fraîche.
3. Decorate with truffle peelings and serve.

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## Sweet Whipped Creme Fraiche

*Chantilly Cream is another French classic. Vanilla and cream pair well with a wide range of fruits, fresh or prepared.*

*Any flavored liqueur works equally well. I especially like Chambord. When using liqueurs, allow the liqueur time to evaporate its alcohol before using. Some liqueurs taste of raw alcohol; some do not. Only your taste will tell. Keep the mixture refrigerated until ready to whip.*

### **Crème Fraîche Crème Chantilly**

(To serve 4)

1 cup Kendall Farms Crème Fraîche  
3 tbs superfine sugar  
1 tbs vanilla extract

1. Add the sugar and vanilla to the crème fraîche.
2. When the sugar has dissolved, whip the crème fraîche to stiff peaks.



*A high resolution scan of these photos are located in the Images folder.*



*Fresh Sauce for Fresh Food*



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## Pastry Cream

*A pastry chef said to me, "Pastry cream is THE mother sauce for the pastry chef."*

*Our pastry cream recipe is classic French, the cornstarch version. Bocuse's recipe uses flour. Cornstarch produces a shorter-bodied pastry cream, which I prefer. Both recipes are widely available.*

*My recipe for pastry cream is based on the standard CIA recipe.\* Their recipe uses four cups of whole milk. I use one cup whole milk and three cups of Kendall Farms Crème Fraîche. The pastry cream produced thereby is very, very good.*

*The ratio of milk to Kendall Farms Crème Fraîche may be changed to your liking.*

### Crème Fraîche Pastry Cream

24 oz (3 cups) Kendall Farms Crème Fraîche  
8 oz (1 cup) milk, full fat  
2.5 oz cornstarch  
7 oz sugar  
pinch of salt  
6-8 whole eggs  
1 tbs vanilla extract  
2 oz butter

1. Combine 5 oz milk with the 24 oz of Kendall Farms Crème Fraîche.
2. Combine Kendall Farms Crème Fraîche mixture with half the sugar and bring to a boil, stirring constantly.
3. Whisk the remaining sugar and eggs together until completely smooth.
4. Combine the remaining 3 oz COLD milk with the cornstarch. Whisk until completely dissolved; then whisk into egg mixture.
5. Temper the egg mixture into the hot Kendall Farms Crème Fraîche mixture. Bring to a boil stirring constantly. Cook until the whip leaves a trail.
6. Remove from heat and stir in the vanilla extract and the butter. Transfer to a clean container, place plastic wrap on the surface of the pastry cream and cool over an ice bath. Refrigerate until ready to use.

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*\*See The Professional Chef, CIA.*



## Contact

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