AMERICAN · SAUCE

Thick Homemade Cultured Sour Cream

5 min · plus 12–24 h culturing and 12 h chilling · Makes 18 × 2 tbsp (30 g) · 92 kcal a portion

Video 6:36 · Acre Homestead

Carnivore · Vegetarian · Gluten-free ingredients · No nuts listed

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Just cream and live yoghurt, with no gums, starches or gelatin. It is rich — about 90 kcal and 9.5 g fat a 2-tablespoon dollop — so use it a spoonful at a time.

Diet notes: Keto (0.9 g net carbs a serve).

Ingredients 2 · MAKES 18 × 2 TBSP (30 G)

- [ ] 2 cups **heavy cream**
- [ ] ¼ cup **plain whole-milk yoghurt** with live active cultures (no added thickeners)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour 2 cups heavy cream into a clean jar and stir in ¼ cup plain whole-milk yoghurt with live active cultures. Check the label: just milk and cultures, no thickeners such as pectin or gelatin. 0:37
2. Put the lid on and wrap the jar in a towel. 2:52
3. Heat the oven to 200°F, switch it off, then put the jar inside with the oven light on. About 105–110°F is ideal, but it doesn't need to be exact. 3:21
4. Leave for 12–24 hours (Becky leaves hers 12–14) until it smells tangy and has started to thicken; it will still be fairly runny. 3:44
5. Refrigerate for about 12 hours, until it sets thick. Keep it in the fridge for 4–6 weeks, and save a couple of spoonfuls to start your next batch. 5:03

> **Tip** Makes about 1 pint, roughly 18 two-tablespoon serves. Becky makes 2 quarts at a time with about 2 heaping tbsp yoghurt per quart. Use organic cream for an organic version.

The method is a summary in our words — the video shows every step.

One portion, 2 tbsp (30 g), gives you 1 OF 18 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
92 kcal	0.7 g	0.9 g	0 g	9.6 g	10 mg
380 kJ	1% of a day	0.9 g net · 0.9 g sugars	0% of a day	6.2 g saturated	1% of a day
		0% of a day		12% of a day	

Energy from net carbs 4% · protein 3% · fat 93% — fits keto: 0.9 g net carbs, 93% of the energy from fat

Source of (10–19%) Vitamin A 12%

Recipe and video: Acre Homestead (@AcreHomestead) on YouTube — youtube.com/watch?v=KvtYJn5-YxU, published 16 February 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/thick-cultured-sour-cream