

SOUR CREAM



First Recipe

Ingredients (yields 500 g):

½ cup heavy cream with fat content of at least 35%

½ cup plain natural yogurt

2 tbsp Sicilian lemon juice

1 tsp salt

Preparation:

1. Put all ingredients in a bowl and gradually add salt and taste.
2. Mix and beat on high speed until whipped cream consistency or at least 3 minutes.

Second Recipe

Ingredients (yields 500 g):

300 g of fresh cream
200 g of cream cheese
1 juice of 1 and 1/2 Sicilian lemon
1 tsp salt

Preparation:

1. Put all ingredients in a bowl.
2. Mix until a smooth and consistent cream.
3. Once ready, keep in the fridge until serving time.

Third Recipe

Ingredients (400 g):

200 g of cream cheese
100 ml heavy cream
100 ml of plain natural yogurt
30 ml of Sicilian lemon juice

Preparation:

1. Put all ingredients and beat with a mixer or use the fouet in the mixer.
2. After adding air to the sour cream to make it lighter cover with PVC film and leave in the fridge for about 3h.

3. If you prefer, leave overnight, but you will need to knock again because in time you will lose your breath.

Fourth Recipe

Ingredients (yields 200 g)

200 g Cottage cheese

2 tbsp of milk

1 tbsp Sicilian lemon juice

Salt to taste

Preparation:

1. Mix all ingredients and beat on processor or blender at medium speed until thick cream.
2. Place in a small container, cover with PVC film and store in the fridge.