

How to Make Goat Milk Sour Cream

<http://nourishingjoy.com/how-to-make-goat-milk-sour-cream/>



Recently, while trying to diagnose a few health issues in our 2 1/2 year old son, we switched him from cow's milk to goat's milk.

Overall, the switch went fairly well, except for one thing.

He is a sour cream fiend. Pierogies, tacos, baked potatoes... this guy would set them all aside just to have the sour cream. I knew taco night was coming up, and there was no way we would be able to put sour cream on the table and keep him away from it. But at the same time, I couldn't figure out how to make sour

cream from goat's milk. I had all the right cultures, sure, but goat's milk is naturally homogenized, so there's very little cream that floats to the top. Not exactly helpful for keeping a household stocked with their favorite condiment.

But then, I stumbled upon my friend, Wardeh's, solution to this problem, and it was brilliant. Super-easy, too, which makes it even more brilliant.

So how does it stack up against the "real" stuff?

I'll let my 2 1/2 half year old be the judge – tonight at taco night he ate the entire bowl himself (I made about 1 cup.) Granted, that's pretty much *all* he ate, but needless to say, the substitutionary "sour cream" more than certainly passed the grade.

And now that I know how easy it is to make goat milk sour cream, I may just make it regularly for all of us!

Goat Milk "Sour Cream"

Place any amount of plain chevre or similar fresh goat cheese in a food processor or large bowl. Pulse it several times or whisk it by hand to make it smooth.

With the motor running, drizzle in goat's milk by the tablespoon until you have reached the consistency of sour cream. If working by hand, add the goat milk tablespoon by tablespoon, whisking between each addition to make it completely smooth.

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