Before you get started

- This box contains 4 packets of freeze-dried starter for sour cream. Do not use less than 1 packet even if culturing less than 1 quart.

- Store extra packets in the freezer until ready for use.

- If at any point you have questions about your culturing process, contact Customer Support before discarding anything.

- Avoid using ultra-pasteurized or UHT cream.

Instructions for making sour cream

1. Heat 1-4 quarts pasteurized cream to 145°F and hold for 45 minutes.

2. Cool to 77°F.

3. Add 1 packet starter culture; stir gently until fully dissolved.

4. Transfer to a glass or plastic container. Cover with a towel or coffee filter, secured with a rubber band, or put a lid on it.

5. Place in a warm spot, 74°-77°F, to culture for 16-18 hours.

6. Once set, cover with a tight lid and refrigerate.

- Avoid aluminum pots and utensils when making sour cream. Stainless steel is acceptable.

- Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

(Optional) Instructions for making buttermilk

1. Heat 1-4 quarts pasteurized milk to 185°F and hold for 30-60 minutes.

2. Cool to 77°F.

3. Add 1 packet starter culture; stir gently until fully dissolved.

4. Transfer to a glass or plastic container. Cover with a towel or coffee filter, secured with a rubber band, or put a lid on it.

5. Place in a warm spot, 74°-77°F, to culture for 16-18 hours.

6. Once set, cover with a tight lid and refrigerate.

For additional tips, troubleshooting, how-to videos, and recipes using sour cream, please visit our website.

6501-15044

FREE eBooks!

Learn to make yogurt, kefir, cheese, sourdough, kombucha, and more.

culturesforhealth.com/ebooks

Articles, Recipes, How-to Videos

culturesforhealth.com/expert-advice

Join our Cultured Community

What are you making? What should you make? Let’s Share! #cultures4health

culturesforhealth.com

©2015 Cultures For Health, LLC