



CULTURES *for* HEALTH

SOUR CREAM STARTER CULTURE

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.

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