



CULTURES for HEALTH

CULTURED BUTTERMILK STARTER

BEFORE YOU GET STARTED

- This box contains 2 packets of freeze-dried buttermilk starter. Please store one packet in the freezer as backup.
- **If at any point you have questions or concerns about your culturing process, contact Customer Support before discarding anything.**
- **Avoid using ultra-pasteurized or UHT milk**

INSTRUCTIONS FOR ACTIVATING THE STARTER

- 1 Put 1 quart pasteurized milk into a glass or plastic container.
 - 2 Add 1 packet buttermilk starter. Mix thoroughly.
 - 3 Cover with a towel or coffee filter, secured with a rubber band, or put a lid on the container.
 - 4 Place in a warm spot, 70°-77°F, to culture.
 - 5 Check after 24 hours to see if it has set. If it has not set, leave up to 48 hours, checking every few hours.
 - 6 Once it has set, or at the end of 48 hours, cover with a tight lid and refrigerate for at least 6 hours.
 - 7 The cultured buttermilk can now be eaten. Reserve some for culturing the next batch.
- Even if the activation batch does not set, it is still cultured and can be used to make further batches of buttermilk.

INSTRUCTIONS FOR MAKING BUTTERMILK

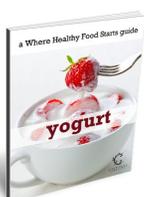
- 1 Put 1 quart pasteurized milk into a glass or plastic container.
 - 2 Add ¼ cup buttermilk from the previous batch. Mix thoroughly. To make larger batches, use 1 tablespoon buttermilk per cup of milk, making up to ½ gallon per container.
 - 3 Cover with a towel or coffee filter, secured with a rubber band, or put a lid on the container.
 - 4 Place in a warm spot, 70°-77°F, to culture for 12-18 hours.
 - 5 Check every few hours by tilting the jar gently. If the buttermilk moves away from the side of the jar in one mass, instead of running up the side, it is finished culturing.
 - 6 Once it has set, cover with a tight lid and refrigerate for at least 6 hours.
 - 7 The cultured buttermilk can now be eaten. Reserve some for culturing the next batch.
- Follow Instructions for Making Buttermilk (above) to make a new batch at least every 7 days to keep your cultures strong. Always use the freshest batch of buttermilk as starter.
 - If you wish to use raw milk to make buttermilk, please visit our website for detailed instructions.
 - Avoid aluminum utensils when making buttermilk. Stainless steel is acceptable.
 - Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

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

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