



Buttermilk STARTER CULTURE INSTRUCTIONS



You can make delicious buttermilk at home!

Total time: 24-48 hours ★ **Active time:** 30 minutes

**YOU
CAN DO
THIS**

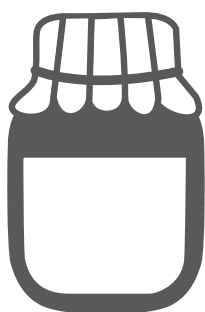
Our buttermilk starter creates a traditional cultured buttermilk that is rich in nutrients. As an heirloom culture, it can be re-cultured continuously to make more buttermilk. Bake with your buttermilk, drink it, or add it to cream to make cultured butter.

What You'll Need

- ➔ 1 packet of starter culture (store extras in the freezer)
- ➔ Pasteurized milk (avoid ultra-pasteurized or UHT milk)
- ➔ Glass jar or plastic container
- ➔ Coffee filter or tight-weave cloth
- ➔ Rubber band
- ➔ Non-aluminum mixing utensil (stainless steel is OK)
- ➔ Thermometer

Activating the Starter Culture

- 1 Pour** 1 quart of pasteurized milk into a glass or plastic container and **add** 1 packet of starter culture; **mix** well.
- 2 Cover** the container with a towel or coffee filter secured with a rubber band, or put a lid on the container and **culture** in a warm spot, 70°-77°F.



70°-77°F
24 HOURS

- 3 Check** after 24 hours to see if your buttermilk has set. If it has not set, **leave** up to 48 hours, checking every few hours.

➔ **TIP:** Tilt the container gently. If the buttermilk moves away from the side of the jar in one mass, instead of running up the side, it's set.

- 4** Once it has set, or at the end of 48 hours, **cover** with a tight lid and **refrigerate** for at least 6 hours.
- 5** After 6 hours, you can eat your cultured buttermilk, but don't forget to **reserve** ¼ cup for culturing the next batch!

Flip over for instructions for making more buttermilk, plus how to use your starter to make sour cream! ➔

**DON'T
TOSS
IT!**

Liquidy activation batch? If it has a fresh, tangy aroma, it's cultured and can make buttermilk. **It can take 2-3 batches for the flavor and texture to even out.**

Make a new batch of buttermilk at least once every 7 days to keep your culture strong. Always use the freshest batch.

**EVERY
7
DAYS**

What's next? Use your buttermilk! Then make more & try our biscuit recipe, plus troubleshooting tips. ➔

Instructions for Making Buttermilk

1 Pour 1 quart of pasteurized milk into a glass or plastic container and **add** ¼ cup of buttermilk from the previous batch; **mix** thoroughly.

→ **TIP:** To make larger batches up to ½ gallon per container, use 1 tablespoon of buttermilk per cup of milk.

2 Cover the container with a towel or coffee filter secured with a rubber band, or put a lid on the container and **culture** in a warm spot, 70°-77°F, for 12-18 hours.

3 Check every few hours to see if culturing is finished by tilting the jar gently.

4 Once the buttermilk has set, **cover** it with a tight lid and **refrigerate** it for at least 6 hours.

5 After 6 hours, you can eat your cultured buttermilk, but don't forget to **reserve** ¼ cup for culturing the next batch!

You can make sour cream with our buttermilk starter culture, too! Simply culture with cream instead of milk.

Recipe: Buttermilk Biscuits

These are a classic and all-time favorite. Real buttermilk gives your biscuits the authentic lift that will keep your family begging for more. This recipe makes 10 biscuits.

Total time: 12-24 hours ★ **Active time:** 15-25 minutes



INGREDIENTS

- 2 cups flour
- ¾ cup buttermilk
- 6 Tbsp. very cold butter
- ¼ tsp. baking soda
- 1 Tbsp. baking powder
- 1 tsp. salt

INSTRUCTIONS

- 1. Mix** the flour and buttermilk together. **Cover** and **soak** for 12-24 hours, or overnight.
- 2. Preheat** the oven to 450°F.
- 3. Cut** the cold butter into chunks, and then work it into the flour/buttermilk mixture along with the baking soda, baking powder, and salt. Do not over-mix. *If the mixture is too dry, add a bit more buttermilk.*
- 4. Turn** the dough onto a lightly floured surface. Gently **pat** the dough out to ½-inch thickness.
- 5.** Use a round cutter to **cut out** the biscuits. **Place** the biscuits on a cookie sheet. *For soft edges and a higher rise, place the rounds touching each other.*
- 6. Bake** 10-12 minutes or until golden brown.

Questions? We can help!

Q My activation batch does not appear to have set. What do I do?

A Don't discard it! Even if the activation batch does not set, it is still cultured and can be used to make further batches of buttermilk.

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support: www.culturesforhealth.com

LET US HELP

Q How will I know when my homemade buttermilk has set?

A Finished buttermilk will pull away from the side of the jar in a solid mass when it's tilted, similar to yogurt. Shake it or stir it to make a pourable buttermilk.

Q Why is my homemade buttermilk thinner than store-bought buttermilk?

A Store-bought buttermilk generally contains thickeners and other added ingredients to make a thicker product. Go online for our tips for making thicker buttermilk:

www.culturesforhealth.com/thicker-buttermilk

WHAT'S THAT SMELL?

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

We have dozens of recipes, how-to videos, and articles for beginners and culturing pros on our website, www.culturesforhealth.com

WANT MORE?