



Sour Cream STARTER CULTURE INSTRUCTIONS



You can make delicious sour cream at home!

Total time: 17-19 hours ★ **Active time:** 1 hour

**YOU
CAN DO
THIS**

Make delicious, fresh-tasting sour cream at home with this starter culture. With this direct-set starter culture, making sour cream works on anyone's schedule.

This starter culture is versatile! You can make raw sour cream and buttermilk with it, too. Go online for instructions: www.culturesforhealth.com/sour-cream

**DID
YOU
KNOW?**

Instructions

- 1 Slowly **heat** 1-4 quarts of pasteurized cream to 145°F and **hold** for 45 minutes for thick sour cream. *It's OK just to heat the cream to 77°F, but your sour cream will be thinner.*
- 2 **Cool** the cream to 77°F and **add** 1 packet of starter culture; **stir** gently until fully dissolved. *To hasten cooling, place the pan of heated cream in a sink or basin of cold water.*
- 3 **Transfer** the cream to a glass container. **Cover** the container with a towel or coffee filter secured with a rubber band, or put a lid on it.
- 4 **Culture** in a warm spot, 74°-77°F, for 16-18 hours.
- 5 Once the sour cream has set, **cover** it with a tight lid and **store** it in the refrigerator for 2-3 weeks.

What You'll Need

- 1 packet of starter culture (store extras in the freezer)
- Pasteurized cream (avoid ultra-pasteurized or UHT)
- Stainless steel pot to heat cream
- Container made of glass or other non-reactive material
- Coffee filter or tight-weave towel
- Rubber band
- Non-aluminum mixing utensil (stainless steel is OK)
- Thermometer

Questions? We can help!

Q *How will I know when my sour cream has set?*

A Once it has set it will be more or less uniform in appearance, one solid mass, and should appear relatively smooth. A bit of whey may separate during the culturing process. This is completely normal.

Q *Why is my homemade sour cream thinner than store-bought sour cream?*

A Store-bought sour cream generally contains thickeners and other added ingredients to make a thicker product. Go online to find out how to make your homemade sour cream thicker: www.culturesforhealth.com/thicker-sour-cream



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

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

