



BUTTERMILK



TIPS, TRICKS, AND EVERYTHING
YOU NEED TO MAKE IT YOURS!

WHAT YOU NEED

Ingredients

- 1 packet of buttermilk starter culture
store extras in the freezer
- Pasteurized milk
(avoid ultra-pasteurized or UHT milk)

Equipment

- Glass jar or plastic container
- Coffee filter or tight-weave cloth
- Rubber band
- Thermometer
- Non-aluminum mixing utensil
(stainless steel OK)

**START
HERE!**

ACTIVATING YOUR STARTER

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.
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.
4. Once it has set, or at the end of 48 hours, cover with a tight lid and refrigerate for at least 6 hours.

After 6 hours, your cultured buttermilk is ready to eat! Don't forget to reserve ¼ cup for culturing the next batch.



STEP
2

MAKING BUTTERMILK

(once your starter has been activated)

1. Pour 1 quart of pasteurized milk into a glass or plastic container and add $\frac{1}{4}$ cup of buttermilk from the previous batch; mix thoroughly.
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. After 6 hours, your cultured buttermilk is ready to eat!

TIPS FOR MAKING BUTTERMILK

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.