



Equipment

- Stainless-steel pot with lid (double-boiler set-up is best)
- Thermometer
- Large mixing spoon

** Note: Please be sure all equipment is sanitized before use.

Buttermilk Recipe

- 1 packet Know-How Foods Buttermilk/Sour Cream culture (approx.. 1/8 tsp.)
- ½ to 4 gallons milk

Procedure:

1. Heat milk to 185°F and hold for 30 minutes. This process results in a thicker-bodied buttermilk. Be careful to not scald your milk. You may decide to skip this step if you are using raw milk, have weighed the risks & benefits of a raw-milk product, and choose to proceed without the kill step.
2. Cool milk to 77°F and add culture. Stir culture in gently until dissolved.
3. Incubate milk at 74-77°F for minimum of 16-18 hours. Normal Room temperature of 72°F will help maintain this temperature during the incubation process.
4. Refrigerate.

Sour Cream Recipe

- 1 packet Know-How Foods Buttermilk/Sour Cream culture (approx.. 1/8 tsp.)
- ½ to 4 gallons light cream (18-22% butterfat -- this can be achieved by mixing 1 part heavy whipping cream to 1 part whole milk)

Procedure:

1. Heat cream to 150°F and hold for 45 minutes. Use higher temperature of 185°F to improve body and texture of final product – hold for 45 minutes. You may also opt to add non-fat dry milk at this time to get a heavier-bodied sour cream. Be careful to not scald your cream.
2. Cool cream to 77°F and add culture. Stir culture in gently until dissolved.
3. Incubate cream at 77°F for 16-18 hours. Cream should be thick and aromatic when finished. If repackaging into smaller containers, stir gently to a smooth consistency.
4. Refrigerate.

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Questions? Email ann@knowhowbrewshop.com

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