

Home Made Cultured (sour) Cream

- Pour fresh cream into a pint sized glass jar.



Step 1

- Separate a quality probiotic capsule.



Step 2

- Add the contents of the probiotic capsule into the jar of fresh cream.



Step 3



- Mix the probiotic powder into the cream, ensuring it is well mixed.
- Allow the cream to incubate 30 hours or more at room temperature in a tightly covered container, covered with a towel to keep it dark.

Step 4

- After incubation, before using the cream, scrape aside the top.



Step 5



- Dip a clean spoon into the cream.
- Transfer a heaping spoonful to a jar of fresh cream.

Step six

- Mix thoroughly
- Incubate for a minimum of 30 hours at room temperature, sealed and covered.
- Refrigerate.
- Use the second jar of cream to inoculate your next batch, while using the first jar to eat.

