

Raw Pasture Fed Raw Milk Sour Cream

You will need...

1~ jar of quality -pasture fed raw milk yogurt, OR organic yogurt with live bacteria cultures

1 gallon -Raw, Pasture-fed milk (Allow to sit in Fridge at least 24 hours so that cream has time to separate to the top of your jar.

1 pint glass jar with lid and ring

Label

Fork

Tablespoon

Lunch box size cooler

First- Sterilize your jar and lid and all utensils, using hot water method. Do not use bleach method of sterilization as it will kill good bacteria in the culture and the milk.

To make sour cream:

1. Place two heaping tablespoons of yogurt (with live cultures) in a glass pint jar.
2. Carefully skim cream from milk and pour into jar, filling half full. Stir well with sterilized fork, mashing yogurt against the side of the jar, to break it up and stir until yogurt is well blended. Fill your jar with remaining raw cream.
3. Place the lid on the jar, shake it well and put it in your small cooler. Fill cooler with very hot tap water to the shoulder on your jar and close cooler. Check after a few hours. If water is cold, dump and replace with warm. Let set for 24 total hours then check. To check if it is ready, just pick up your jar and slowly tip it sideways. It should pull away from jar and look thick. Place in refrigerator. Ready to serve when cold. (Hint: you can also check ph using a ph strip sold in health food stores. It should be acidic reading in the yellow)

