

# Buttermilk Starter

*This recipe makes 4 cups of starter*



## Ingredients

$\frac{1}{4}$  cup buttermilk with live cultures  
3  $\frac{3}{4}$  cup milk

## Directions:

1. Pour the buttermilk and milk into a quart jar, leaving about 1 inch of headspace. You may not need the full amount of milk.
2. Loosely screw the lid onto the jar to allow airflow, then place it in a warm area away from other cultures or ferments.
3. Let the mixture sit for 8 to 12 hours, or longer if you prefer a thicker consistency.
4. Once the buttermilk has thickened to your liking, secure the lid tightly and refrigerate for 6 to 8 hours.
5. Shake the jars well to ensure the buttermilk is evenly mixed.
6. Pour the buttermilk into the trays first, then use the 40-portion arrangement of dividers.
7. Pre-freezing the buttermilk in a separate freezer is recommended but not required before freeze-drying.
8. Set your freeze-dryer to **-20°F** for non-frozen buttermilk and a drying temperature of **110°F**.
9. Place the prepared buttermilk in the freeze-dryer and begin the process. (my cycle time was 31 hours)
10. Powder in a blender or using a rolling pin before storing.
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Use 8 grams (or 2.5 tablespoons) of starter per quart of milk. Since buttermilk powder is very light and flaky, weighing it is much more accurate and convenient than measuring by volume.

## Notes:

You can also use commercially prepared cultures—just follow the instructions on the package. Nutritional value is based on using whole milk for rehydration.

## Nutritional Value Per 1 Quart

Calories: 610 Protein: 32 g Fat: 32 g Carbohydrates: 48 g Sugar: 48 g Fiber: 0 g