



Homemade Buttermilk

Ingredients:

- 2 cups raw milk
- 2 tablespoons cultured buttermilk (with live active cultures)

Equipment:

- A clean glass jar with a lid
- Wooden spoon or whisk for mixing

Instructions:

- Combine the Ingredients:
- Pour the raw milk into a clean glass jar. Add the cultured buttermilk and stir gently with a wooden spoon or whisk to combine.
- Cover and Ferment:
- Cover the jar loosely with a cloth or the jar lid (not tightly sealed). Let it sit at room temperature (about 70°F) for 12–24 hours, or until it thickens and develops a tangy flavor.
- Check the Consistency:
- The buttermilk is ready when it thickens slightly and has a smooth, tangy taste.
- Refrigerate and Enjoy:
- Store in the refrigerator with the lid secured. Use within 1–2 weeks for the freshest flavor.

Tips for Success:

- Use raw, high-quality milk for the best probiotic benefits and flavor.
- Keep your fermenting jar in a warm, consistent spot for optimal results.

Serving Ideas:

- Add to pancake or biscuit recipes for extra fluffiness.
- Use as a marinade for tenderizing meat.
- Enjoy chilled as a refreshing probiotic drink.

Source:

Recipe adapted from **Nourishing Traditions** by Sally Fallon.