



## Recipe: Homemade Clabber

Clabber is a traditional cultured dairy product made by fermenting raw milk. It is similar to yogurt but is created through natural fermentation without added starters.

### Ingredients:

- 1 quart (4 cups) of fresh raw milk (unpasteurized and non-homogenized)

### Equipment:

- A clean glass jar with a lid (preferably wide-mouth)
- A breathable cover, such as a cheesecloth or clean towel, secured with a rubber band

### Instructions:

1. Start with Fresh Raw Milk:
2. Ensure the milk is raw, as pasteurized milk does not contain the necessary bacteria for natural fermentation.
3. Prepare the Jar:
4. Pour the raw milk into the glass jar. Leave at least 1 inch of space at the top to allow for expansion during fermentation.
5. Cover and Secure:
6. Cover the jar with cheesecloth or a towel to allow airflow while preventing dust and insects from entering.
7. Ferment at Room Temperature:
8. Place the jar in a warm (70–75°F), dark spot in your kitchen. Let it sit undisturbed for 24–48 hours.
  - Timing: Warmer temperatures speed up fermentation. Cooler spots may take longer.
9. Check for Clabbering:
10. After 24–48 hours, check the milk. It should have thickened to a yogurt-like consistency with a slightly tangy aroma. The milk may separate slightly into curds (solid) and whey (liquid), which is normal.
11. Store in the Refrigerator:
12. Once clabbered, transfer the jar to the refrigerator to halt fermentation. Use within 7–10 days.

### Serving Suggestions:

- Enjoy clabber as is, or mix it with honey, fruit, or spices.
- Use as a base for smoothies or salad dressings.
- Substitute for buttermilk in recipes.

Note: Clabber is safe to make only with raw milk that has not been pasteurized. If raw milk is not available, consider using a commercial yogurt starter with pasteurized milk.