



LITTLE TREE FOOD FOREST

Publications

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Mesophilic Sour Cream Instructions

To activate ½ teaspoon of dehydrated mesophilic sour cream starter culture, follow these steps:

1. Prepare Your Container and Ingredients

- Use a clean glass jar or container with at least a 1-pint (16 oz) capacity.
- Gather 1 cup of fresh, room-temperature half-and-half cream (around 70°F). You can use heavy cream or a mix of heavy and light cream for a richer texture.

2. Add the Starter to the Cream

- Pour the cream into the container, then sprinkle the ½ teaspoon of dehydrated sour cream starter culture over the surface.
- Stir gently but thoroughly to evenly incorporate the starter.

3. Cover and Ferment

- Cover the container loosely with a lid or a breathable cloth to allow airflow.
- Place the container in a warm spot (around 70°F) for 24-48 hours, or until the cream has thickened and developed a mild tangy aroma.

4. Store and Prepare for the Next Batch

- Once it reaches the desired consistency, refrigerate the cultured sour cream.
- For your next batch, use 1 tablespoon of this cultured sour cream to inoculate 1 cup of fresh cream. Ferment at room temperature for 24 hours. For best results, ensure the starter portion is cultured within 7 days of refrigeration.

Tip: Use a yogurt strainer to strain whey from your sour cream to achieve a thick and creamy consistency.