

How to Make Sour Cream

Making sour cream at home is both easy and rewarding. It contains no additives, no fillers or thickeners, and there is no plastic tub to discard. But the best reward...your homemade sour cream contains probiotics and is absolutely delicious!

Sour Cream Ingredients:

- 1 Pint Heavy Cream
- 1Tbsp. Culture Butter Milk

Instructions:

1. Heat cream to 145°F and hold at that temperature for 45 minutes.
2. Cool cream to 77°F.
3. Add A Tbsp. of Culture Butter Milk
4. Place the jar in a warm spot, 73-77°F, to culture for 16-18 hours.
5. Once the sour cream has set, place a tight lid on the jar and store in the refrigerator.
6. Sour cream will keep in the refrigerator for up to 2 weeks.

Choosing a Cream

Different creams will produce sour cream with different thickness. Choose the one that works best for you.

- Pasteurized heavy cream or whipping cream will yield the thickest sour cream.
- Half-and-half can be used, but the sour cream will have a thinner consistency. Dry milk powder can be added to improve the consistency, if desired.
- Raw cream can be used but will yield a thinner consistency than if pasteurized whipping cream is used.
- Avoid ultra-pasteurized (UP) or ultra-high temperature (UHT) cream, as it yields inconsistent results when used for culturing.

Alternative Starter Cultures

While sour cream is made with a Sour Cream Starter Culture, there are other ways to culture cream, to make a similar product. When using a different culture, there may be variations in flavor. Try a few and pick the one you like best.

- Cultured buttermilk or mesophilic (countertop) yogurt is convenient to use as starter for culturing cream, as well. Use 1 tablespoon yogurt or buttermilk per cup of cream. Culture as you would buttermilk or yogurt, according to your particular starter's instructions.
- Milk kefir grains or finished milk kefir can be used to make Kefir Cream, a good substitute for sour cream. Use 1 tablespoon finished milk kefir per cup of cream or 1 teaspoon grains for up to 4 cups cream.

To Make Your Sour Cream Even Thicker:

- Add a small amount of dry milk powder *or*
- Heat the cream to 180°F and hold at that temperature for 30 minutes. Cool completely prior to adding the starter culture.