



Sour Cream

Ingredients:

½ cup organic yogurt (that you've made preferably)

1 litre Raw or Organic non-homogenised Cream

Method:

Take the cream and heat, don't bring to the boil, on the stove slowly. Watch it and make sure it slightly bubbles but doesn't boil then allow it to sit and cool to blood temperature.

This can be done by standing it in the sink in some cold water, it generally only takes a few minutes to cool down enough.

Pour ½ of this into a clean, sterilised jar, add the yogurt and stir. Add the rest of the cream and put in a warm place or yogurt maker for 24 hours.

If using raw cream then your mix won't need any heating, just place it in a warm place or the yogurt maker for 24 hours.