

INSTRUCTIONS

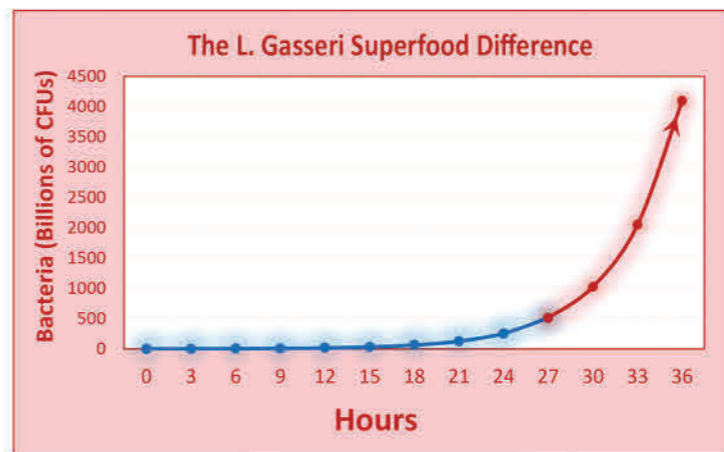
- MAKES** → 1 quart of cultured dairy
- TIME** → Prep: 10 minutes
Culturing: 36 hours (1 day and 12 hours)
- YOU'LL NEED** → An appliance that can maintain a constant temperature of 100°F for 36 hours, such as a sous-vide, or a yogurt maker with an adjustable temperature.
- A glass jar that can hold at least 1 quart of liquid.
- A loosely fitting lid or plastic wrap.
- DAIRY:**
 - 1 quart ultra-pasteurized half and half, or
 - 1 quart ultra-pasteurized 2% or whole milk, or
 - 1 quart combination of the two
- Can't find ultra-pasteurized?**
Heat the dairy to 195°F/90°C for 10 minutes, then let it cool to 100°F before starting the recipe. Most organic dairy is ultra-pasteurized. Use dairy without additives.
- 1 sachet of L. Gasseri Superfood Starter.
- 2 tablespoons of a prebiotic fiber (such as Prebio Plus).

Before you begin:	
This recipe takes 36 hours to ferment. It's best to start early in the morning or later in the evening. Otherwise, if you start in the afternoon, for example, you'll have to get up 36 hours later, in the middle of the night!	
STEP 1	In a glass jar, mix 2 tablespoons of prebiotic fiber (such as Prebio Plus) with the contents of 1 sachet of L Gasseri Superfood Starter.
STEP 2	Add approximately 1.5 cups of dairy (cold, or up to 100°F). Whisk well to avoid clumping. Do not blend.
STEP 3	Stir in the remainder of the dairy, leaving some headspace. Mix/whisk well for even distribution. Do not blend.
STEP 4	Cover lightly with plastic wrap or a loosely fitting lid. If using small individual jars, pour the mixture evenly into the jars, leaving some headspace, and cover each jar loosely with its own lid.
STEP 5	Ferment at 100°F for 36 hours, away from the airflow of air vents/heaters/air conditioning, etc. Do not stir while fermenting. Do not open jar(s) while fermenting.
STEP 6	After 36 hours, remove from appliance, let cool, then secure lid(s) and put in the fridge. Will keep in the fridge for up to 4 weeks.
RE CULTURE	To make a new batch, repeat these instructions but use 2 tablespoons of your previous batch of cultured dairy as your starter. If the previous batch separated, use 1 tablespoon of the curds and 1 tablespoon of the whey as your starter.

Our L. Gasseri Superfood Starter was conceived as a method of introducing high quantities of the beneficial bacteria L. Gasseri into your microbiome.

We do that by fermenting the starter culture in dairy for 36 hours at a low temperature. This 'low and slow' method enables the L. Gasseri to proliferate many times over, until there are hundreds of billions of live bacteria in the jar. The resulting concentrations of L. Gasseri are much higher than can be obtained from supplements.

Since the fermentation process for L. Gasseri Superfood is unique, the end-product can look different from other fermented dairy products. Please see the FAQs on this insert for more information on this special food.



Looking for a great prebiotic to boost your L. Gasseri Superfood? Try our Prebio Plus!



Also available from Cutting Edge Cultures:



Note: Store the starter culture in the refrigerator or the freezer until you're ready to use it.

Scan me for recipes and FAQs!



FAQS

How long does an unopened sachet of starter culture keep in the refrigerator?

The Best By date is printed on the pouch and on each sachet. Please keep the starter culture refrigerated/frozen for optimal shelf life.

Which dairy can I use?

- For a very rich and very thick end-product: use 1 quart of half and half (ultra-pasteurized or heated to 195°F for 10 minutes and cooled).
- For a rich and thick end-product: use 2 cups of half and half + 2 cups of 2% or whole milk (ultra-pasteurized or heated to 195°F for 10 minutes and cooled).
- For a fairly rich end-product: use 1 quart of whole milk or 2% milk (ultra-pasteurized or heated to 195°F for 10 minutes and cooled).

Why ultra-pasteurized?

Because ultra-pasteurization, or heating the dairy and then cooling it, helps the dairy to thicken, and may help prevent it separating into curds and whey. Most organic dairy is ultra-pasteurized. Use dairy without additives.

Can I use non-dairy beverages?

Our L. Gasseri Superfood was designed for dairy. Please scan the QR code for non-dairy suggestions and additional information.

Which device can I use?

You'll need an appliance that can maintain a temperature of 100°F for 36 hours.

Some options are:

- Sous-vide device.
- Yogurt maker with an adjustable time and temperature.
- Instapot: Not all Instapots let you set the temperature at 100°F. Test your device with a cup of water and a thermometer before making your first batch.

How many times can I reculture?

For as long as your batch comes out thick and pleasantly tart.

Can I use goat milk?

Yes, but goat milk has a different structure of proteins and fats, and its caseins act differently. Goat milk is more prone to separation. The result will be thinner.

Do I have to ferment for 36 hours?

Yes. The long, slow fermentation at a low temperature increases the L. Gasseri exponentially over the 36 hour period (see the graph on this insert), and helps to create a thick, delicious final product.

Can I make larger quantities?

Absolutely! Save time by making larger quantities, with all the ingredients in proportion. For example, to make 2 quarts of L. Gasseri Superfood, just double the quantities: use 2 quarts of dairy, a 2-quart jar, 4 tablespoons of prebiotic powder, 2 sachets of L. Gasseri Superfood Starter (or 4 tablespoons of previously-made L. Gasseri Superfood), etc.

Can I heat the L. Gasseri Superfood, or add it to a hot dish?

This is not recommended. L. Gasseri is sensitive to high heat. High cooking temperatures would kill it.

TROUBLESHOOTING

My batch separated into curds and whey

A separated batch is usually perfectly good and creamy and delicious. Since the fermentation process for L. Gasseri Superfood is unique, the end-product can look different from other fermented dairy products.

Separation is quite common in a first batch, and can also happen in subsequent batches. If the end-product is pleasantly tart, with no bitter aftertaste, it is usually successfully fermented. You can use 2 tablespoons of a separated batch (1 tbsp of the whey and 1 tbsp of the curd) to make your next batch.

You can eat a separated batch, or add it to a smoothie. It's rich and flavorful. The L. Gasseri are present in both the solids (curds) and the liquid (whey). See our website for delicious recipes using curds and whey, including ice cream, vinaigrette, beverages, and condiments.

To reduce the chance of separation, try using either ultra-pasteurized half and half, or ultra-pasteurized whole milk, or ultra-pasteurized 2% milk, or a combination.



If you don't have ultra-pasteurized dairy, heat it to 195°F/90°C for 10 minutes, then let it cool to 100°F before starting the recipe.

My batch expanded outside of the jars

This can sometimes happen, especially if you didn't use ultra-pasteurized dairy. This expansion could happen for several reasons:

- You may have screwed the lid on the jar too tightly, and this caused pressure to build up.
- It may be that the starter and prebiotic were not evenly distributed in the mixture.
- Perhaps the appliance overheated to above 100°F. Test your device with a cup of water and a thermometer before making the recipe. If it is above 100°F, lower the temperature to 98°F or even 97°F.
- The jar may have been too full.



What's the pink layer on the top?

This is usually a harmless yeast that can form due to air exposure or uneven distribution of the ingredients. When you ferment a batch of L. Gasseri Superfood, make sure you have a loose lid on the jars. Don't open the lids during fermentation. You can scrape off the top layer and discard it. Check if the remaining quantity is pleasantly tart, with no bitter aftertaste. If so, it should be fine to consume.

Note: Store the starter culture in the refrigerator or the freezer until you're ready to use it.

Scan me for recipes and FAQs!

