

Health Cultivated

ADVANCED STARTER CULTURES

are scientifically crafted blends of live beneficial probiotics that are dried in a special way for safe storage and pre-packaged for convenient use. When added to warm milk, the bacteria live and proliferate, repeatedly increasing in numbers, consuming lactose and turning it into lactic acid.

HealthCultivated starter culture blends consist of intricate combinations of valuable probiotic strains. These blends not only transform milk into yogurt or kefir but also provide support for our immune system and digestive health, while simultaneously inhibiting the proliferation of harmful pathogens.

Our entire range of starter cultures is produced in a facility that holds ISO 9001 and ISO 22000 certifications, boasting over two decades of consistently outstanding quality.



Probiotic Yogurt Starter Culture

Contains a complex combination of 10 strains of beneficial bifidobacteria and lactobacilli bacteria in high concentration. Restores microflora, normalizes the digestive process, supports your immunity and heart health. May assist in a healthy body weight control.



Vegan Probiotic Starter Culture

Contains 12 probiotic strains that will help you to improve digestion, strengthen the immune system, and reduce inflammation in the body. Recommended to make with Soy milk or Lactose Free milk.



Kefir Starter Culture

Authentic Eastern European fermented milk drink. Slightly fizzy and tartly with viscous consistency and a distinct sour smell. Packed with vitamins, minerals, and essential amino acids. Improves digestion and reduces digestive problems. Boosts the immune system and has strong anti-bacterial properties. As a source of calcium, it also enhances bone health and minimises the risk of osteoporosis.



Greek Yogurt Starter Culture

Thick and creamy with tangy flavour. Good source of protein, calcium, and iodine. May improve gut health, support your immunity, and muscle recovery.



Immune Yogurt Starter Culture

Contains 9 specific probiotics that may strengthen the immune system and decrease the risks of catching a cold. Mild taste and thick creamy texture.

COOKING INSTRUCTIONS

Probiotic Yogurt, Immune Yogurt, Greek Yogurt Preparation

What you'll need:

1 sachet of HealthCultivated starter culture (you can ferment from 1 to 3 liters of milk with 1 sachet)

Milk (cow, goat, lactose free). You can use UHT, pasteurised homogenised milk, or raw milk. The fatter milk is used, the thicker the final product will be.

Food Thermometer.

Yogurt maker or any similar appliance that can hold 38-42° C for 6-12 hours.



Note: Containers for mixture and fermentation should be clean. It is recommended to treat them with boiling water before using.



1. Bring the milk almost to a boil, cool to 38-42°C. We recommend using a food thermometer to control the temperature.



Note: Milk temperature higher than 42°C will cause live bacteria to die.



2. Add the starter culture to the milk. Mix thoroughly. 1 sachet of starter culture is enough for fermentation up to 3 liters of milk.



3. Pour the mixture of milk and starter into a yogurt maker or any similar appliance that can hold at steady 38-42° C for 6-12 hours.



4. Turn the appliance on.
a. if you have a yogurt maker without a temperature selection, just turn it on according to the instructions.
b. if you have a yogurt maker with adjustable temperature, use the «yogurt» or «+40 °C» mode. Fermentation time: 6-12 hours. The fermentation time depends on the temperature of fermentation and the milk type used. The longer you incubate, the more tart your yogurt will be. Soy milk requires more time to ferment.



5. After the fermentation time is over, make sure that the product has thickened properly. Well-set yogurt should be thick when whole milk is used. If semi skimmed milk is used it should pull slightly away from the sides of the container when it's tilted. If it hasn't, continue the fermentation process for an additional 1-2 hours and check it out again.



6. The ready-to-use product should be cooled in the refrigerator for at least 3 hours. Don't mix yogurt before it has cooled.

Refrigerating helps set the yogurt. The best taste is achieved during the maturing process in the refrigerator within 3-6 hours, but you can consume the product immediately after it is cooled off. Occasionally, when yogurt has undergone fermentation at higher temperatures, you might notice the presence of a watery and slightly yellowish liquid on the surface, known as "whey." This is normal. You can either remove the whey by pouring it off or mix it back into the yogurt after the yogurt is cooled.



7. Make the ready-to-use yogurt within a week. You can add fruits, oats, nuts, honey or sugar to your yogurt before eating.

VEGAN YOGURT PREPARATION

What you'll need:

1 sachet of HealthCultivated starter culture (you can ferment from 1 to 2 liters of milk with 1 sachet)

Soy Milk
Food Thermometer
Yogurt maker or any similar appliance that can hold 38-42° C for 8-14 hours

We recommend making yogurt with soy milk as it contains at least 7 gr of protein per 100 gr of product. The more protein there is in the milk, the thicker the yogurt will be. Please check the nutrition fact section on the milk carton. Almond, rice and coconut milk have a lower quantity of protein per 100 gr of product. This is not enough to make the yogurt thick. If you want to use these types of milk for making vegan yogurt, you can try to add 3-4 tablespoons of plant protein per liter of milk for better fermentation and natural thickening. However we do not guarantee a 100% result.



Note: Containers for mixture and fermentation should be clean. It is recommended to treat them with boiling water before using.



1. Warm a soy milk to 38-42°C. We recommend using food thermometer to control the temperature.



Note: Milk temperature higher than 42°C will cause live bacteria to die.



2. Add the starter culture to the milk. Mix thoroughly. 1 sachet of starter culture is enough for the fermentation up to 2 liters of soy milk.



3. Pour the mixture of milk and starter into a yogurt maker or any similar appliance that can hold at steady 38-42° C for 8-14 hours.



4. Turn the appliance on.

- If you have a yogurt maker without a temperature selection, just turn it on according to the instructions.
- If you have a yogurt maker with adjustable temperature, use the «yogurt» or «+40 °C» mode. Fermentation time: 8-14 hours. The longer you incubate, the more tart your yogurt will be.



5. After the fermentation time is over, make sure that the product has thickened properly. If it hasn't, continue the fermentation process for an additional 1-3 hours and check it out again.



6. The ready-to-use product should be cooled in the refrigerator for at least 3 hours. Don't mix yogurt before it has cooled.

Refrigerating helps set the yogurt. The best taste is achieved during the maturing process in the refrigerator within 3-6 hours, but you can consume the product immediately after it is cooled off.

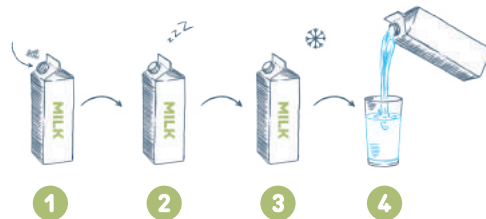


7. Consume the ready-to-use yogurt within 5-7 days. You can add fruits, oats, nuts, honey or sugar to your yogurt before eating.

GREEK YOGURT STRAINING

You can eat Greek yogurt right after the refrigeration like a probiotic yogurt. Or if you prefer a thicker yogurt, you can strain it using cheesecloth or coffee filters inside of a salad spinner or colander, or use a special Greek yogurt strainer pouch. Straining allows separating yogurt from extra whey. The time required to make Greek yogurt will vary according to your straining method and how thick you prefer your yogurt. The longer you strain, the thicker the yogurt. After straining keep your Greek Yogurt in the refrigerator and consume within 7 days.

KEFIR PREPARATION



What you'll need:

1 sachet of HealthCultivated starter culture (you can ferment from 1 to 3 liters of milk with 1 sachet of kefir starter)

Milk (cow, goat, lactose free)

Unlike yogurt, kefir is fermented at a lower temperature. The temperature for kefir fermentation is 22 - 29°C. So you can make kefir at room temperature as long as it isn't below 22 °C.

1. Bring the milk almost to the boil, cool to 22-29 °C.

2. Put the Kefir starter culture into the milk. Mix thoroughly. You can prepare kefir in the original milk packaging or pour the milk into a glass jar. Cover the jar with a coffee filter or cloth secured by a rubber band.

3. Leave it to ferment in a warm place away from cool breezes. You can leave the milk in a cupboard or switched-off oven if the temperature in a room is not lower than 22°C. In a colder season, you can wrap your milk mixture in a towel and find a warm place in your house, for example near the water heater or use a thermos flask that can hold a steady temperature for 12-24 hours. The temperature of the mixture shouldn't fall below 22 °C. The fermentation time for kefir is about 12-24 hours depending on the temperature.

4. After fermentation, make sure that the product has thickened properly. Kefir has finished culturing when the consistency is close to single cream or buttermilk and slightly fizzy. The more you ferment, the more tart and sour your kefir will be.

If it hasn't cultured yet, continue the fermentation process for 1-2 hours more and check again. You can drink it right after cooling, but kefir tastes best after maturing in the refrigerator for 12-24 hours. Consume within 5-7 days.

RECURTURING

All HealthCultivated starter cultures can be recultured. The idea of this method is that instead of using a new starter culture, you can use the milk product you have fermented earlier. Keep some plain product (without sugar, fruits and any other additives) to inoculate your next batch at the rate of 50 ml of yogurt per 1 liter of milk. You can inoculate a new batch using plain yogurt within 5-7 days after the first batch was made.

Here are some crucial points to follow for successful reculturing:

- It's of utmost importance to prevent any foreign bacteria from entering the product before reculturing.
- If you're using a yogurt maker, you can reserve one jar of plain product.
- If you're preparing the yogurt in any other appliance, immediately set aside a portion of the product in a separate container that has been sterilized with boiling water.



Note: We do not recommend reculturing yogurt more than once, as the amount of beneficial probiotics will be significantly reduced. While repeated fermentation will yield natural yogurt, it won't contain the abundant assortment of live probiotic cultures that are beneficial for your gut health.

OUR TIPS FOR SUCCESSFUL CULTIVATING:



It's best to use fresh milk for fermentation. Utilizing slightly older milk to make yogurt is not recommended. Fresher milk not only enhances the taste but also extends the shelf life of the finished yogurt.



Feel free to explore various types of milk with different fat contents and experiment with different brands. Typically, whole milk yields thicker yogurt compared to non-fat milk. Additionally, you might discover that certain milk brands tend to produce yogurt with a richer texture and flavor than others.



While pasteurized and UHT milk have already undergone heating, we strongly advise not to skip the recommended heating process. This step can effectively eliminate any unwanted bacteria that might be present in your milk and ensure a more reliable fermentation outcome.

gethealthcultivated.com