



LACTOBACILLUS

Time to make: 1-2 weeks

Ingredients: Rice, Rainwater, Milk, Brown Sugar, Vinegar

Utensils: Jars, Buckets, Paper Towel, Elastic Bands, Straining Cloth, scales, spoon

INSTRUCTIONS

Step 0: Sterilise all above utensils with vinegar and dry them off

Step 1: Wash rice and strain water into a jar

Step 2: Place breathable paper towel over lid and tighten it with elastic band, no gaps.

Step 3: Leave for 2-3 days in dark cupboard

Step 4: Pour rice wash into 5 equal sized jars and fill the rest with milk

Step 5: Paper towel and elastic band lid until it separates (2-3 days)

Step 6: Scoop off cheese curd and strain liquid into sterilized jar.

Step 7: Weigh empty jar. Zero your scale. Now weigh your liquid. Mix equal weight brown sugar to liquid.

FOR USE

Mix 1ml: 1000ml of rainwater