

Buttermilk

Buttermilk is the liquid left behind after churning butter out of cream. This is **Traditional Buttermilk**.

Traditional buttermilk is beneficial to health as it contains probiotics which can help improve immunity and soothe upset stomach. It contains vitamins, potassium, calcium and some phosphorus. It is still very commonly used in India but is rarely found in Western countries.

Buttermilk is used in many baking recipes including pancakes, soda bread, muffins and salad dressings. It is also sometimes used to make ice creams.

Cultured Buttermilk

The buttermilk we buy in stores is milk that has been pasteurized (heated) and had a lactic acid bacterial culture added to it to help stimulate the natural bacteria. It gives the milk a slight sour taste.

Acidified Buttermilk

You can make buttermilk at home by adding 1 Tbsp of lemon juice or vinegar to 1 cup of milk.