

Cider Yeast Starter Instructions

MATERIALS:

- Sterile Flask, Measuring Cup or Container - You will usually want something that is twice the size of the liquid you need. Ideally, its sterile. My containers as usually just sanitized since I don't have an autoclave or efficient way to sterilize.
- Sterile Water - You use filtered water and heat it in the microwave but you could use bottle or boiled water.
- Apple Juice - I use pasteurized 100% organic juice. You could use your fresh pressed juice but only if the starter you are making will go directly into the juice to begin fermenting. If you are propagating the yeast from a small sample, you want sterile juice or you will be propagating the micro flora in your juice.
- Aluminum Foil - It should be big enough to cover the opening of your container. I usually sanitize my foil versus sterilizing it.
- Yeast Nutrient - I use Fermaid O by Lalmand. It contains organic nitrogen versus inorganic like DAP.
- Scale or Small Measuring Spoon - It's ideal if you can weigh your yeast nutrient but you can use a small measure spoon (1/8 teaspoon) to estimate it.

STEPS:

1. Sterilize/Sanitize your equipment.
2. Fill a flask or measuring cup with 200ml of juice and 100ml of water (I use a 2:1 ratio to dilute my juice by about 1/3, which reduces the sugar level and acidity).
3. Add 0.25 grams of yeast nutrient (1/8 teaspoon is around 0.4 grams so about half).
4. Mix well (sterile/sanitized spoon or swirling).
5. Add old yeast or yeast to be used to restart the fermentation and cover with foil.
6. Let it sit for at least 4 hours but ideally, 12-24 hours to allow the yeast to absorb the nutrients and start fermenting. You can let it complete fermentation and store it again if you want to have it ready in advance or your plans suddenly change. The yeast will have been revitalized and healthier. I recommend doing the starter the night before you plan to pitch it.
7. A swirl plate is useful or a flask that you can periodically swirl to suspend the yeast. You can also sanitize that spoon again.
8. Follow your normal process to pitch the yeast into juice or stuck cider.