

INSTRUCTION FOR THE PREPARATION OF 1 LITER (1 QUART) OF FERMENTED DRINK



Bravo Kit for Milk:

*only requires MILK.

The preparation of BRAVO is simple and it takes a few minutes, 24 hours later, you will have your product ready to drink.

Simply mixing the powders (included in the kit) with one litre (or 1 quart) of milk you will have, 24 hours later, your product ready to drink, enough for 10 days.

If you prefer, you can make Bravo using a yogurt-maker (see below for further details.)

The directions provided below refer to **COW MILK**. If you decide to use **pasteurized** cow milk as well as **raw** cow milk, to obtain a fully fermented product it will be necessary to boil the milk as described below and shown in the video.

In case you decide to use **Ultra Pasteurized (UHT) cow milk** you **must not** boil it. UHT milk just needs to be warmed up.

Directions for Bravo preparation (with no yogurt maker)

1. Boil 1 litre of milk, stirring well continuously to keep from sticking to bottom of pot until it boils. Milk boils when it blows up to the rim of the pot. Remove the pot from heat immediately. Do not over boiling the milk. See the related video available at the bottom of this page. Skip this step in case of Ultra-Pasteurized (UHT) cow milk. As written above, in case of UHT cow milk, pour the milk in a glass bowl and just warm it up (even using a microwave oven for 2 minutes at maximum potency.)
2. Cool the milk to room temperature (68-86°F) without stirring it (simply leave it at room temperature for a while). Remove the thick layer off top and discard it. When the milk is warm transfer it into the glass bowl.
3. Gently add 1 sachet Probiotic Complex, 1 sachet Culture Starter, and 1 sachet Bovine Colostrum and stir thoroughly with a tablespoon until all the clumps have been dissolved. A simple way to dissolve clumps is to add the powders to a small amount of the milk that you are using for the preparation, mix very well, and only when all the clumps have been dissolved, add this small amount at the rest of the milk.
4. Loosely cover the bowl with foil or kitchen paper so that air can pass over the fermenting milk while it is covered.
5. Set the bowl aside in a draft-free spot where it will not be disturbed. Do not mix or move it. BRAVO will ferment in 24-48 hours depending on the room temperature. You can check, 24 hours later from the beginning, if the thickness of BRAVO is correct; if you are not sure about its thickness, you can remove a little part of the surface (near the rim) by a tablespoon.
If BRAVO is not thick as expected, wait up to 24 additional hours until it is thick enough (it can stay at room temperature for maximum 48 hours). You can check from time to time but without stirring it; the process of stirring will stop the fermentation process. Bravo is fermented when it reaches a yogurt-like texture.
6. Once BRAVO has reached the appropriate thickness, mix it well using a tablespoon. If many clumps are present, strain it using a strainer.
7. Split BRAVO into single serving sizes using glass jars with lid.

*Store BRAVO into the refrigerator for at least two hours before drinking.



Directions for Bravo preparation (with yogurt maker)

Switch on the yogurt maker, place its glass jars open, with no lids, in their slots, close the lid of the yogurt maker and let it warm for about one hour.

Prepare the milk as described above (that is warm it up and add the powders as per points 1-3).

When you have dissolved the powders of the kit in the milk, pour it into the warm glass jars, close again the lid of the yogurt maker and let it go for about eight hours. During this time, while the fermentation process occurs, the glass jars into the yogurt maker stay with no lids.

At the end of the eight hours, the product will be completely fermented. Retrieve the glass jars, close them with their own lids and store them into the refrigerator. Refrigerate at least two hours before drinking.

Directions for Bravo preparation using other types of milk

Bravo Kit for Milk can also be used to ferment other types of animal milk (such as goat, camel, sheep milk) following the same directions described above for cow milk.

Bravo Kit for Milk can also be used to ferment vegetal milk (from rice, soy, almond); in this case points 1 and 2 do not apply.

Please note that changing the source and the kind of the milk the thickness and the taste of the final product can vary.

Note: The three components of the kit (Probiotic Complex, Culture Starter, and Bovine Colostrum) should not be used separately; they are not intended to be used directly.