

# Buttermilk

It's like... butter is made out of... we call it 'curd' - so, they churn it... when they churn it... what happens... some butter comes out... and the rest remains as buttermilk. To separate it, they put a big lump of butter in that curd, and then they churn it... now all the butter gets around that big lump, and it gathers into a bigger lump you see. But, there are some particles of butter... which are left behind - if they do not stick to this big lump of butter, they are thrown away with the buttermilk (810524); The buttermilk... is much better than Dahi, it's much more soothing (for diarrhoea - Ed) (881221)

- Jai Shri Mataji -

## Tape References:

### Date/Ref - Title - Qual - mins

-881221 Hygiene - Sangli - see 881217 good 45

810524 Subconscious, Supraconscious, Chelsham Road not good 70

- end -

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