



NATTO SPORES STARTER CULTURE

INSTRUCTIONS

Use natto starter to make real Japanese natto at home! Ferment soybeans with these natto spores to make traditional natto or use nearly any bean of your choice.



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Natto Spores Starter Instructions

TRADITIONAL JAPANESE FERMENTATION AT HOME

AT A GLANCE

Soak 9-12 hours. Boil 2-3 hours. Inoculate with 1 packet of Natto Spores Starter. Ferment 22-24 hours at a steady 100°F. Cool 2 hours, then refrigerate at least overnight.

These instructions follow the supplied Cultures for Health Natto Spores process. Read every step before beginning and keep all tools that touch the cooked beans carefully sterilized.

GATHER FIRST

What you need

The complete supply list below includes the tools required by the individual preparation and fermentation steps.



Ingredients	Equipment
- 2 cups dried soybeans - 1 packet Natto Spores Starter	- Non-reactive pot - Colander - Large stainless-steel spoon - Casserole dish - Aluminum foil and clean pin - Oven, dehydrator, or warmer at 100°F

SANITATION IS ESSENTIAL

Rinse or dunk the colander, cooking spoon, and casserole dish with boiling water before they touch the cooked beans.

EXPECT A STRONG AROMA

Natto can be quite odorous while fermenting. You may want to isolate it during the 22-24 hour fermentation period.

PART 1 - STEP 1 OF 9

Prepare the soybeans

Wash and soak the dried soybeans before cooking.

STARTING WITH PRE-COOKED BEANS?

Dry beans are preferred. If your beans are already fully cooked, skip the soaking and boiling directions. Complete the sterilization and warmer setup, then continue to Part 2: Add the Natto Spores.



STEP 1

9-12 hours

Wash and soak

Wash 2 cups of dried soybeans. Cover with 6 cups of filtered water and soak for 9-12 hours. A longer soak is recommended during colder months.

Plan ahead: Start in the evening so the beans are ready to cook the next day.

Suggested reminder: 9 or 12 hours

Prepare the soybeans

Cook the soaked beans until tender while preserving their shape.



STEP 2

2-3 hours

Boil until tender

Drain off the soaking water. Place the beans in a large pot, cover with fresh water, and boil for 2-3 hours. Check every 30 minutes. The beans should be tender, but not mushy.

Target texture: Moist and tender enough to ferment while still firm enough to hold their shape.

Suggested reminder: 30 minutes, 2 hours, or 3 hours

Prepare the soybeans

Sterilize every tool that will touch the cooked beans.



STEP 3

Sterilize the equipment

Rinse or dunk the colander, cooking spoon, and casserole dish with boiling water to sterilize them. Set the sterilized pieces on a clean surface.

Protect the culture: Clean tools help ensure the right organisms thrive in the beans.

Prepare the soybeans

Drain the cooked beans and prepare a steady 100°F incubation space.



STEP 4

Preheat to 100°F

Drain and prepare the warmer

Drain the cooked beans in the sterilized colander and place them in the sterilized casserole dish. Turn on the oven light so the incubation space preheats to 100°F.

Temperature matters: The fermentation environment must remain at a steady 100°F.

Add the Natto Spores

Pour one individual starter packet directly over the hot beans, then mix carefully.



STEP 5

Add the starter

While the beans are still hot, pour 1 packet of Natto Spores Starter over the beans. Stir the beans carefully using the sterilized stainless-steel spoon.

Mix gently and thoroughly: Distribute the starter without crushing the beans.

Add the Natto Spores

Create an even layer and protect the batch from unsterilized surfaces.



STEP 6

1-inch layer

Spread the beans

Spread the beans in a layer about 1 inch thick in the casserole dish. If any beans spill onto the counter or another unsterilized surface, discard them. Do not add spilled beans back to the batch.

Avoid contamination: Only beans that stayed in the sterilized work area belong in the dish.

Add the Natto Spores

Cover the beans securely while providing limited ventilation.



STEP 7

Holes 1 inch apart

Cover and vent

Cover the casserole dish tightly with aluminum foil. Use a clean pin to poke small holes in the foil, spacing the holes 1 inch apart.

Why the holes? The culture needs limited oxygen while the foil keeps the beans protected and dark.

Culture and finish

Maintain steady warmth until the natto shows the expected finishing signs.



STEP 8

22-24 hours at 100°F

Ferment the natto

Place the covered dish in the oven, dehydrator, or other warmer. Ferment for 22-24 hours, keeping the temperature at a steady 100°F.

Look and smell: It is finished when a whitish film appears and the beans have a strong ammonia-like aroma.

Suggested reminder: check at 22 hours or 24 hours

Culture and finish

Cool, portion, cover, and chill the finished natto for its best texture.



STEP 9

Cool 2 hours, then chill

Cool, cover, and refrigerate

Let the finished natto cool at room temperature for 2 hours. Remove the foil, transfer the natto to covered containers, and refrigerate for at least overnight for the best flavor and stringiness.

Storage: Refrigerate for about 1 week. Freeze smaller portions and thaw as needed.

Suggested reminder: 2-hour cool-down and 12-hour overnight chill

TROUBLESHOOTING

Is this normal?

Use the timing, aroma, appearance, and handling cues below while your natto cultures.

The natto smells strong while fermenting

A strong odor is expected. Natto can be quite odorous during fermentation, so you may prefer to isolate the warmer.

I see a whitish film on the beans

This is a key sign of finished natto. When the film appears with a strong ammonia-like aroma after fermentation, remove the dish from the warmer.

Some beans spilled onto the counter

Discard every spilled bean. Do not return beans from an unsterilized surface because they can contaminate the batch.

The beans are mushy after boiling

The target is tender but not mushy. Check future batches every 30 minutes during boiling so the beans retain a firm texture.

When is the natto ready to eat?

After fermentation, cool for 2 hours and refrigerate in covered containers at least overnight. This resting period develops the best flavor and stringiness.

WAS THIS HELPFUL?

Use the interactive rating section on the online instructions page. Four or five stars opens the review path; one to three stars opens the support path.

KEEP FERMENTING

More ways to enjoy natto

Open these Cultures for Health recipes from the clickable cards below.



Japanese Natto

Make authentic fermented soybeans at home.



Adzuki Bean Natto

Try a mild, slightly sweet alternative.



Simple Natto Sauce

Add savory flavor to natto and rice.