

Translations:Champignon Inoculation d'une culture liquide/91/en

- Boil water in your pan.
- Take out your container of beans and fill it with boiled water (below the level of the beans).
- Fill your vaporizer with the rest of this cooled water.
- Fill your pot with water again and bring to a boil.
- Close the container of your grains and immerse it in your saucepan/pressure cooker.
- Let it boil for 3 hours in your pan, covered.
- Take your container out of the pan and let it cool overnight.