



# HEIRLOOM YOGURT

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TIPS, TRICKS, AND EVERYTHING  
YOU NEED TO MAKE IT YOURS!

# ABOUT OUR HEIRLOOM STARTERS

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## Villi #5200

A Finnish yogurt variety, Villi is very mild and creamy, with a fairly thick consistency. It's a versatile favorite that's perfect on its own or in any yogurt recipe.

## Filmjök #5201

Another Finnish variety, Filmjök has a tangy flavor reminiscent of cheese and a custard-like texture. It's great with fresh fruit or over pie. Kids love it!

## Matsoni #5202

Matsoni, from The Republic of Georgia, has a thin, custard-like texture with notes of honey. Its flavor is the most "yogurty" and is a popular choice for frozen yogurt.

## Piimä #5203

Piimä, a Scandinavian variety, is very thin and drinkable with a mild flavor. Culture it with cream instead of milk to make a tasty sour cream-like topping.

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# WHAT YOU NEED

## Ingredients

- 1 packet yogurt starter  
store extras in the freezer
- Pasteurized whole milk  
(avoid ultra-pasteurized or UHT)

## Equipment

- Glass jar or other container with a lid
- Coffee filter or tight-weave cloth
- Rubber band
- Mixing utensil

# ACTIVATING YOUR STARTER

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1. Pour 1 cup of cold milk into a glass container. Add 1 packet yogurt starter; mix thoroughly.
2. Cover the container with coffee filter or tight weave cloth, secure with a rubber band, and culture in a warm spot (70°-77°F).
3. Check after 12 hours to see if it has set. You'll see a change in the milk's texture and it will pull away from the sides of the container when it's tilted. If your starter has not set, culture for up to 48 hours, checking every few hours.
4. Once your yogurt has set, or at the end of 48 hours, cover the container with a tight lid and refrigerate for at least 6 hours.
5. After 6 hours, the yogurt is ready to eat! Don't forget to reserve at least 1 Tbsp. for future batches!

# MAKING YOGURT

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1. Pour 1 cup of cold milk into a glass or plastic container. Add 1 Tbsp. of yogurt from the last batch; mix thoroughly.

**PRO  
TIP!**

To make larger batches, use 1 Tbsp. yogurt per cup of milk (up to ½ gallon per batch).

2. Cover the container with coffee filter or tight weave cloth, secure with a rubber band, and culture in a warm spot (70-77°F) for at least 12 hours or until the yogurt has set (no longer than 48 hours).
3. Cover the container with a tight lid and refrigerate for at least 6 hours.
4. After 6 hours, the yogurt is ready to eat! Don't forget to reserve at least 1 Tbsp. for your next batch!