



YOGURT

Mild & Traditional



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

WHAT YOU NEED

Ingredients

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

Equipment

- Stainless steel pot, enamel pot, or double boiler •
- Thermometer •
- Culturing container •
(glass or plastic)
- Yogurt maker or similar appliance •
that holds at 105-112°F
- Mixing utensil •

MAKING YOGURT

1. Slowly heat 1-2 quarts milk to 180°F then cool to 115°F.
2. Pour the milk into a glass or plastic container.
3. Add 1 packet of yogurt starter; mix thoroughly.
4. Cover and culture at 105-112°F for approximately 8 hours in a yogurt maker or similar appliance.

MAKING YOGURT

5. Check frequently by tilting the jar gently. If the yogurt moves away from the side of the jar in one mass instead of running up the side, it is finished culturing.
6. Once the yogurt has set, cover it and allow it to cool for 2 hours at room temperature.
7. After 2 hours, refrigerate the yogurt for at least 6 hours before consuming.