



# Yogurt

*You can make homemade yogurt at home easily with or without a yogurt maker. The key to achieving a good set is to keep your yogurt consistently at a temperature of 110°F (43°C) for 8 – 10 hours.*

## **Ingredients and Equipment:**

1 pouch yogurt culture or 1/8 tsp Yo-Mix 601 or 401

1 quart/litre milk, up to 4 litres

*(milk choices can be raw, grade-A, whole, skimmed, prepared from powdered milk, soy, rice, coconut or almond milk)*

Optional: 2 TBSP (30 ml) skim milk powder – for added thickness

Sauce pan or small pot

Glass Mason jar or container for storage

Milk thermometer

## **Directions for Use:**

- Before you begin, remove culture pouch from the fridge to allow it to warm to room temperature before adding to the milk.
- Sanitize all utensils, container and/or pot with hot soapy water, rinse and dry.
- Pour 1 quart/litre of fresh milk into a clean, sterilized pot.
- Optional: Add 2 TBSP of skim milk powder to the milk if thicker yogurt is desired.
- Heat the milk to 185°F - 194°F (85°C - 90°C). If adding skim milk powder, this heating step is necessary.
- Remove the pot from heat and allow the milk to cool to 110°F (43°C). To accelerate the cooling down process, place the pot in a sink filled with cold water.
- When you reach your target temperature of 110°F (43°C), add culture to the milk then stir until the culture has dissolved thoroughly in the milk (approx. 1 minute). Stir gently without whisking to avoid foaming the milk.
- Pour the inoculated milk into a clean, sterile container (Mason jar, sauce pan, Dutch oven or yogurt maker jars) or you can keep the milk in the pot used for heating the milk. Cover with a lid.

## **Choose from the following incubation options:**

### **USING A YOGURT MAKER:**

Ferment the first batch in the yogurt maker at 43°C (110°F) for 8-10 hours.

### **WITHOUT A YOGURT MAKER: USING THE OVEN**

Pre-heat the oven to 115°F (46°C) then turn the oven OFF. Put the lid on the container of choice and wrap the entire container in layers of towels. Place the container bundled in towels into the pre-heated oven (oven should now be turned OFF). You can keep the oven-light on to add and maintain warmth.

### **WITHOUT A YOGURT MAKER: USING A COOLER**

Place your container filled with the warmed milk mixture into a small cooler. It's preferable if the cooler is small enough to enclose your container more efficiently. Fill the cooler with hot tap water until the container is submerged in water (but not floating).

### **WITHOUT A YOGURT MAKER: USING A SLOW-COOKER**

You can complete the entire process using a slow-cooker with a lid.

## **Using either a yogurt maker, oven-method, cooler or slow-cooker....**

- Incubate the milk mixture at 110°F (43°C) for 8–10 hours without agitating or moving the container. You may be tempted to peek in on your yogurt, but the more you move the container the more you will agitate the curd and lose heat.
- The longer the yogurt ferments, the more lactic acid that is produced and the more tart the taste will then be.
- After fermentation, set the container in the refrigerator for 12 hours to allow for further thickening to occur. You will notice a big difference in improved thickness after the refrigeration time. After cooling, if necessary, transfer the fresh homemade yogurt from the pot or Dutch oven to a clean container that takes up less room in the fridge for storage (not necessary if using a glass mason jar that acts as storage container). Enjoy this treat!
- If you want a thicker yogurt, strain it through cheesecloth.

### **Storage:**

- Enjoy for up to 1 week. The flavor will increase during this time since the microorganisms stay active even in the refrigerator.

### **How to Re-Culture:**

- Save 3–4 tablespoons from each batch to re-culture the next quart/litre of milk instead of using a new pouch. Can be re-cultured up to 24 times. The transfer from first batch and subsequent batches will only take 6 –8 hours to set (not the original 8 – 10 hours).

### **Shelf Life:**

- The yogurt culture pouch should be stored in the refrigerator or freezer for a shelf life of 2 years.