



**CHEESE AND YOGURT**  
**EST MAKING 1981**



## YOGURT CULTURE

### TO MAKE YOGURT STARTER SOLUTION

**Cheese & Yogurt Making's Freeze Dried Yogurt Starter** is of excellent and consistent quality and with care should provide delicious yogurt time after time. It is not a monoculture but a carefully balanced blend of *Lactobacillus Bulgaricus* and *Streptococcus Thermophilus* which should ensure optimum results.

**To cultivate the yogurt starter from the freeze dried culture the following items are required:**

A dairy thermometer, a suitable saucepan, a whisk, a suitable incubator (e.g. Cheese & Yogurt Making's Figueine Yogurt Maker), a glass container with a capacity of 1 litre (1¾ pints) minimum, cling film, dairy steriliser.

#### Directions:

1. Heat 1 litre (1¾ pts) of fresh milk to approximately 90°C (194°F) and hold at this temperature for ten minutes.
2. Remove from the heat and cool rapidly by standing the saucepan in cold, running water until a temperature of 44°C (111°F) is reached.
3. Sprinkle the freeze dried yogurt culture into the milk whilst whisking vigorously. It is important to ensure that the powder is thoroughly mixed into the milk.
4. Pour into the central container of the yogurt maker. Incubate at between 40°C - 44°C (104°F-111°F) for 6-8 hours.
5. Sterilise the glass container with a suitable dairy steriliser to prevent the introduction of any undesirable airborne organisms which could interfere with the incubation of the desired culture, or use boiling water. Pour the mixture into the sterilised container and cover with cling film immediately.
6. Store in the refrigerator, keeping tightly covered at all times.
7. The yogurt starter is ready when it tastes fresh yet sour. It is possible to maintain a supply of starter culture by reserving a small quantity of the finished yogurt (free from any flavourings) and using it in place of the freeze dried starter culture on the next batch.

### YOGURT RECIPE

**To make Yogurt:** Heat 1 litre (1¾ pints) of fresh milk to 90°C (194°F) and hold at this temperature for ten minutes. Remove from the heat and cool rapidly by standing the saucepan in cold running water until a temperature of 45°C (113°F) is reached. Sterilise the flask of the incubator using a suitable dairy steriliser - (**do not use boiling water**) - to prevent the introduction of any undesirable airborne organisms. These could interfere with the incubation of the required culture. Pour the cooled milk into the flask. Sterilise a tablespoon by scalding it in boiling water, remove the top from a previously prepared solution of **Cheese & Yogurt Making's** freeze-dried yogurt starter and quickly add two tablespoons of starter solution to the incubator flask and stir.

Immediately re-cover the starter solution and return to the refrigerator. Place the lid on the flask, plug the incubator into a 240v socket and leave for 6-8 hours. The temperature will be maintained at 40 - 45°C (104 - 113°F) producing a natural yogurt that tastes fresh yet sour. Other ingredients such as fruit, nuts etc. can then be added and the finished product poured into **Cheese & Yogurt Making's** yogurt pots and allowed to set.

It is possible to maintain a supply of starter culture by reserving a small quantity of the unflavoured yogurt and using it in place of the starter solution on the next batch. However, as soon as any unwanted bacterial growth appears such as irregular black spots or orange or yellow 'beads' forming on the surface, discard immediately. If the yogurt does not attain the correct viscosity or off-flavours are detected, again start afresh with a new starter culture.

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