



Traditional Flavor Yogurt STARTER CULTURE INSTRUCTIONS



You can make delicious traditional yogurt!

Total time: 14-16 hours ★ **Active time:** 25 minutes

**YOU
CAN DO
THIS**

Our Traditional Flavor Yogurt Starter makes a pleasantly tangy yogurt. This culture works on anyone's schedule! You'll need a yogurt maker or similar appliance for culturing.

What You'll Need

- ➔ 1 packet of starter culture (store extras in the freezer)
- ➔ Pasteurized whole milk (avoid ultra-pasteurized or UHT milk)
- ➔ Stainless steel pot, enamel pot, or double boiler
- ➔ Culturing container (glass or plastic)
- ➔ Yogurt maker or similar appliance that holds at 105°-112°F
- ➔ Non-aluminum mixing utensil (stainless steel is OK)

Instructions for 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 7-8 hours in a yogurt maker or similar appliance.



————— / 105°-112°F ⌚ 7-8 HOURS —————

- 5** Once the yogurt has set, **cover** it and allow it to **cool** for 2 hours at room temperature.
————— / 68°-85°F ⌚ 2 HOURS —————
 - 6** After 2 hours, **refrigerate** the yogurt for at least 6 hours before consuming.
————— / 32°-40°F ⌚ 6+ HOURS —————
 - 7** Your yogurt is ready to eat or use in recipes!
- ➔ Go online to find sweet and savory flavor tips and recipes:
www.culturesforhealth.com/yogurt-recipes

Questions? We can help!

Q How do I know my yogurt has set?

A 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.

Q How do I use raw milk to make yogurt?

A Go to the following URL for detailed instructions:
www.culturesforhealth.com/raw-milk-yogurt

Q How do I make larger batches of yogurt?

A Use 2 packets of starter to culture 1-4 gallons of milk.

Q Why is my yogurt thinner than store-bought?

A Many store-bought yogurts contain thickeners. Drain whey or add thickeners to achieve a similar thickness. Find more info at:
www.culturesforhealth.com/thicker-yogurt

**LET US
HELP**

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support:
www.culturesforhealth.com

Fermented foods often have a sour but clean aroma and flavor.
Never consume anything that smells or tastes unpleasant.

**WHAT'S
THAT
SMELL?**