

Yogurt

I use a thermometer to check the hot water. >130 deg kills the active culture, and <90-95 and culture goes to sleep. I use 120 deg from the tap – the hottest my water gets.

- 1) 2 2/3 c nonfat dry powdered milk dissolved in water to make 4 cups
- 2) 12-oz can evaporated milk (the unsweetened sort), 3/4-1 cup plain, nothing-added yoghurt with live cultures (do not use one with gelatin or pectin, unless you want slightly slimy yuck), and hot water to equal 3 1/2 to 3 3/4 cups. (Yogurts: Vitamin Cottage carries Maple Hill Dairy 7-oz. yogurt that is full-creamery yogurt and tart. It has great active cultures and makes a tart yoghurt. King Soopers and Sprouts carry Fage 6-oz. no fat greek yogurt has nothing but fat-free milk and cultures. It makes a less tart yoghurt that takes a little longer. Fage also makes a 2% plain greek yoghurt without add-ins and I prefer the texture of yoghurt it makes, and it's not tart.)
- 3) Mix together (1) and (2).
- 4) Pour into 4 pint jars and seal with good lids.
- 5) Set pints into kettle and fill up to just below collars on lids with hot water.
- 6) Place in oven and leave the light on. I also pre-warm the oven, just letting it run until it gets to 120 deg or so.
- 7) Check after 8-10 hours to see if it's ready, will not pour when jar is tilted. If it's not ready, then change out the water and go again for another 2-3 hours. (Maple Hill Dairy yogurt was done in 8 hours, Fage in 10-12 hours, and I changed the water mid-way through)

Time to ferment is dependent on temperature and the culture activity. Experimentation is all part of the charm of making fresh yogurt, and practice will get you to a yogurt that you really like!