

Making Yogurt at Home

Recipe

Yogurt is fermented milk made through Lacto Fermentation with the help of lactobacilli and coccus bacteria. These probiotic bacteria are good for your guts and ultimately for your health. The process is to inoculate the milk with bacteria and wait for them to transform the lactose of the milk into tangy deliciously sour cream . Here is what to do.

1 Use good starter. Starter is the culture that will inoculate the milk. It can be purchased from store – the one for yogurt making machines which is freeze-dried. Or, you can use two tbs of yogurt per Liter of milk. In this case you will be introducing live bacteria so make sure the yogurt has not been pasteurized. Many manufacturers do that to preserve the yogurt and extend its shelf life. Also avoid yogurts with additives, starches, pectin etc.

2. Use good milk with no additives plain. Avoid Ultra pasteurized or row milk. Pasteurized will work the best.

3. You'll need:

2 quarts pasteurized whole milk

2 tablespoons plain yogurt with live active cultures

1 Heat proof container.

Warm the milk to 200 degrees in a container. You'll want to take it slowly, stirring occasionally to prevent scorching, until a thermometer reads 200°. It shouldn't boil.

Remove the pan from the heat and let it cool. Stir every once in a while, until a thermometer reads 112°-115°. This is the ideal temperature for your starter to incubate.

To combine, whisk 1 cup warm milk into the yogurt in a small bowl until smooth. Then return that mixture to the container oven and stir gently. Transfer to warm, clean jars with lids, such as 1-qt. canning jars, and cover.

4. Let fermentation happen. It will take 6-24 hours in a warm place (about 110 F) for the milk to become yogurt. You can leave it in oven with lights on undisturbed for the duration of time. The longer it stays the thicker and sour it will be.
Keep it refrigerated.

