

HOW TO MAKE NATURAL YOGHURT

EQUIPMENT

SMALL AND LARGE MIXING BOWLS, 2 X LARGE JAM JARS, SPOONS, MEDIUM SIZE SAUCE PAN,
TEA TOWELS, SCALES, DIGITAL THERMOMETER

INGREDIENTS

2KG FULL CREAM MILK, 200GM FULL CREAM MILK POWDER,
100GM GOOD QUALITY UN-FLAVOURED NATURAL YOGHURT

METHOD

TURN THE OVEN ONTO STEAM SETTING 100 DEGREES AND PLACE ALL THE EQUIPMENT YOU INTEND TO USE INTO THE OVEN FOR 6 MINS TO STERILISE. IF YOU CAN'T FIT EVERYTHING IN DO IT IN BATCHES

BE SURE NOT TO DRY THE EQUIPMENT WITH A TEA TOWEL LET THE EQUIPMENT AIR DRY ONCE STERILISED

POUR THE MILK INTO THE SAUCEPAN AND PLACE OVER MEDIUM LOW HEAT, KEEP THE MILK MOVING TO ENSURE IT DOES NOT CATCH ON THE BOTTOM AND THAT THE TEMPERATURE RISES EVENLY

HEAT THE MILK TO 83 DEGREES CELCIUS AND REMOVE FROM THE HEAT, LET IT STAND ON THE BENCH FOR 5 MINS

ADD THE MILK POWDER TO A LARGE MIXING BOWL AND POUR OVER THE STILL HOT MILK, STIR WITH A SPOON, DO NOT WHISK OR STIR TO VIGOROUSLY, IF YOU HAVE SOME LUMPS DON'T PANIC. STIR THE POWDER THROUGH GENTLY FOR 2 MINS

LEAVE THE MILK TO STAND ON THE BENCH UNTIL THE TEMPERATURE OF THE MILK REACHES 43 DEGREES

ONCE COOL MIX THE YOGHURT IN A SMALL MIXING BOWL AND ADD APPROX 100GM OF THE WARM MILK MIX TO THE YOGHURT AND STIR THROUGH AGAIN

ONCE MIXED ADD THE YOGHURT MIX BACK INTO THE LARGE MILK MIX AND STIR AGAIN GENTLY WITH A SPOON FOR 1 MIN

LEAVE THE MILK MIX TO STAND FOR APPROX 30-40 MINS UNTIL THE TEMPERATURE COMES DOWN TO 43 DEGREES CELCIUS

ONCE THE TEMPERATURE HAS REDUCED POUR THE MILK MIX INTO THE JARS AND SEAL WELL

PLACE THE JARS INTO THE OVEN STEAM SETTING 43 DEGREES FOR 5 HOURS

ONCE THE 5 HOURS HAD ELAPSED REMOVE THE JARS FROM THE OVEN AND PLACE INTO THE FRIDGE TO COOL COMPLETELY

DO NOT OPEN THE LID FOR 12 HOURS, ONCE THE TIME HAS ELAPSED YOU CAN USE AND ENJOY YOUR YOGHURT

HINTS & TIPS

- KEEP ASIDE 100GM OF THIS BATCH OF YOGHURT FOR YOUR NEXT BATCH

- HOMEMADE YOGHURT CAN BE KEPT IN THE FRIDGE FOR 7-9 DAYS

- TO ENSURE THE YOGHURT FORMS THE CORRECT CULTURES AND NOT BAD BACTERIA IT'S BEST TO STERILISE EVERYTHING YOU WANT TO USE