

Sun, 25 Aug 2002

"I Dare You" Part IV

This is one project that ANYONE has and can get the ingredients for. This "I Dare You" task is making Yogurt in your kitchen. Personally I don't like yogurt that is not frozen or dried on something like cranberries, but hubby likes it and I decided to make some yesterday to get him used to eating homemade yogurt before our goats came into milk. Cow milk yogurt will end up with a bit of whey at the top and goats milk will be creamer. To make this batch more creamy since I was using storebought cows milk, I had some leftover cream from making ice cream the other day.

You need milk. I used regular homogenized milk from the store and one small container of unflavoured unsweetened yogurt from the store to obtain my yogurt culture. This is called 'mothering'. I think I will get some Bulgarian yogurt culture from the OG store when I get milk from the girls. It is supposed to make a superior culture, but I can't verify that personally.

OK. You need 2 quart sized jars.. ok.. well any jars with a lid that you can boil in water to sterilize, I would also run them through the dishwasher if I had one and leave it go at that.

You know those insulated bags for keeping soda cool? I have a lunch sized one that will let 2 quart jars sit in there. You can also use blankets.

You need one dairy thermometer. It is a glass thermometer from the kitchenwares department from your store.

You need a stainless steel or glass pot such as Visionware.

Ok, put 1 quart of milk in a pot (glass or SS) to heat to 110-115F. Watch it as it won't take long. Stir with your thermometer to get it all even temperature. Take the temperature towards the top of the liquid.. not the bottom of the pot.

Mix a little of the warm milk in 2-3 TB of the yogurt to thin it out and then pour into the rest of the milk and stir well to get it mixed.

Pour into your jars and tighten the lids. Then either wrap in blankets (wool or down preferably to retain heat) or pop into an insulated soda/lunch bag. Leave undisturbed for 4-6 hours and then when it looks like it is "yogurting" (mine was thinner than what I thought it ought to be but it firmed

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up overnight in the fridge) but the whole jar in the refrigerator overnight.

When you want to make more yogurt, save the last 2-3 TB or so of yogurt from your last batch, and repeat the process.

Pretty easy, eh?

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