

Making Yogurt with Yogurt

Equipment Needed:

Cooler and heating pad or yogurt maker
Saucepan
Thermometer
Measuring cup and measuring spoons
Rubber spatula or wooden spoon
1 litre or 1 quart Mason jar with lid

To Make The Recipe:

2 cups whole milk
2 tbsp full-fat yogurt

Warm the inside of the cooler by placing the heating pad in it and close the lid. Let it warm up inside or if using a yogurt maker, follow the instructions that came with the machine. Heat the milk to 200 degrees F or 93 degrees C over medium to high heat. Do not let it boil. Remove from the heat and cool to 115-120 degrees F or 46-48 degrees C. Transfer to the Mason jar and add the yogurt. Mix it together. Put the lid on the jar tightly and place in the cooler or the yogurt maker. Make sure the temperature inside the cooler is at least 85 degrees F or 30 degrees C. Make sure it does not go above 112 degrees F or 44 degrees C. A lower temperature (85 degrees F or 30 degrees C) and longer ferment is best. Let the milk mixture ferment for 4-7 hours. It can be fermented as long as 12 hours.

Once it is fermented, remove the jar from the cooler and place in the refrigerator. Yogurt can be made thicker and richer by draining out some of the whey. Do this by placing yogurt in a tight mesh cloth and let the whey drip out into a bowl until it yogurt achieves the texture you desire. If you drain it for 6-8 hours, it will make a yogurt cream cheese.