

Homemade Yogurt

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Homemade yogurt is surprisingly easy to make, and after enjoying this simple yogurt recipe you might never buy storebought again! Use whole milk and avoid ultra-pasturized varieties. And, if you plan on making yogurt often, reserve a cup of your homemade yogurt to make a fresh batch weekly! You will love a simple breakfast of yogurt, fruit, and honey when you make your own yogurt!

Ingredients:

1 quart whole milk
½ c. powdered milk
1 c. plain yogurt, room temperature

Directions:

1. In small saucepan heat milk to 120 degrees, using instant read thermometer to monitor temperature. Monitor milk closely to avoid scalding.
2. Remove from heat and allow to cool to 90 degrees F. Whisk in powdered milk and yogurt.
3. Transfer milk to cylindrical plastic container and place in narrow wine bucket lined with a heating pad. Set heating pad to medium and let mixture ferment for 12 hours, making sure temperature of milk stays between 100 degrees F and 115 degrees F.
4. After fermentation is complete, refrigerate overnight. Serve as desired.

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