

## Lacto-Fermenting: *The Easy & Healthy Way* HOMEMADE YOGURT

### Key Points

- Simple to make
- High live healthy bacteria count (800 Billion - 1.3 Trillion/serving)
- Easy for the digestive tract to process
- Acts as food for digestive tract flora.
- Often can be consumed by lactose intolerant people.
- Can aid in regularity and bowl health.

### RECIPE:

## Homemade Yogurt *The “Easy” Way*

*Yogurt is one of the easiest foods to make at home. That is a good thing since it can be so good for your health. Homemade yogurt tastes better than store-bought and can be eaten plain, with fruit, or in smoothies, dips and more.*



### Ingredients:

- ½-Gallon whole milk (Cow’s milk only - raw milk, organic milk, or regular store-bought milk... just NOT Ultra-Pasteurized Milk.)
- ¼ cup plain store-bought yogurt with “Live” cultures (After you’ve made your 1st batch of homemade yogurt, you can save some to start the next batch.)

**CHOOSING A YOGURT CULTURE:** Make sure to use a good quality “live” yogurt when making homemade yogurt. On the label it should read “Contains LIVE Cultures”. We prefer ‘Brown Cow Plain Cream Top’ yogurt as it produces a smooth creamy tasting yogurt.

### You Will Also Need:

- Pan, large enough to heat the milk in
- Spoon, non-metal (metal + dairy products = ionic reaction = go bad quicker)
- Kitchen Thermometer (NOT a candy or meat thermometer)
- Glass Jar(s) with Lid(s) (big enough to hold amount of yogurt making)
- Wide-mouth Funnel, optional [ *available at [CookingGodsWay.com](http://CookingGodsWay.com)* ]
- Small Insulated Cooler OR Close-able Box
- Kitchen Towel(s) OR Small Blanket

### Instructions:

1. Pour milk into the pan and warm over medium heat, stirring frequently. Allow the milk to come to 180°F. (It's OK if it goes a degree or two over.)

*Be sure to use a reliable thermometer when making yogurt, as the temperatures are critical to ensure good results.*

2. Remove pan from heat, allow to cool to 118°F, stirring every-so-often to help the milk cool faster. (If a skin forms on the surface, simply spoon it off and discard.)
3. Meanwhile, measure out your yogurt starter culture (from the store-bought yogurt or homemade if this is a subsequent batch) and allow it to come to room temperature while the milk is cooling.
4. Once the milk has reached 118°F, not any higher, slowly whisk in the yogurt culture into the cooled milk. Make sure it is thoroughly combined.
5. Pour this mixture into your glass jar(s) and cap. Do this all quickly, as you want the milk to be as warm as possible when you put it in the cooler. DO NOT reheat the milk once the culture has been added.
6. Place filled-capped jar(s) inside the insulated cooler (or box). If it is particularly cold in your home, you may want to fill a jar with very hot tap water, cap, and place in the cooler as well. Wrap jar(s) well with kitchen towel(s) or blanket.
7. Close the cooler/box completely. Set aside to culture for 12 to 24 hours.

**NOTE:** *If culturing for 24-hours, at the 12-hour mark add a fresh jar of hot water in the cooler. This 24-hour yogurt will be more tart than the 12-hour yogurt, but will have more of the milk sugars eaten up.*

8. When yogurt done culturing, remove jar(s) from cooler and transfer to fridge to chill. Yogurt will thicken a little more in the fridge. Wait until well-chilled before serving or your yogurt will break-down and separate easily.

*Be sure to always set aside and save enough of the plain homemade yogurt to use for your next batch. Make fresh yogurt every 5 to 7 days for best results. After a period of time you may need to purchase a fresh yogurt culture (store-bought yogurt).*

Makes ½-Gallon.

