



YOGURT MADE EASY

By Ruby Hill

YOGURT

High in calcium. May be used as a breakfast protein or dairy. Natural source of Lactic bacteria (L.Bulgaricus, S. Thermophilus, L. Acidophilus). People who are allergic to dairy products can usually use yogurt as the development of the culture changes the milk. The richer the milk, the richer the yogurt.

May add sugar, Splenda, and fruit as desired.

May use to make frozen yogurt by blending with sweetener and frozen fruit in a good blender.

MILK – May use either fresh milk or instant milk powder. The higher the fat content, the richer the cheese or yogurt will be.

TO MAKE YOGURT THICKER - Add ¼ to 1/3 cup extra milk powder to your milk BEFORE you scald the milk, whether you are making yogurt or cheese from fresh milk or powdered milk in water.

MILK RECIPE FOR YOGURT –

- to each litre of fresh milk, whisk in 1/3 cup of powdered milk. The powdered milk will make finished yogurt thicker.

- to make milk completely from powdered milk, whisk in 2/3 to ¾ milk powder to one litre of water

EASIEST WAY TO MAKE YOGURT

The easiest way to heat milk without scorching is to use a 4 or 8-cup microwave-safe Pyrex Measuring Cup and heat milk in your Microwave.

RECOMMENDED: PURCHASE AN 8 LT PAMPERED CHEF MICROWAVE-SAFE MEASURING CUP, AS THEY WILL NOT BLOW UP.

I prefer to heat one 8-cup batch of milk in a pyrex cup in my Microwave. On high temperature setting, heat for 3 minutes, then 3 minutes again and test temperature with yogurt thermometer. Continue heating for 3 minute cycles until milk temperature reaches 180 degrees F or 82 degrees C .

Set aside to cool to 73-77 degrees F or 23 – 25 degrees C.

To make Yogurt, follow instructions on Yogourmet Starter Package. To make cheese,

buttermilk or sour cream, follow instructions on Yogourmet Cheese Starter Package.

Note: To make cheese, sour milk or buttermilk, you may just sit milk on counter in a container rather rather than use the electric yogurt-maker.

Additional Recipes:

Plain Yogurt:

For 2 Litres:

- 8 c warm water
- 1 Tbsp pure gelatine
- 2 c instant or non-instant milk
- 2 pkg Yogurt Starter or ½ cup plain yogurt to use as starter

Tools:

- 6 qt heavy saucepan
- Wire burner protector to hold pan off of immediate heat
- Wire Whisk

Method:

- Sprinkle pure gelatine on top of water, soften for 5 minutes. Whisk in milk powder. Place over medium high heat (with wire burner protector on burner) and whisking gently to keep milk from scorching, until milk reaches 180 degrees F, 82 degrees C, or bring just to boiling point (do not boil).
- Remove quickly from heat and place lid on pan. Cool to baby-bottle warm, or 108-112 degrees F or 42-44 degrees C.
- Sprinkle in yogurt starter, whisking gently all the while.
- Pour mixture into Yogurt Maker and follow instructions OR pour mixture into plastic tub and place on heating pad which has been set on lowest possible temperature and preheated. Wrap one or two large bath towels around heating pad and container. Leave on until yogurt is set as desired. I leave 2 lt to 1 gallon container on pad for 5 to 7 more hours.
- Refrigerate to stop development of culture.

Note: The weaker the beginning starter culture, the longer development will take, but it will still be good.

DESSERT FLAVORED YOGOURT

LEMON SET YOGOURT

- 1 – 3 oz pkg Lemon Jello
- 1 cup boiling water
- 2 tbsp sugar
- ½ tsp lemon zest (lemon peel)
- 1 Tbsp lemon juice
- 2 cups plain yogourt
- Method: Add Jello, lemon zest, lemon juice and sugar to boiling water, whisk in 2 cups plain yogourt and refrigerate at least 2 hours or overnight.

LEMON SET YOGOURT – SUGARLESS

Same as above, but use Sugarless or Diebetic Jello, and Splenda.

ORANGE SET YOGOURT – SUGAR OR SUGARLESS

- 1 – 3 oz pkg Orange Jello or 1 pkg Sugarless or Diebetic Orange Jello
- 1 cup boiling orange juice
- 2 tbsp sugar or 2 tbsp Splenda
- ½ tsp orange zest
- 2 cups plain yogourt
- Method: Add Jello, orange zest, and sugar or Splenda to boiling orange juice, whisk in 2 cups plain yogourt and refrigerate at least 2 hours or overnight.

COULIS OR FRUIT SAUCE

- 10 oz (300 g) fresh or frozen strawberries or raspberries
- 1 tbsp (15 ml) sugar or more to taste
- 1 tsp (5 ml) lemon juice
- Puree ingredients together in a blender. Strain if using raspberries. Unmold yogourt and spoon Coulis around base.

FRUIT YOGOURT

To plain yogourt, add sugar or Splenda or use plain, add any canned or fresh fruit as desired. Raspberries, Strawberries, Blueberries, Pineapple (crushed or bits) are excellent.

BAKED POTATOES

Plain yogourt is every bit as good as sour cream with almost no calories, and a good source of added calcium. Excellent when served with Bacon Bits and Green Onions or Chives from your Home Storage.