

HOME-MADE YOGURT

Ingredients:

½ to ¾ c. of White Mountain Foods Bulgarian Yogurt
1 gal. of milk (beginners should use 2% or whole milk)
a thermometer

Directions:

Heat milk to 165° F. Cool to 109°; add yogurt. Stir and let stand for 8 hours in a warm place. (90-100° on a heating pad or wrapped in towels) Refrigerate and DO NOT touch until chilled.

Troubleshooting:

Experiment with smaller batches...a pint or quart of milk. If after 8 hours it is still as runny as milk (under-incubated) you either need to incubate it at a higher temperature, add a larger quantity of starter yogurt or check your thermometer... you might have accidentally killed the culture by adding the starter to overheated milk. If after 8 hours the milk has separated into curds and yellowish whey (over-incubated) then you incubated it too long or at too high a temperature or added too much starter yogurt.