# Homemade Yogurt Making

This playbook outlines the steps to make your own yogurt at home, including how to use starter cultures, the fermentation process, and adding flavors. It offers a simple method to create a fresh, healthy, and customizable dairy product.

### Step 1: Gather Supplies

Prepare the necessary equipment and ingredients: a heavy pot, a thermometer, a whisk, a tablespoon, milk (any variety), and a yogurt starter culture (either commercial yogurt with live cultures or a yogurt starter powder).

### Step 2: Heat Milk

Pour the milk into the pot and slowly heat it to 180°F (82°C), stirring constantly to avoid burning. This step pasteurizes the milk, killing any unwanted bacteria.

### Step 3: Cool Milk

Allow the milk to cool to 110°F (43°C). This is the ideal temperature for the good bacteria to grow and start the yogurt fermentation process.

### Step 4: Add Starter

Once the milk has cooled, add the yogurt starter culture by mixing it thoroughly with some of the warm milk, ensuring the bacteria is evenly distributed.

### Step 5: Incubate

Transfer the milk to a container or containers where it can be kept warm. Incubate the yogurt undisturbed at a temperature of around 110°F (43°C) for 4-8 hours. The longer it incubates, the thicker and more tart the yogurt will become.

### Step 6: Refrigerate

After incubation, place the yogurt in the refrigerator for at least 3 hours. This halts the fermentation process and sets the yogurt's consistency.

### Step 7: Flavor & Serve

Once chilled, you can add your choice of flavorings like honey, fruit, or vanilla extract. Stir in these flavorings as desired, then enjoy your homemade yogurt.

## General Notes

### Starter Tip

Ensure your starter yogurt contains live and active cultures for a successful batch of homemade yogurt.

### Sanitation

All equipment that comes into contact with the milk should be thoroughly cleaned and sanitized to prevent the growth of unwanted bacteria.

### Storage

Homemade yogurt can be stored in the refrigerator for about 1-2 weeks.