

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.