

Yogurt

Copyright 2010 David Bleckmann
daveb@joyofcheesemaking.com
<http://joyofcheesemaking.com>

Free to distribute under the [Creative Commons Attribution-No Derivative Works](#) license.

Equipment:

One non-reactive 3 quart saucepan.

Kitchen thermometer.

Ripening container and a way to keep it warm for 3 to 12 hours. A 2 quart canning jar or two 1 quart jars with lids work well when immersed in a picnic cooler of 120°F water overnight.

Ingredients

2 quarts of whole or 2% milk.

1 cup of dry milk powder

1 packet of yogurt starter or 1/2 cup of good yogurt with active cultures

Optional: 2 to 4 tablespoons of honey

Method

Mix the yogurt starter or 1/2 cup of yogurt with about 1/2 cup of milk. Add honey, if using. Set mixture aside.

Add rest of milk to stockpot and mix in dry milk powder. Heat to 120°F, then pour into ripening container. Add yogurt mixture and whisk or stir to combine. Keep yogurt as close to 115°F as possible for 3 to 12 hours. After set, transfer it to a refrigerator.

Homemade yogurt keeps as long as store bought yogurt, perhaps 3 to 4 weeks. Discard when it looks, smells or tastes unpleasant.

Adapted from a recipe by Alton Brown on the Food Network