

BASIC YOGURT AND VARIATIONS

(recipe makes about 1 ¼ quarts, but can easily be multiplied or halved)

	<p>Ingredients and supplies <i>Large saucepan</i> <i>Cooking thermometer</i> <i>Spoon</i> <i>Incubator (glass jars, hot pad, bowl, towel)</i> <i>2-3 TB prepared yogurt*</i> <i>Quart of milk</i> <i>½ C milk powder</i></p>	<p>Extra ingredients for variations <i>To make from powdered milk:</i> <i>Milk powder</i> <i>To make sweetened yogurt:</i> <i>Sugar (or substitute)</i> <i>Vanilla or vanilla powder</i> <i>To make fruit yogurt:</i> <i>Small handful of berries or fruit</i> <i>Optional: flavor extract</i></p>
1	<p>DO THESE STEPS FOR ALL YOGURTS: Put one quart of milk in a large saucepan.*</p>	<p>Variations and notes: <i>If using powdered milk, mix ¾ C milk powder per quart of water.</i> <i>For sweetened yogurt, add up to ½ C sugar (white or brown).</i></p>
2	<p>Blend in ½ C of milk powder</p>	<p>Do this with all variations!</p>
3	<p>Over medium heat, stirring frequently, heat milk to 180 degrees. Remove from heat and cool to 115 degrees.</p>	<p><i>If using powdered milk, it only needs to be heated to 115 degrees.</i> <i>Stir frequently and watch carefully so that the milk does not burn.</i> <i>If in a hurry, to cool the yogurt more quickly, set the pan in a larger pan of ice water and stirring occasionally.</i></p>
4	<p>Scoop 2 heaping Tablespoons yogurt into a bowl. Stir in a little of the cooled milk. Add the yogurt/milk mixture back into the pan.</p>	<p><i>For sweetened yogurt, add 2 tsp vanilla or vanilla powder.</i> <i>For fruit or berry yogurt, put a 2 small handfuls of berries in a blender. Add about 1/3 the yogurt mixture and extract if using. Blend on low to medium speed until well mixed. Stir into yogurt mixture in pan.</i></p>
5	<p>Pour mixture into jars. Put lids on jars. Set jars on a heating pad set on “low”. Cover jars with large inverted bowl or pan, and then with a thick towel. Incubate (meaning leave there) for 7-12 hours, depending on desired thickness of yogurt. Refrigerate.</p>	<p><i>Fruit added yogurt may need slightly longer incubation time.</i> The longer the yogurt incubates, the thicker it will be. As it is stored in the fridge, the whey (yellow liquid) may separate some. Just stir it in before serving. Fruit (or pie filling like key lime pie filling), nuts, chocolate chip, etc. can be added to yogurt just prior to serving.</p>

*This can also be done in the microwave. Just heat the milk in a very large glass bowl in one or two minute intervals, stirring after each interval. The heating and cooling steps go more quickly, but the milk often boils over, so you have to watch very carefully or you'll end up with a very messy clean-up.