

Wholesome at Home

Homemade Yoghurt

Chef's Tip:

When you're buying yogurt, also check that it lists 'Live Active Yogurt Cultures' in the ingredients — we need those! The live cultures are what actually **turn the milk into yogurt**. The number of cultures doesn't really matter; as long as there is at least one you can make yogurt. Some common ones are ***Lactobacillus Acidophilus***, ***Bifidobacterium*** and ***Lactobacillus Casei***.



Ingredients

- 1L full cream milk
- 50ml water
- 60g Greek/
Natural yogurt

Method

1. In a small saucepan add water and milk (**TIP**: the water will stop the milk from burning).
 2. Bring milk and water mixture to the boil and then take off the heat. If you have a thermometer, the temperature should reach between 93–100°C.
 3. When the milk is **luke warm**, mix in the yogurt. This is the most important part – if you add it too early it will split.
 4. Place a lid on top of the saucepan and wrap it in a tablecloth and leave in a warm place overnight.
 5. Transfer mixture into a suitable container and place in the fridge to fully set.
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Chef's Tips

- It's important to **heat the milk slowly** to make a creamy yogurt. Heating the milk too quickly will create a grainy texture.
 - If the yoghurt looks too soft, strain in a fine sieve until the liquid comes out and place back in fridge to firm up (place in fridge first for an hour and see if it becomes thicker before straining).
 - When you're buying yogurt, check that the ingredient list includes 'live active yogurt cultures' – we need those!
 - Honey is a natural sweetener that can be served with the yogurt, but is still a sugar.
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