

Making Natural Yoghurt



In groups, you will be making your own yoghurt by following the instructions below.
Discuss your findings as a group.

Ingredients:

250ml Whole Milk

1 Teaspoon Powdered Milk

20g Natural, Full Fat 'Live' Yoghurt

1 Glass Jar



Method:

1. Preheat the oven to 100°C or Gas Mark 1.
2. Wash the jar thoroughly and dry it out.
3. Place the jar on a baking tray and warm them in the oven.
4. Place the milk in a saucepan and heat it gently until a thermometer or food probe reads 80°C – do not let it boil.
5. Take the milk off the heat and place the saucepan on a pan-stand. Stir in the milk powder.
6. When the temperature of the milk drops to 45°C, stir in the yoghurt. Mix well.
7. Pour into the sterilised jar and seal it with the lid.
8. Place the jar somewhere slightly warm for 4 to 6 hours – the longer the yoghurt is allowed to ferment, the more acidic the yoghurt will taste.
9. The yoghurt should have set after this time.
10. Store it in the refrigerator between 0°C and below 5°C and consume within 4 to 5 days.

Points to Consider:

Think about the different ingredients you could use to flavour the yoghurt.

