

Homemade Yogurt

Origin: Kenar Betabdishoo, Ziba Khodadadi, Me

Cook Time 20 min

Sitting Time 16 hours

Servings: 6

Ingredients:

Whole or 2% Milk
Plain Yogurt (starter)

Qty:

1 quart(s)
2 tbs

Prep Directions:

Must be fresh!

Directions:

- 1 Warm the milk in a saucepan over medium-low heat until it begins to bubble around the edge of the saucepan and the milk is steaming a bit.
- 2 Pour the warm milk into a large bowl to cool until you can keep your pinky finger in the milk for 20 seconds (110 to 115 degrees on a candy thermometer)
- 3 Add the plain yogurt to a small bowl and stir in some of the milk. Stir until it is well blended.
- 4 Mix the starter very well into the large bowl full of warm milk.
- 5 Cover with a heavy towel and keep in a warm place 6 to 8 hours or overnight (I put mine in the attic in the summer or preheat the oven to 200 without the yogurt in the oven then turn the oven off. Place the yogurt in the oven overnight).
- 6 In the morning cover the bowl with plastic wrap and refrigerate for 8 hours before serving.
- 7 I like my yogurt really thick so I place a doubled twice (thickness of 4 layers) cheesecloth in a colander with feet. I pour the yogurt into the cheesecloth, put several paper towels on top and place a plate on top of this. I put the whole conglomeration in a large bowl and allow it to drain all day. The liquid that drains is mostly lactose...this is why folks that are lactose intolerant can enjoy yogurt.