

HOMEMADE YOGHURT



Ingredients:

Milk of choice (coconut, almond, dairy etc.)

Starter culture

Before starting, make sure all of your tools are sanitized.

Directions:

Heat milk in a saucepan over medium low heat, stirring occasionally. Bring the milk up to 180 degrees. Remove from heat and let cool to 100 degrees or the temperature indicated on your starter culture.

Sprinkle the starter culture over the cooled milk or add the yoghurt.

Pour milk into the yoghurt incubator. Let ferment for 8 - 24 hours depending on your preference.

Refrigerate the yoghurt when it is done fermenting.

Notes: some non-dairy milks can produce a thin yoghurt. If you like it thick, add two teaspoons of gelatin or agar agar (vegan option) per litre of milk during the initial heating process. If you let gelatin bloom before heating it will make it even thicker. Some trial and error might be needed to get your perfect consistency.