

Making Yogurt

Materials for each group:

Large pot
1/2 gallon of milk
2 T. Powdered milk
Thermometer
Measuring cups
Store bought yogurt for starter

Procedure:

Step 1: Gather materials

Step 2: Measure out 1/2 gallon of milk Remember 1 gallon = 4 quarts, 4 Cups = 1 quart) in to a large enough pot and ADD 2 TABLESPOONS OF POWDERED MILK.

_____ 1/2 Gallon = _____ Cups

Step 3: Cover the milk, place pot on burner, turn to medium high heat to start, then turn down.

Step 4: Heat the milk slowly (don't let it burn at the bottom or boil) to a temperature of 190-200 degrees F. Check the temp often with a thermometer. You will probably need to stir.

Step 5: Place the still covered pot in a sink of clean cold water to cool it down.

Step 6: Cool the milk to 122-130 F. Remove the pot of scalded and cooled milk from the cooling bath.

Step 7: Place 1 cup of the scalded and cooled milk in a two cup measure

Step 8: Add enough fresh, uncontaminated yogurt to bring the level up to about two cups.

Step 9: Stir to blend the yogurt starter into the scalded and cooled milk until homogeneous.

Step 10: Add the yogurt-milk slurry slowly to the 120 degree F scalded and cooled milk with stirring. (No hotter--you will kill the bacteria in the starter.) Stir very well to thoroughly distribute the yogurt starter.

Step 11: Once thoroughly mixed, distribute the inoculated milk to the sterilized jars, filling to the neck. Cover immediately with sterile tops. Tighten well.

Step 12: INCUBATE: Warm a gallon of fresh clean water to 190 F, pour into a clean cooler. Place in a warm location. It should cool to 122 F or below once the cooler is warmed up.) Carefully set the jars of inoculated milk in the water so the bottom of the lids are above the water.

Step 13: Check to see that the water in the cooler is close to 122 F. Above 130 F kills the bacterial inoculum.

Step 14: Close the cooler, place in warm place and let sit undisturbed for three hours. If the starter was active and the temperature correct, the yogurt will have gelled.

OR:

Place jars of inoculated milk in a pre-warmed oven with oven light on for approximately 3 hours or until gelled.

Step 15: Place in fridge until chilled.

Observations / Notes: