

How to make Yoghurt

Ingredients

2 tablespoons of fresh organic yoghurt or yoghurt powder.

1 litre UHT full cream organic milk

[Container to hold 1 litre]

[Container to hold the yoghurt container and surround it with water]

Method

1. Pour the UHT milk into a container.
2. Stir in the inoculation of fresh yoghurt or yoghurt powder.
3. Fit the lid.
4. Shake it up to help mixing.
5. $\frac{1}{4}$ fill a larger container with boiling hot water.
6. Place the yoghurt container inside the hot water container. The hot water should surround at least half of the yoghurt container (forming a hot water jacket).
7. Insulate the hot water container, to keep it warm for as long as possible. Perhaps use a thermos flask for this instead.
8. Leave for about 8 hours, until the milk has become very thick and tastes like yoghurt.
9. Then refrigerate and use in your meals. It can stay fresh for about 1 week.

Name(s) of microbes in your yoghurt inoculum:

Observations:
