

HOMEMADE YOGHURT



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What you need:

- liter of milk
- 4 spoons of yoghurt (we need active cultures from yogurt)
- 2 glasses (0,5 l) with the bottom (one from empty jam etc.)
- whisk
- kitchen thermometer (if you don't have, you can try temperature with your finger :-))

Let's start

1)

Place the empty pot on the cooker for a few seconds, pour milk into it and keep it boil it slowly for 5 minutes.



2)

Into big bowl (should be bigger than the pot) pour cold water (we can add a few ice cubes). Dip the pot with milk into this water. This is a very important step. We need to cool the milk as quickly as possible (to 40 degrees). Mix with a whisk while measuring the temperature. If we don't have a kitchen thermometer, we can use our washed finger. If we can't keep our finger in the milk for more than 5 seconds, the milk is still hot and a higher temperature would kill the necessary microbes. If it's warm, but we can count to 5, it's the ideal temperature. If the milk seems to be colder, we should warm it up again. At temperatures below 40 degrees, the required lactobacilli would not multiply.



3)

Put the jars into the boiling water for a few seconds to warm it up and possibly sterilize. It is necessary that the glasses are really clean, so this step is really important.



4)

Then put two tablespoons of prepared yogurt into each jars and pour a smaller amount of cooled (40 degrees) milk. Mix well and top up with the rest of the milk. And mix again.



5)

Close the jars with our homemade yoghurt and wrap them into a blanket maintain the same temperature for about 4-6 hours. We make sure that we do not manipulate the glasses and move them at all after this step.



6)

After 4-6 hours carefully take the glass and check the result of our production. Yoghurt should be ready after a maximum of 6 hours (no longer recommended, it would be more sour). Let the finished homemade yogurt cool completely before putting it in the fridge. Homemade yogurt is ready. I wish you a good meal.

