

## How to Make Yogurt

Pour 2L carton of milk - I recommend organic full fat - into a large stove-top kettle.

Turn on stove burner to medium or medium-high. Be prepared to stand there (or close by) and stir, to avoid scorching the milk or having it boil over as soon as you turn your back on it.

Stir often until milk comes to a full rolling boil, on the verge of going over the top.

Immediately remove kettle from heat source, let sit and cool for 46 minutes. Timing is important: set the timer so you don't forget.

While milk is cooling, take your plain yogurt out of the refrigerator, making sure it doesn't have added sugar or gelatin in it. Just plain yogurt with bacterial culture. Put heaping 1/3 cup yogurt in a small, dessert-sized bowl. Let it sit on the counter and come to room temperature while the milk cools.

After cooling for 46 minutes, milk should be close to 112 degrees, if you want to check it with a thermometer. The *trick* is not to have the milk too hot to kill the yogurt bacteria, but it needs to be warm enough to activate the starter. The 46-minute mark works well for me. Add about 1/2 cup of the warm milk to the plain yogurt in your little bowl, stirring well to thoroughly mix and then add to the milk in the kettle. Stir well.

Pour into bowl and cover with lid or some type of wrap to completely cover. I use a pottery casserole bowl that has a cover.

To help incubate for the fermentation process, wrap the bowl in a kitchen towel. Place the covered bowl in a warm spot for overnight or all day. I let mine sit about 12 hours - on top of my refrigerator or near the stove. If your house is really cool, I've seen recommendations for setting it on a heating pad on low heat a few hours.

After the designated time, if your yogurt has more water (whey) than what you like, strain the yogurt using a fine-mesh strainer.

Enjoy and be sure to save enough as a starter for your next batch.

Questions? Contact me at [ketoews@gmail.com](mailto:ketoews@gmail.com).

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