Making yogurt at home

Be sure to fill out and hand in ballot

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Knobs and dials approach
Knobs/controls
Dials/meters/characteristics

- Flavor +
- Texture/thickness +
Dials: Flavor

- How “sharp”
- Lactic acid level, pH
Dials: Texture

- Thick milk
- pourable
- flows slowly
- sour cream
- mayo
- custard
- butter
- cream cheese
Knobs

- Starter +
- Milk +
- Pretreatment +
- Inoculate +
- Incubate +
- Strain +
Starter

- Heirloom +
- Store yogurt +
- Lab made +
Starter: Heirloom

- Gem Cultures
- Others (clubs, web, etc)
- Advantage: Reusable
Starter: Store yogurt

- Buy your favorite brand of yogurt
- Be sure it is PLAIN, WITH LIVE CULTURES
- Cheap
- Easy to find
Starter: Lab made

- GetCulture.com
- GemCultures.com
- Others, see the Internet
Starter: Lab made advantages

- Repeatability
- Convenience (freeze dried)
Milk

- Raw
- Pasteurized
Milk: Fat content

- Skim (about .1-.5%)
- 1%
- 2%
- 3.2%
- 15% (Half and Half)
- 25% (Light cream)
- 30% (Whipping cream)
- 36% (Heavy whipping cream)
Milk

- Organic
- Conventional
Pretreatment

- Heat SLOWLY in double-"boiler" to 185F
- Hold for 30', then cool to 115F
Calibrate

- Boil 1c milk in microwave ~3'
- Add some to smaller cup to cool
- Add starter to cooled boiled milk
- Keep adding boiled milk in small doses
- Keep temp about 107-108F
Incubate

- At 107-108F for 7-12 hours (not critical)
- Oven makes a good incubator
- Or an ice chest
Strain

- Remove “excess” whey +
- By placing in strainer
  - Cheesecloth in colander or strainer
  - Purpose-made yogurt strainer
How much is “excess” +
See texture choices, this is where texture set
Whey

- I like to remove 1300g from 1gallon milk
When done

- After straining, pack and refrigerate