

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



Inoculate

- 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



Why

- 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