

# How to make Yoghurt

## EQUIPMENT

A large jar, with lid big enough to hold one litre of milk  
A blanket to wrap the jar or jars in to keep them warm

## INGREDIENTS

1 litre of milk  
3 to 4 tablespoons of all natural, unflavoured yoghurt  
1 teaspoon of gelatin

## METHOD

(If you have a yogurt maker just follow the manufactures directions for its use instead of using the towel, blanket and large jar)

1. Place the 1 liter of milk in a pot on the stove and heat it to 85 degrees C and keep it there for 10 minutes. [to pasteurize]
2. Quickly bring the temperature down to 43 degrees.
3. Place your 3 to 4 tablespoons of yogurt in the sterilized jar and mix in 1 teaspoon of gelatin.
4. Add a small amount of the warm milk and mix well. Add the remaining milk and mix well again.
5. Wrap the jar in a towel and then a blanket to keep it warm and place it in a warm spot, i.e. out of any cool breeze.
6. Leave for 4 to 6 hours. To check if it is done press a spoon into the yoghurt and see if the impression of the spoon is left. If so it is done.



*I add the gelatin to get a thicker consistency*

*It is not necessary to do this and you may find you like it without the gelatin. If you find that you want it even thicker, increase the gelatin till you get the consistency you prefer.*