

Of old hast
thou laid
the
foundation
of the
earth:
and the
heavens
are the
work of thy
hands.

Psalm 102:25

Thou
shalt
endure.

Psalm 102 : 25

Making yoghurt

It is easy and fun to make yoghurt. Be warned though, that due to variations in temperature, your yoghurt will most probably not be like the yoghurt you buy in store. It will be thinner - but still delicious.

If you want to add sweetener to your yoghurt, do this once it is made by stirring in some honey or a little sugar. Your yoghurt can also be flavoured by pureeing fresh fruit and stirring it in.

I find it easiest to use a food flask in which to keep the yoghurt warm while it is fermenting. If you do not have a food flask, then you can use a pot with a lid and keep your yoghurt in a warm place, such as in an oven with the heat on the lowest setting.



How to make yoghurt in a flask

First gather your equipment/ingredients:

1 litre flask,
A measuring jug
A saucepan
1/3 cup measure
900ml whole milk
1/3 cup plain bio yoghurt

1. First, pre-warm the flask with boiling water from the kettle (this is not necessary in a warm house/warm weather) and 1/3rd fill the sink with cold water.
2. Measure out 900ml whole milk into a jug and then pour it into a saucepan.
3. Put the saucepan on the stove and heat the milk until just before boiling point. Do not let it boil.
4. Remove from the heat, put the lid on the pan and immediately put the pan in the sink of cold water.
5. Leave it to cool (usually not more than 10 mins, often less) until you can put a clean little finger in and not feel it burning. Empty the flask of hot water (if used) and pop the lid on to keep the warmth in until the milk is ready.
6. Remove the pan from the sink and add 1/3 cup good quality commercial bio yoghurt.
7. Mix it in to the milk and pour into the flask.
8. Put on the lid and shake it gently to make sure the yoghurt is mixed in thoroughly.
9. Leave on the kitchen counter for 8 hours minimum.
9. Pour your yoghurt into a container and store in the fridge.