

SCD Legal Yogurt

Ingredients

1. 2 Litres of milk (homogenized recommended-3%M.F.)
2. Starter culture / yogurt from previous batch
3. Sauce pot
4. Yogurt maker
5. Candy thermometer

Directions

1. Pour your milk into a clean pot and heat to at least 180°F. Maintain the temperature for 2 minutes. Use your candy thermometer to monitor the temperature. Ensure you stir the milk to get an accurate reading
 - a. If you are using pasteurized milk and in a rush heat the milk until it is luke warm or slightly hotter before continuing on
2. Allow the milk to cool to below 100°F or room temp. Again heating the milk to 180 is necessary only for unpasteurized milk. Remove from heat once it has reached desired temperature.
3. Take your starter culture and add 1 cup of warm milk and mix well.
4. Take your culture/milk mixture and add to your heated milk and whisk well for 1 minute.
 - a. If you are using a starter that is yogurt from a previous batch add about ½ cup to your new milk mixture.
5. Pour milk mixture into containers that will fit inside your yogurt maker.
6. Turn on yogurt maker and allow the mixture to ferment for 24 hours!! No less!!
7. After 24 hours turn off maker and cover your container with a snap-on/air tight lid
8. Carefully put into refrigerator and allow to chill for a minimum of 6-8 hours before serving.
9. The shelf life of home made yogurt varies but if kept cold will last about a month.