

HOW TO MAKE Indian Cooking Yoghurt

FRESHLY
Fermented

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WHAT'S REQUIRED:

- 1000ml of pasteurised milk. You can use skimmed, semi skimmed or whole milk. The more fat content in the milk the thicker the skyr will become. Boil the milk before hand and then allow it too cool back down to room temperature. *Never place your starter culture into hot milk. Always allow it to cool back down after boiling!*
- The freeze dried yoghurt starter.
- A yoghurt maker or similar device capable of heating to 42 degrees.

DIRECTIONS

1. Fill a jug with 1000ml of milk (boil and cool the milk down beforehand).
2. Add the yoghurt starter to the milk and stir VERY well.
3. Add the mixture to your yoghurt maker jar/pots.
4. Heat the yoghurt for 10 hours. You may notice that the mixture has separated into curds and whey (thick white lumps surrounded by a yellowish liquid), this is normal and expected to happen.
5. If the yoghurt has not set after 10 hours. Leave it in the yoghurt maker longer. Keep checking on it every 2 hours if possible. In some instances, it can take up to 18 hours to fully set. Please be patient.
6. To strain to a curd, set a fine sieve lined with cheesecloth, a coffee filter, or a plain white paper towel over a bowl and spoon the yoghurt into the sieve. Refrigerate and allow the liquid to drain off for 8-12 hours.
7. Ensure you keep back enough yoghurt each time you make it to re-culture the next batch. You will need roughly one tablespoon of the culture per 1000ml of milk. Always re-culture from fresh yoghurt no older than 7 days for the best results. This is a heirloom yoghurt that can be re-cultured indefinitely.
8. If you can't use your Indian cooking yoghurt that day, it will keep in the refrigerator up to 7 days, and you can use it to reculture other batches during that time.

FLAVOURINGS:

Feel free to experiment with flavouring your yoghurt. The important thing to remember is to always remove enough yoghurt to reculture the next batch before you add any flavourings.

If you have more than one fermenting food culture at home, we recommend that you keep them at least 1 metre apart from each other at all times. This is to stop cross contamination of the different cultures. If you are working with dairy in particular, this is very important. Please contact us if you require further assistance with fermenting more than one culture.