

# HOW TO MAKE *Mediterranean Yoghurt*

FRESHLY  
*Fermented*

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## WHAT'S REQUIRED:

- 1000ml of pasteurised milk (whole milk works best). 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 of boiled then cooled down milk.
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 at 42 degrees for 8 hours (until set).
5. If the yoghurt has not set after 8 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. Once set, place the yoghurt into the fridge until it has cooled for at least 2 hours. This process also helps it to set further. It is now ready to eat.
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 eat your yoghurt that day, it will keep in the refrigerator up to 7 days, and you can use it to re-culture other batches during that time.

9. Ensure you re-culture your yoghurt at least once a week to keep it healthy and active.

## FLAVOURINGS:

Feel free to experiment with flavouring your yoghurt. The important thing to remember is to always remove enough Bulgarian yoghurt to re-culture 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.

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