

HOW TO MAKE Greek Yoghurt

FRESHLY
Fermented

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ACTIVATING YOUR FREEZE DRIED YOGHURT STARTER

To activate your yoghurt, boil 200ml of milk and allow it to cool back down to room temperature. Once cooled, stir in 50ml of single cream. Add the starter culture to this mixture. Place it in the yoghurt maker for 4-12 hours until you notice that the mixture has set and started to turn into yoghurt. This usually happens at around 6 hours.

If your yoghurt maker has a temperature setting, the ideal temperature is 42 degrees. Not all yoghurt makers have this setting. If not, don't worry. It will be around that temperature by default.

Place it into the fridge and leave it for at least 2 hours to set. Remove two tablespoons from the mixture for the next batch and follow the instructions below. You can consume the remainder of the yoghurt left after removing the two tablespoons.

WHAT'S REQUIRED:

- 400ml 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!*
- 100ml of single pasteurised cream (you can use double for a super thick yoghurt).
- Your two tablespoons of Greek yoghurt starter culture from the previous batch.
- A yoghurt maker capable of heating to 44 degrees for 12 hours.

DIRECTIONS

1. Fill a jug with 400ml of milk (boil and cool the milk down beforehand) and 100ml of cream.]
2. Add your Greek yoghurt starter to the mixture and stir VERY well.
3. Add the mixture to your yoghurt maker jars/pots. Usually you will need to split the mixture equally between them. For example, our yoghurt maker uses 250ml jars. We would split our 500ml mixture over two of those jars.
4. Heat the yoghurt for 6-12 hours (until thick). Generally we find 6 hours is enough.
5. Place the yoghurt into the fridge until it has cooled and set (2-4 hours). It is now ready to eat.

6. If the yoghurt separates, it has over fermented and been in the yoghurt maker to long. You will need to strain the liquid off using a strainer/filter paper. It is still fine to eat but leads to a very thick yoghurt.
7. If the yoghurt is very thin, it has not had long enough in the yoghurt maker.
8. Ensure you keep back enough Greek yoghurt back to reculture the next batch. You will need roughly onetablespoon of the culture per 250ml of milk and cream. Always reculture from fresh yoghurt no older than 7 days for the best results.
9. If you can't eat your Greek yoghurt that day, it will keep in the refrigerator up to 7 days, and you can use it to reculture other bowls during that time.
10. Ensure you reculture 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 Greek 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 is you require further assistance with fermenting more than one culture.