

CRUNCH TIME

Making Yoghurt



Serve Information: 1 Jar Of Yoghurt

INGREDIENTS:

- 670ml Milk
- 1 Tbsp live natural yoghurt
- 2 Liters ice cubes
- 2 Liters water
- 1 "Prepared earlier" yoghurt

EQUIPMENT:

- 2 x 700ml screw-top jars with lids
(1 for "prepared earlier" yoghurt)
- Ice bath container larger than pot
- Pot
- 2 metal spoons
- Thermometer
- Ladle
- Mixing bowl
- Whisk
- 2 small eskies of warm water
(1 for "prepared earlier" yoghurt)
- Jug
- kettle



METHOD:

1. Before you start, make sure all your equipment and tools as well as your work surface is clean and sterilised. You can use the dishwasher or immerse equipment in boiling water. Prepare an ice bath
2. Pour the milk in to a sterile pot and heat the milk over a moderate heat to 92°C
3. Any sort of milk may be used to make yoghurt. Heating the milk destroys any spoilage bacteria, allowing the desirable bacteria no competition to produce enough lactic acid to preserve yoghurt
4. Stir the milk to ensure an even temperature throughout and use a thermometer to check the temperature
5. Once the 92°C is attained, remove the pot from the heat and reduce the heat quickly to 38°C by placing the pot in the cold water bath
6. When the milk reaches 38°C, remove the pot from the ice bath
7. Scoop out a small amount of warm milk and add it to the yoghurt. Whisk until smooth and then add the thinned yoghurt into the milk and stir
8. With the introduction of "friendly" bacteria into milk and under carefully controlled temperature conditions, the bacteria ingest the natural milk sugars and release lactic acid as a waste product. The increased acidity causes the milk proteins to curdle. You can use a small amount of store-bought plain live active culture yoghurt as the starter culture
9. Pour the milk in to a sterilised jar. Fill right to the top and secure the lid
10. Now we need to incubate the yoghurt by keeping the jar in a warm place at 42°C for 12 hours. During incubation, the bacteria will convert the lactose into lactic acid and the pH will decrease to the point where coagulation occurs.
11. An easy way of doing this is to place the jar in a small esky or thermos with water surrounding the jar at the correct temperature
12. You can use your thermometer to check the temperature every few hours and adjust the water temperature by replacing with warmer water. It's important for the temperature to be right. If the temperature is too warm, then one bacteria will grow faster than the others resulting in imbalanced flavour and texture
13. After the incubation period, take the "prepared earlier" yoghurt out of the esky and it can then be refrigerated
14. The yoghurt can be stored in the fridge for up to 2 weeks, but the flavour will be the best during the first week



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