

Simple, practical

home cooking from

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Creamy Raw Milk Yogurt

1. Skim the cream down to about one inch.
2. Heat the milk on medium-high heat to 190°F, while stirring frequently.
3. Pour milk into shallow bowl to cool more rapidly down to 120°F (I usually make sure it goes just below that mark to make sure it won't kill the culture) Stir occasionally while cooling.
4. Once milk is cooled to 120°, mix in 1/3 to 1/2 cup of yogurt. So far, I have always used some of the store-bought yogurt I have on hand, which is either Mountain High brand or Tillamook. I use a wire whisk to make sure it really gets mixed in.

5. Put the milk-yogurt mix into wide mouth quart jars. I find it useful to use a common canning funnel, to have less trouble pouring into the smallish opening. I scoop most of the mix out with a cup measuring cup, until the bowl is almost empty, then carefully pour in the last. I usually end up with almost 4 quarts to process depending on how much cream there was to remove.
6. My Excalibur dehydrator comes in very handy at this point, as I simply put the jars in (with all the shelves removed) and set the temperature to 115°F, per instructions in the book that came with the unit. I have used my oven for this step, by preheating it to a certain point (which I recommend you look up, as I haven't done it that way for a while), then turning it OFF and leaving the jars in for basically the same time.
7. It is supposed to take about 3-4 hours for the yogurt to set. Once in a while, it doesn't seem to be setting, but I have always taken it out by at least by 5 - 6 hours anyway and it always sets up when cooled in the fridge.

Some of the cream may settle on the top, but it can be gently stirred in after it is all cool.