

Homemade Yogurt



Yogurt

8 cups (1/2 gallon) reduced fat 2 percent milk
2/3 cup powdered dry milk
3/4 cup plain yogurt

In a Dutch oven, combine milk and powdered milk. Heat to 180 degrees, stirring frequently.

Cool milk to 110 degrees. Remove 2 cups cooled milk and whisk in fresh yogurt until well blended. Add milk and yogurt mixture to cooled milk. Whisk thoroughly.

Pour milk mixture into the 2 quart container of a yogurt maker. Place in yogurt maker and follow manufacturer's directions for about 12 hours.

Remove yogurt from yogurt maker and chill for at least 8 hours prior to serving. Serve with local honey, fresh or canned fruit, cereal, or preserves.

Serves 15

Cook's Note: Allow cold milk to come to room temperature prior to using as this speeds up the cooking time. To rapidly cool the milk mixture, fill a sink with cool water, place Dutch oven in water, and add ice or ice packs. Stir frequently to rapidly drop the temperature. Fresh, plain yogurt is used as a starter. Do NOT use flavored yogurt as a starter. This recipe has been tested with Mountain High Original Plain Whole Milk Yoghurt.