

# Making Yoghurt (2 recipe options)

## Recipe 1: Using Milk Powder

### You will need:

2 Tablespoons of Full Fat Unsweetened Greek yoghurt as your starter

200 gm Full Fat milk powder

2 litres of Water (approx.)

EasiYo Maker

Kettle to boil water

Wooden spoon

### Method:

1. Use Full Fat milk powder - fill to the 450ml line on side of the EasiYo jar (or weigh 200g).
2. Cover with luke warm water and mix thoroughly.
3. Add 2 Tablespoons of Full Fat Unsweetened Greek yoghurt as your starter and top to litre line with water.
4. Mix again and place in EasiYo maker with boiling water and leave overnight.
5. Put in fridge - any liquid that forms on top can be poured off or mixed in.
6. You can sweeten if you wish.
7. **\*\*Remember to save 2 Tablespoons from your batch to start the next batch\*\***
8. If it "cooks" too long it may go a bit lumpy, just whisk together in bowl and re-jar.
9. If your yogurt is a bit too runny you can mix Chia seeds with yoghurt and leave overnight for it to swell.

Cost: You can get 5 litres of yoghurt from a 1kg bag = \$1.76 per litre of yoghurt

## Recipe 2: Using Milk

### You will need:

1 or 2 Tablespoons of Full Fat Unsweetened Greek yoghurt as your starter

1 or 2 litres Full Fat Milk (depending on how much yoghurt you want to make)

(1 litre of milk requires 1 tablespoon of yoghurt, and should make 700ml yogurt)

A **glass jar** with lid that can hold the volume of yoghurt you want to make (if you have a blanket to wrap it in and a warm place to keep it overnight) or a **wide necked thermos flask** if you live in a very cold house

Wooden spoon

Saucepan

### Method:

1. Pour the milk into a saucepan. Warm over a low heat, stirring occasionally, until the milk is bubbling (this heat treatment kills any bacteria that may be present in the milk but if you are using pasteurised milk then it will already be safe).
2. Remove the milk from the heat and let it cool down until no more steam is coming off the milk.
3. Once the milk has cooled enough spoon the yoghurt starter into the jar or flask (make sure that the flask or jar has been thoroughly cleaned with hot water beforehand).
4. Add a small amount of the milk from the saucepan. Stir thoroughly before adding the rest of the milk into the jar or flask.
5. Screw on the lid. If using the jar, wrap the blanket around the jar and leave in a warm place such as the hot water cupboard. Leave overnight to allow the yoghurt culture to do its thing – namely converting lactose (the natural sugar in milk) into lactic acid, which then causes the milk proteins to coagulate, which results in the thicker, creamier texture of yoghurt.
6. Put yoghurt in the fridge and stir when you are going to use it. (I found with the jar method that the yoghurt was still runny after being left overnight, but if I left it in the fridge for the whole day it had thickened up nicely).
7. **\*\*Remember to save 2 Tablespoons from your batch to start the next batch\*\***

If you would like to share these recipes please go to: <https://www.ruapehudc.govt.nz/our-services/waste-minimisation/Pages/default.aspx>

