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How to Make Yogurt

- 1.) Bring two quarts of milk to 180 degrees over medium heat making sure not to scorch milk. Stir occasionally.
- 2.) After milk reaches 180, then let cool to 120 degrees. Pour into glass jar (or other similar container).
- 3.) Add 1 Tbsp of starter yogurt/quart of milk used (purchased yogurt with active cultures or yogurt from your last batch). Mix well. Put lid on jar.
- 4.) Now keep the temperature of the contents above 90 degrees for 5-10 hours (closer to 10 if using goats milk), depending upon what type of taste you desire.

Here are several suggestions as to how to keep the temperature above 90 degrees:

- Wrap the jar in a towel. Place it under a warm blanket along with a jar of nearly boiling water.
- Wrap the jar in a towel. Place it in an insulated picnic cooler along with one or two glass container of hot water.
- Bury the jar in a box of hay and set in the sun.
- Place the jar in a solar box in the sun.

5.) Try the yogurt after a certain number of hours to see if the desired taste and consistency has been reached. Keep warm longer if desired.

6.) When yogurt is finished, save enough Tbsp for next batch. Refrigerate rest. Mix with fruit or whatever else is desired.

7.) Typically you can use your saved starter yogurt for up to 3 months or more. If the yogurt stops solidifying fully, then you may have to buy some new starter yogurt or culture.