

Homemade Yogurt (from powdered milk)

From the kitchen of Tammy Hulse

By the gallon

6 cups water
4 cups dry milk powder
2 capsules acidophilus supplement
½ cup plain yogurt

By the half-gallon

3 cups water
2 cups dry milk powder
1 capsule acidophilus supplement
¼ cup plain yogurt

For vanilla yogurt

½ cup – 1 cup fructose or xylitol to sweeten
1 TB vanilla flavoring

¼ - ½ cup fructose or xylitol to sweeten
1 ½ tsp vanilla flavoring

Spray large saucepan with non-stick pan spray. Blend 2 cups milk powder with 3 cups water using blender. Pour in saucepan. Repeat with remaining milk powder and water if making one gallon.

Heat milk to 180 F (almost boiling). Stir frequently to prevent scorching. Pour milk into a one gallon pitcher or a ½ gallon pitcher, depending on the amount being made. Add enough water to make 1 gallon or ½ gallon. (This step will quickly cool the milk – temperature should not be hotter than 110 F for the next step. Add ice cubes if necessary to cool)

When mixture has cooled enough, add opened acidophilus capsules and stirred yogurt. Mix well. Add sugar and vanilla if desired. Pour into pint or quart jars. Incubate for 4-6 hours. Test with a spoon, rather than jiggling. Set yogurt should be refrigerated in jars. This recipe will set more firmly as the yogurt cools.

Evaporated Milk Yogurt (no-cook)

1 can evaporated milk
¾ cup hot water
1 capsule acidophilus supplement
¼ cup plain yogurt

Dilute evaporated milk with hot water. Make sure the temperature of mixture is not higher than 110 F. Add acidophilus and yogurt. Pour into 2 pint jars. Incubate 4-6 hours.

Incubating Yogurt (hold at a temperature of 105-115 F)

Dehydrator: Place filled mason jars in dehydrator and hold at a temperature of 110-115 degrees. (Round dehydrators with stacking trays can be used by placing jars on one tray and then placing plastic top over the jars. Wrap sides with a beach towel. Make sure to leave the top vent hole clear so you don't overheat the motor.

Heating Pad: Put a heating pad on a counter and set to medium. Place folded bath towel on top. Place jars on towel and cover with another towel, tucking in edges to form a warm nest.

Water bath: Put jars in a large bowl of water and cover with a bath towel. After about 2 hours, add boiling water to reheat cooled water.

Oven: Put jars in oven that has been heated to 100 F, then turn oven off but keep pilot light or oven light on.

Flavoring Yogurt

Homemade yogurt can be easily flavored with your favorite fruit jams and juices:

A little freezer jam stirred into yogurt makes a great smooth yogurt that kids love!

Frozen juice concentrate can be stirred into yogurt for a variety of flavors. I personally like the "Old Orchard" juices because they are 100% juice with no added sugar. Experiment with all the flavor combinations. Add some fresh fruit and enjoy!

Yogurt Cream Cheese or Sour Cream – Use plain yogurt

Line a colander on large sieve with muslin or other loose weave fabric. Pour yogurt into colander. Cover and place in a bowl to drain. Refrigerate for 4-6 hours for sour cream or 8-10 hours for cream cheese. Remove from fabric and place in a container, sprinkle with salt. Mix well. Store, covered, in refrigerator for up to 3 weeks.