

# Yoghurt making

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There are lots of different ways to make lots of different types of yoghurt, this is how I make plain yoghurt with the things I already have at home.

To make any type of yoghurt, you must use a starter (something that contains the bacteria that causes milk to become yoghurt), provide food (milk) for the bacteria to feed on and keep it all at a temperature that allows the bacteria to grow and reproduce themselves.

## Yoghurt making equipment

- Flask (wide mouthed if possible)
- Pan
- Tablespoon
- Jug

## Yoghurt making ingredients

- Full fat milk
- Small tub of live yoghurt

## How to make yoghurt

Heat the milk to boiling point in the pan then remove from heat.  
Allow the milk to cool to blood temperature (like a baby's bottle) then remove the skin that forms on top.

For each pint of milk you're using, add one tablespoon of yoghurt to the jug.

Then add a little of the milk and stir well.

Add the remaining milk and stir again.

Pour the mixture into your flask and leave it for eight hours.

Reserve a little as a starter for your next batch.

Add fruit and/or honey and refrigerate.