

Directions for Making Yogurt

Regular Yogurt

Use 5g of starter per litre or quart of milk.



1. Heat one litre or quart of milk to 82°C (180°F) or bring to boiling point. Then let cool down to 42-44°C (108-112°F).
2. Dissolve 5g of starter with a small quantity of lukewarm milk in a cup, then pour back into the litre or quart of milk. Mix well.
3. Incubate 4 to 4½ hours, or until yogurt has reached the desired firmness. May be used with any make of appliance, according to instructions. For best results, use a Yogourmet yogurt maker.
4. Refrigerate to stop incubation.

Kefir

Use 5g of starter per litre or quart of milk.

1. Heat one litre or quart of milk to 82°C (180°F) or bring to the boiling point. Cool to 23-25°C (73-77°F).
2. Dissolve 5g of culture in a small amount of the cooled milk in a cup. Pour back into the litre or quart and mix well.
3. Pour the inoculated milk into a clean container, cover and let stand at room temperature until curd forms. (Approximately 24 hours)
4. Refrigerate about 8 hours to stop the process.
5. Stir to liquefy and enjoy. Always store kefir in the refrigerator.

CBA Yogurt with Probiotics

Use 5g of starter per litre or quart of milk.

1. Heat one litre or quart of milk to 82°C (180°F) or bring to the boiling point. Cool to 23-25°C (73-77°F).

2. Dissolve 5g of culture in a small amount of the cooled milk in a cup. Pour back into the litre or quart and mix well.
3. Incubate in your Yogourmet II or Multi yogurt maker for 12 to 15 hours, or until the yogurt has reached the desired firmness.
4. Refrigerate to stop incubation.