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Yoghurt

Everyone is familiar with yoghurt which is a cultured dairy product. Adding probiotics bacteria (such as lactobaccilus and bifidobacteria) to warm milk results in a thick, sour and fermented product that is excellent for digestion and health.

Ingredients for Homemade Yoghurt

- 2 litres of full cream organic (preferably raw) milk
- 1-2 tablespoons of yoghurt (from previous batch or good quality commercial yoghurt)
- OR 1 teaspoon of yoghurt culture powder (available in health food shops)
- You will also need a kitchen thermometer for best results.

Method

Heating milk first to 80C creates a thicker yoghurt as it kills any bacteria that will compete with the probiotics bacteria you wish to introduce to the milk. You can make a thinner yoghurt without heating the milk – but just warming it to 35-40C.

Heat milk (if doing) to 80 degrees C and then allow to cool to about 42 degrees C. Whisk in yoghurt starter or powder (dissolve first in small amount of warm milk) until fully dispersed. Pour milk into 2 x 1 litre jars and place in a warm place for 4-6 hours. Do not disturb until set.

You can use a thermos for this to keep it warm, but I find that using the oven with just the oven light on is an excellent temperature for yoghurt fermentation. Once set, transfer yoghurt to the refrigerator. It will keep well for a couple of weeks or longer.

