

# How to make plain yoghurt at home

Takes up to 18 hours, makes 500ml and uses 1 pot and a vacuum flask

## INGREDIENTS

500ml milk (I used goat milk)  
3 tablespoons live yoghurt of the same type as the milk  
(or, you can use yoghurt from your previous home made batch)

## DIRECTIONS

Clean all of your equipment thoroughly. As this process involves cultivating bacteria, you need to be very careful to only cultivate the good ones, which we want to keep and not introduce any bad ones.

Half fill your vacuum flask with boiling water and then top it up with tap water and leave to one side.

Heat your milk in an uncovered saucepan to at least 85°C, 185°F. Remove from the heat and allow to cool to 46°C, 115°F. When cooled to this temperature, stir in 3 tablespoons of yoghurt and gently mix it all together until combined. Empty the water from the Thermos and transfer the milk mixture into it, then tightly secure the lid and leave out of the way in a warm place for 6-18 hours (I recommend aiming for 18 hours).

The length of time determines the tanginess and thickness of your yoghurt. I have been working with goat's milk which produces a runnier yoghurt than cow's milk. I incubate goat's milk for 18 hours and it produces a zingy, medium-thickness yoghurt.

If you are going to store in jars, clean them really well and then put in the oven for 15 minutes on gas mark 1, 135°C, 175°F to sterilise.

Transfer your finished yoghurt from the vacuum flask to your storage pots and store in the fridge. As with normal yoghurt, the best way to tell if the yoghurt is still good to eat is to use your eyes and nose; if it looks OK and smells like yoghurt, then it's normally fine to eat.

