

PROTOCOL: PLAIN YOGURT

This recipe prepares 1 liter of yogurt, about 8 servings.

Reagent	Quantity
Whole milk	1 L
Commercial yogurt	1/2 serving

1) Heat the milk to 80-85 °C.

This helps to denature the milk protein, producing a thicker yogurt.

2) Cool the milk to 42 °C.

At this temperature, Lactobacillus can survive and grow.

3) Thin the starter by mixing one scoop of yogurt with a small amount of warm milk in a separate container.

This step eliminates clumps, allowing bacteria to spread out evenly.

4) Add the starter to the warm milk and stir.

5) Incubate overnight at 40-42 °C

The fermentation will proceed over 4-12 hours. You can check periodically to see if the yogurt has reached the desired texture.

6) Enjoy!

Yogurt will keep for about two weeks in the refrigerator.