

## Homemade Yogurt - Dairy

Looking for a delicious, healthy recipe to make often? This recipe originally came to me from a friend of Lebanese descent with amendments by an Iranian friend....

from Peggy

1/2 gal milk (2% is nice, but I use 1%. Whole milk makes very rich yogurt.)

1 C dry milk (I use double the amount as it makes thicker yogurt)

2 T starter (commercial yogurt with live cultures or from your last batch)

Mix together and place on moderate heat in a covered pan for 20 minutes. Set timer! Heat until bubbly on edges and frothy on top - scalded, not yet boiling. WATCH CLOSELY!

Take off heat and let cool with cover ajar. Test by feeling side of pan - if you can hold your fingers to side of pan for a count of 9 and stand it, it is ready (this takes 45 min. or more). Place in covered casserole dish then gently add 2 heaping tablespoons of plain yogurt (starter). Make sure your starter has live cultures!

Place dish in a bath towel with a heating pad (conventional medical kind with on/off switch) set on medium for 4-5 hours or until thickened. Alternatively, you can use your oven set on the lowest temperature. Optimum temperature for yogurt is around 110 deg. Fahrenheit, so if your lowest oven setting is over 200 deg., heat oven, turn off and then place your dish inside wrapped in a bath towel. Keeping the casserole dish wrapped in a large towel helps retain heat at the appropriate temperature.

Once thick, take cover off and refrigerate until cool, then remove whey (liquid) and replace lid.

You can use the yogurt with cereal, in smoothies, mixed with fruit or as a low-fat substitute for sour cream. have made the recipe with goat milk, but goat milk yogurt is very runny.

B'tayavon!