

# YOGHURT MAKING



## Rosie's Preserving School

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### Equipment List

Wide necked thermos flask

Tablespoon

Saucepan

Food thermometer

Large jug

The recipe makes makes approx 1 litre of yoghurt

*Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!*

*Rosie*



## Ingredients

Any kind of dairy milk, 1 litre/2 pints  
full fat, semi skimmed or UHT is best

Plain yoghurt 2-3 tablespoons

Dried milk powder (optional ) 2 tablespoons

## Method

Heat the milk in the saucepan until just about to boil

Remove from heat and leave to cool

Place the yoghurt and the milk powder, if using, into the jug and mix together

When the milk reaches 45 degrees C remove any skin from the surface and then gently blend with the yoghurt mix in the jug until well mixed

Pour into the wide mouthed flask, put on the lid and the cup and leave undisturbed on the counter overnight

Next day tip the contents of the flask into a bowl and store in the fridge

Reserve a small amount of the yoghurt as before, as the starter for next time

Yoghurt can be flavoured as desired with fresh fruit, berries, vanilla, honey or left plain

For more delicious recipes and inspiration visit

<https://recipes.rosiemakesjam.com>