

Yogurt Tips

Yogurt can be made from powdered milk, evaporated milk, skim milk, lowfat milk or whole milk. Always use clean containers and utensils as the yogurt culture is affected by impurities.

Temperature is essential to get right when making yogurt, otherwise the yogurt cultures will die. Purchase a good candy thermometer to take out the guess work. NEVER let the milk boil. Bring the temp to 180 degrees and then remove from heat to cool. You can cool the milk more quickly by putting the pan in cool water.

Cool the milk to 110 degrees. If milk is hotter than 120 degrees when yogurt start is added, it can destroy the yogurt cultures. A candy thermometer takes out the guess work.

When buying a commercial yogurt to use as a starter, always check the label for **live active cultures**. You must have live active cultures to make yogurt. Never use a flavored yogurt, always buy plain. You can use your new homemade yogurt as a starter for your next batch. However, the cultures weaken after several batches so use a store-bought yogurt occasionally. You can also purchase a dry yogurt start like Yogourmet, typically found in the refrigerated section by the yogurt. Store in the refrigerator. Yogourmet has a refrigerated life of about one year.

Yogurt typically needs to incubate about 6-10 hours. Yogurt will be partially set and will continue to thicken as it is chilled. Chill at least three hours before using. Overnight chilling is preferable. The longer yogurt is incubated the tarter it will taste. Homemade yogurt is not quite as smooth as commercially-made yogurt which is normal.

The liquid that forms on yogurt is called whey. You can drain it or stir it into the yogurt.

WAYS TO INCUBATE YOUR YOGURT

Yogurt Maker Method. I love the Salton Yogurt Maker because it makes one quart of yogurt in a single container similar to the size you would buy in the store. Most other yogurt makers use 6-8 small cups with about 1/2 cup to 3/4 cup of yogurt in each, which can be a pain if you are using large quantities of yogurt. To use, follow the yogurt recipe and then pour milk mixture into yogurt maker container. Incubate in the yogurt machine according to directions. Perfect every time!

Oven Method. You can also incubate yogurt in your oven. Pour yogurt into clean jars. Preheat oven to 200 degrees. TURN OVEN OFF and then place jars inside oven. Close the door and turn ON the light. Let yogurt incubate for 8-10 hours or overnight. If yogurt doesn't look set, take jars out of the oven, preheat to 200 degrees, TURN OVEN OFF, and then return jars to the oven for another hour. Chill. Remember that yogurt will continue to thicken as it chills.

Plain Yogurt

3-3/4 cups water

1-1/2 cups powdered milk

½ cup plain yogurt with active cultures

In a large saucepan combine water and powdered milk over medium heat. Heat to 180 degrees, just below boiling point, stirring frequently. This will kill any competing bacteria. DO NOT ALLOW THE MILK TO BOIL. Remove milk from heat and let cool until lukewarm, about 110 degrees (not over 120 degrees). Add plain yogurt and stir gently to blend. You may have to stir for several minutes for the store-bought yogurt to completely dissolve. Pour into clean containers and let incubate in a warm spot (110 degrees) for 6-10 hours. See "Ways to Incubate" in Yogurt Tips. Chill.

Yogurt Sour Cream

2 cups plain yogurt

Place yogurt into a cloth lined strainer. Cheese cloth works great. Place the strainer over a bowl and cover yogurt with a damp paper towel. Let sit in refrigerator for 6 to 10 hours. Yogurt will be thick and the consistency of sour cream. Use it in recipes just as you would sour cream.

Yogurt Cheese

Follow the directions for Yogurt Sour Cream. However, let yogurt sit in refrigerator for 24 to 48 hours. The result will be a nice thick, yet spreadable cheese, similar to that of cream cheese.

Yogurt Cheese Ball

1 cup Yogurt Cheese
1 cup grated, extra sharp cheddar cheese
1 tablespoon minced onion
1 tablespoon dried parsley
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1/2 cup chopped pecans

Combine yogurt cheese, cheddar cheese, and seasonings until well combined. Press mixture with palms of hands into a large ball. Roll in chopped pecans. Wrap tightly in plastic wrap and refrigerate. Serve with crackers and pretzels.

Chocolate Pudding

Better than boxed anyday!

1/2 cup sugar
1/3 cup cocoa
2 Tbsp. cornstarch
6 Tbsp. dry milk
1/4 tsp. (scant) salt

Mix above ingredients in a heavy saucepan. Add 2 cups water and stir over medium heat until thick stirring constantly. Cook and stir for 1-2 minutes. Remove from heat. Add 1 tsp. vanilla. Serve warm or pour into bowl and press with plastic wrap and refrigerate. Makes 4 servings.

Our favorite thing to do with chocolate pudding? Ladle it hot over vanilla ice cream and top with chopped Skor Bar. Delicious!

Variation:

Chocolate Peanut Butter Pudding: Add 1/3 cup peanut butter after pudding is thickened. Stir until peanut butter is completely combined with pudding. Remove from heat and add vanilla.

Tip: Hot pudding will typically form a "skin" on top as it cools. You can prevent it by placing a piece of plastic wrap or waxed paper directly on the surface of the hot pudding. After it cools, remove the wrap.

Evaporated Milk

1 cup water
1 cup powdered milk

Mix to blend and use in recipes as you would one can of evaporated milk.

Note: This recipe is for a non-fat evaporated milk. For whole evaporated milk, add 1/2 tsp. butter.

Sweetened Condensed Milk

1/3 cup boiling water
2 tablespoons butter, softened
1 cup powdered milk
3/4 cup sugar
1/2 teaspoon vanilla

Pour boiling water, butter, and powdered milk into a bowl and beat well with a hand mixer. Gradually add sugar and vanilla, beating well. Store in refrigerator. Mixture will thicken slightly as it stands.

Equals one 14 oz. can of sweetened condensed milk.

**Note from Sheri - check out Tami's book, [The Essential Food Storage Cookbook](#), that is on the order form. We have it for a great price and there are tons of different recipes in it.