



WHAT YOU'LL NEED FOR FOOD STORAGE YOGURT WITH POWDERED MILK:

- 2-quarts pasteurized milk (cream, whole, low fat, or skim) — for food storage purposes, we'll use powdered milk. For non-instant milk you'll need, 1 1/2 c. dry milk powder and 2 quarts water. If you're using instant milk you'll need, 3 c. dry milk powder and 2 quarts water.
- Additional nonfat dry milk powder (for extra milk proteins) — Use 1 1/3-cup powder when using non instant powdered milk, or use 2 2/3-cup powder when using instant powdered milk. The higher the milk solids the firmer the yogurt will be.
- Commercial, unflavored, cultured yogurt — Use 1/2-cup. Be sure the product label indicates that it contains a live culture. Also note the content of the culture. *L. bulgaricus* and *S. thermophilus* are required in yogurt, but some manufacturers may in addition add *L. acidophilus* and/or *B. bifidum*. The latter two are used for slight variations in flavor, but more commonly for health reasons attributed to these organisms. All culture variations will make a successful yogurt. I like the Mountain High Yoghurt as my starter.
- (Optional) 2 to 4 tablespoons sugar or honey.

View a video of this at <http://everydayfoodstorage.net/food-storage-yogurt>

Making Yogurt

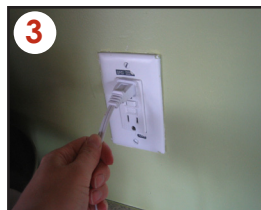
with food storage in your slow cooker!



1 Mix your powdered milk (all of it-both to make the initial 2 quarts of milk and the additional milk).



2 In a 4-5 qt. slow cooker, place milk and sugar or honey, if desired, cover and cook on low for 2 1/2 hours.



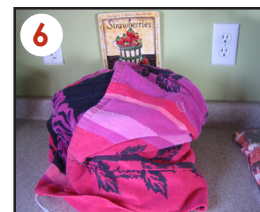
3 After the 2 1/2 hours, unplug the slow cooker and let it sit for 3 hours.



4 After the 3 hours, remove 2 C. of milk and stir in the 1/2 cup of yogurt in a separate bowl.



5 Add the yogurt mixture to the remaining milk and stir.



6 Put the lid back on and wrap in a large and thick bath towel and let sit (unplugged) for an additional 8 hours.



7 After the 8 hours, unwrap and uncover the slow cooker. SCOOP (DO NOT STIR) the yogurt into clean containers and refrigerate – chill before serving.

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BASIC INSTRUCTIONS FOR YOUR HOMEMADE FOOD STORAGE GREEK YOGURT AND YOGURT CHEESE:

Pour yogurt into cheesecloth or coffee filter over a bowl or quart jar (allowing the yogurt to drip freely into the bowl or jar as the whey is squeezed out). Cover and place a weight on top (either a bag of water or piece of fruit). Allow whey to drain for 4-8 hours depending on whether you would like Greek yogurt (less thick) or yogurt cheese (like the consistency of a soft cream cheese).

Cheesecloth:

If you want to get cheesecloth for cheap (much cheaper than you can get at the store) you can get some [HERE](http://www.amazon.com) at [Amazon.com](http://www.amazon.com). Otherwise, look down you kitchen gadget aisle at your grocery store.

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IDEAS FOR USING YOUR YOGURT, GREEK YOGURT, AND YOGURT CHEESE

Yogurt

- **YOGURT PARFAITS:** with fruit honey and granola
- **SALAD DRESSINGS:** Use it to make your favorite salad dressings like Thousand Island or Ranch
- **PANCAKES:** simply add yogurt to your favorite pancake recipe instead of milk
- **SMOOTHIES:** Add to your favorite smoothie for extra nutrition and thick, creamy texture.
- **SOUR CREAM SUBSTITUTE IN BAKING:** replace sour cream in a recipe with yogurt. Add 1 t. of baking soda to dry ingredients with leavening called for in recipe.
- **FLAVOR WITH JAM OR FRUIT:** just remember to fold in and NOT stir the yogurt.

Greek Yogurt

- **BAKED POTATO TOPPING:** add sour cream flavor buds, chives and/or herb mix to Greek yogurt.
- **WHIPPED CREAM:** mix 1/4 teaspoon cinnamon or 1/2 teaspoon vanilla to vanilla Greek yogurt.
- **FROZEN YOGURT:** use your favorite frozen yogurt recipe and use the Greek yogurt for a thick, creamy texture.
- **SIMPLE DESSERT:** simply add honey and serve.
- **FRUIT & VEGETABLE DIPS:** sweeten with honey and other spices you would normally use.
- **GREEK AND MEDITERRANEAN FOOD:** This is perfect in Gyros, and anything Greek!

Yogurt Cheese

- **BAGEL & CREAM CHEESE** spread yogurt cheese and cinnamon sugar on your favorite toast or bagel.
- **PEANUT BUTTER:** mix 1 tablespoon peanut butter with 1 or 2 tablespoons yogurt cheese (the yogurt cheese takes on the peanut butter flavor).
- **CHOCOLATE MOUSSE:** add 1 packet low-calorie chocolate drink mix to 1 cup yogurt cheese.
- **VANILLA FROSTING:** mix 1/2 cup confectioners' sugar and 1/2 teaspoon vanilla with 1 cup vanilla yogurt cheese. Chill. Spread on cake just before serving.
- **CREAM CHEESE RECIPES:** use in any recipe calling for cream cheese-including cheesecake!

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TROUBLESHOOTING YOUR YOGURT:

- First and foremost, make sure you are using REAL powdered milk. Don't be fooled by a milk alternative (i.e. Morning Moo or Shelf Reliance regular milk). These will NOT work in making yogurt. You can tell by looking at the ingredients if it has anything more than Milk and Vitamin D it will not work and IS a milk alternative.
- Milk forms some clumps or strings during the heating step. Some milk proteins may have jelled. **Take the solids out with a slotted spoon or in difficult cases after cooking pour the milk mixture through a clean colander or cheesecloth before inoculation.**
- Yogurt fails to coagulate (set) properly. Milk proteins will coagulate when the pH has dropped to 4.6. This is done by the culture growing and producing acids.
 - Adding culture to very hot milk (+115°F) can kill bacteria--**Use a thermometer to carefully control temperature.**
 - Too hot or too cold of an incubation temperature can slow down culture growth--**Use a thermometer to carefully control temperature.**
 - The starter culture was of poor quality--**Use a fresh, recently purchased culture from the grocery store each time you make yogurt.**
- Yogurt tastes or smells bad.
 - Starter culture is contaminated--**Obtain new culture for the next batch.**
 - Yogurt has over-set or incubated too long--**Refrigerate yogurt immediately after a firm coagulum has formed.**
- Whey collects on the surface of the yogurt. This is called syneresis. Some syneresis is natural. Excessive separation of whey, however, can be caused by incubating yogurt too long or by agitating the yogurt while it is setting.

FOOD SAFETY AND STORAGE OF YOGURT

Yogurt provides two significant safeties (a) heat and (b) acidity (low pH). Both are necessary to ensure a safe product. Acidity alone has been questioned by recent outbreaks of food poisoning by E. coli O157:H7 that is acid-tolerant. E. coli O157:H7 is easily destroyed by pasteurization (heating). Therefore, always pasteurize milk or use commercially pasteurized milk to make yogurt.

Discard batches that fail to set properly, especially those due to culture errors. Yogurt generally has a 10-21 day shelf life when made and stored properly in the refrigerator below 40°F. Molds, yeasts and slow growing bacteria can spoil the yogurt during prolonged storage. Ingredients added to yogurt should be clean and of good quality. Discard any yogurt samples with visible signs of microbial growth or any odors other than the acidity of fresh yogurt.

Always use clean and sanitized equipment and containers to ensure a long shelf life for your yogurt. Clean equipment and containers in hot detergent water, then rinse well. Allow to air dry.

Information gathered from Fermenting Yogurt at Home, Brian A. Nummer, Ph.D., National Center for Home Food Preservation, October 2002

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