



Yogurt



Using the above yogurt maker – this can be purchased online (ebay), it's a Luvele brand and allows for temperature setting and also time setting as it takes 24 hours to make the required GAPS yogurt.

Ingredients:

- 5 ½ cups of either BD Farmers Organic Full Cream Pasturised Milk or Raw Milk
- 3 tablespoons of BD Farmers Full Cream Plain Yogurt for culture
- 1 sterilised glass bowl from the yogurt maker
- 1 sterilised stainless steel spoon
- 1 large saucepan

Note: I always sterilise the bowl and spoon I'm using and to do this I place the spoon into the glass bowl and pour boiled water from the kettle to heat the bowl. (Let the water cool slightly so it doesn't crack the glass and make sure you pour the water onto the spoon as you pour it into the bowl to absorb some of the heat.

Allow the bowl to cool down before placing the yogurt culture into it otherwise you'll kill the culture.



Method for Pasturised Milk:

Place the 3 tablespoons of yogurt into the bowl and put the milk into a saucepan on the stove. Heat the milk until you see a few bubbles form and it looks a little foamy, this indicates the milk is hot enough so turn the heat off, put a lid on the bowl and place in your sink in some cold water to cool down.

You want it to cool down to blood temperature so test this on your wrist. Once it has cooled pour it into the bowl with the yogurt culture and stir it together.

Option: I usually pour it through a strainer a couple of times to take the lumps out and make the finished product creamier.

Place the bowl into your yogurt maker, set it at 36°C- 38°C and allow it to ferment for 24 hours.

Refrigerate for 8 hours once finished and it's ready to eat.

Method for Raw Milk:

Pour a cup of milk into the bowl from the yogurt maker and mix through the 3 tablespoons of yogurt. Add the rest of your milk to the bowl, mix it thoroughly again then place into your yogurt maker for 24 hours at 36°C- 38°C.

Note: This milk will come out much runnier than normal yogurt and slightly more sour

Additional Note:

To remake yogurt each time it's best to use fresh culture. I've tried using culture from my previous batch of yogurt but this doesn't tend to give a very good result.