



FRESH YOGURT

Procedure:

1. Bring milk to a boil.
2. Let the milk cool to 104 degrees Fahrenheit.
3. Place the milk in a yogurt maker (or thermos etc.).
4. Add yogurt starter (ordinary commercial yogurt is the simplest): 1/2 teaspoon in 1 cup milk; 2 teaspoon in 2 to 4 quarts
5. Leave the yogurt undisturbed for 8 hours.
6. Unplug yogurt maker or remove from thermos. Leave the yogurt at room temperature until it is eaten at lunch. Do not refrigerate, as this makes the yogurt less wholesome, more sour and more amagenic.

Proper yogurt is:

1. Freshly prepared, which means started the evening before or the morning of the day of consumption.
2. Not yet very sour.
3. Well formed, i.e. of a semi-solid consistency which easily breaks up or which can be cut or "sliced".

Improper yogurt is:

- 1) Not well formed, which can mean:
 - (a) Immature and therefore slimy, liquid, etc., due to the temperature being too low or the processing time being too short.
 - (b) Sticky and thick (a mass of porridge type consistency), due to the processing time being too long and/or the temperature being too low.
- 2) Distinctly sour, due to processing time being too long and/or temperature being too high.
- 3) Bitter or sour in taste due to storage, much too long processing time, or a bad yogurt culture.