

DAIRY

Homemade plain yoghurt

Plain yoghurt made without a yoghurt maker, using RICARDO's method and an oven with its light switched on.

Recipe author: RICARDO · RICARDO Media



TIME

10 minutes prep + 10 minutes heating + 4-6 hours
fermenting + 4 hours chilling

MAKES

1 litre

Method: Fermenting milk at a controlled temperature

Season and ingredients: Year-round

Storage: Chill for 4 hours after fermentation. Keep the finished yoghurt refrigerated for up to 2 weeks.

Ingredients

- 1 litre partly skimmed milk
- 55 g skimmed milk powder
- 125 ml plain yoghurt

Measure the milk and yoghurt with a measuring jug and weigh the milk powder.

Equipment

- Saucepan, thermometer, clean jars, baking dish, oven with a working light and a clean tea towel

Instructions

1. Heat the milk

Mix the milk and milk powder in a saucepan. Heat gently over a medium heat, stirring, until it reaches 85°C, then remove from the heat.

2. Add the yoghurt

Allow to cool to 45°C, then stir in the yoghurt. Pour into clean, warm jars and cover.

COMPILED BY / NATALIA HORBACH, PhD

Natalia Horbach

Sources and history on the Fermentarnia website
fermentarnia.com



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3. **Leave to set**

Stand the jars in a baking dish and pour hot, but not boiling, water into the dish. Put in the oven with the light switched on. Maintain about 45°C during incubation and check with a thermometer; the light alone does not guarantee this temperature. Leave for about 4-6 hours, until the yoghurt has set.

4. **Chill**

Remove the jars from the oven and water bath. Dry the outside of each jar with a clean tea towel, then refrigerate for 4 hours.

Tips

Contains milk. Check that the starter yoghurt contains live cultures. Yoghurt heat-treated after fermentation will not work as a starter for another batch.

Use clean, sanitised equipment. Discard a batch that has not thickened properly, has mould or develops an unusual smell.

Milk powder increases the milk solids and helps make firmer yoghurt.

RICARDO describes fermentation at about 45°C. Monitoring the temperature during incubation is additional University of Alaska Fairbanks guidance.

How to serve

Serve plain, or add fruit and cereal just before eating.

Under the microscope

How milk becomes a gel

The yoghurt culture produces lactic acid, lowering the milk's pH so its proteins form a gel. Heating the milk first helps the final texture, and milk powder adds solids for a firmer set. The culture is added after cooling, because excessive heat can damage its bacteria.

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