

Recipe of the Week

Yoghurt

You will need a sterilized container/thermos flask to pour the yoghurt into immediately after cooking (preferably warmed). These ingredients make a little more than 1 litre of yoghurt.

Ingredients

1000g Milk (room temperature)
20 to 40g Milk powder (personal preference)
120g Yoghurt (plain)
1 to 1,5 tsp unflavoured powdered gelatine/gelatine substitute (optional)

Method

- Weigh the milk into TM bowl, then add
- Add the milk powder and start up yoghurt
- Sprinkle powdered gelatine on top
- Cook for 4 minutes on 50 C, speed 4


Once yoghurt is cooked, pour immediately into sterilized and warm jar/container/ thermos flask.

Important: The yoghurt must be left undisturbed for a minimum of 8 hours, maximum 10 hours. (If containers used, wrap in a blanket to keep warm).

Then refrigerate. Remember to reserve 120g for the next batch!



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