

How to Make Yogurt at Home.

You will need:

1-quart of milk
Yogurt culture (at health food stores or the internet)

Directions:

Heat milk to 110-112 degrees take about a cup of warm milk and yogurt culture and mix well. Mix back into warm milk. Stir.

Pour in to clean warm container(s) cover and place in prepared incubator. Close incubator.

Incubate about 4 hours. Yogurt should be set. The longer the incubation time, the more tart or acidic the flavor.

Refrigerate immediately. Rapid cooling stops the development of acid. Yogurt will keep for about 10 days if held at 40 degrees F or lower.

Making Home Made Butter

You will need:

1-quart of cream
salt

Directions:

You can make butter in a churn, mixer, or jar. Which ever you use be sure to only fill the container half full. If in mixer use low setting, jar shake slowly. In churn pour in cream let churn until butter and milk separate, usually about 30-45 minute depending on temperature of milk (50-60 degrees). Spoon the butter into a bowl. Wash under cold water with butter paddle or large spoon to press against side of bowl. Wash until water is clear. Add salt to taste, mix well. Form into container and cover. Will last 2-3 weeks. Keep refrigerated.

Making Your Own Kefir

You will need:

1-2 tablespoons Kefir-grains
a quart jar
nylon or stainless steel mesh-type strainer and spoon
a container with wide mouth for straining kefir into.
2-cups fresh milk.

Direction:

Place fresh kefir grains in clean jar.
Add fresh milk, place a lid on the jar gently stir and let stand at room temperature for about 24 hours, or until the milk has thickened or has become sour to your liking.
Do not set in sunlight
Do not fill the fermenting jar more than $\frac{3}{4}$ full
Strain in to container, what you have strained is kefir.