

McCullough's Yogurt Recipe

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- Makes 1/2 gallon of yogurt from 1/2 gallon of milk. No straining required = no whey left over.

Recipes, or what to add to my yogurt or do with it?

- Nothing. You're a purist aren't you?
- Honey, molasses, etc. You need a surprisingly small amount. It's easy to use too much.
- Granola, nuts, etc.
- Fruit: berries, apple pieces, etc.
- Side dish or on top of Indian or other spicy dishes, e.g. on chili instead of sour cream.
- Put it on stings or sunburn (I'm guessing).
- Got some CRISPR-cas9 kits? The world's your oyster. Don't blame me for the pandemic.

Equipment

- An insulated cooler (Fig 1). You can improvise. I put a 25-Watt maximum power heater in the form of a yard-sale yogurt maker inside the cooler. (The cups for the yogurt maker are too small for my consumption.) I used to just use a LOT of insulation, but the thermostatted heater inside the cooler works better for me.
- Double boiler or similar improvised pots
- Thermometer (e.g. candy thermometer) capable of reading from 120 F to 180 F or more.
- Canning jars (6) or equivalent (peanut butter jars e.g.) to store yogurt.

Ingredients

- 1/2 gallon of milk. I prefer whole organic but any milk will work. Skim, 2%, whole, whatever.
- Some natural yogurt with active cultures. I use Chobani brand; any will do as long as it's active (alive).

Method

- Heat milk in double boiler to 180 F. Takes 22 min.
- When milk reaches 180 F, pour boiled water into jars and place them into cooler to warm up the jars and the cooler. Also, plug in the thermostatted heater inside the cooler.
- Let the milk cool from 180 F to 110 F. Takes an hour. It's important to wait until below 120 F otherwise you will kill the culture. Use the thermometer. Too cool and the culture won't grow fast. A Chobani employee I met on an airplane told me 120 was too high because the bacteria in their culture are heat sensitive.
- Mix into the milk a tablespoon or two of yogurt. Blend well with a fork or a whisk.
- Empty hot water in jars - down the drain. Pour milk+yogurt mixture into the jars, seal them, put them inside the cooler.
- Wait 10-24 hours. The longer, the stronger (more acidic).
- **You now have yogurt!**
- Want to strain it? I used to do that but after I got good at making yogurt, it came out solid enough to not bother straining it. (If you insist...Use a cheese cloth and a bowl. The longer you strain it, the thicker and drier it becomes. Anywhere from a few minutes to an hour or more; your choice. Strain in the refrigerator if it's going to be hours.)
- Keep your delicious homemade yogurt in the glass jars, refrigerated, and eat it throughout the week.

What other advice? what does your lawyer have to say?

- Why don't you just buy commercial yogurt? Because this is better tasting and funner and cheaper and more energy efficient, and you know what's in it.
- If you strain it, you can feed the whey to your animals (if they are not lactose intolerant) or use it instead of water in bread recipes. The bread will be thicker than usual.
- You can use your yogurt to make the next batch, but some say after a few generations you might want to return to the store-bought stuff in case your culture might become a little funky or even dangerous. On the other hand, some people pass down their yogurt from generation to generation (not kidding).
- Part of the attraction of home-made yogurt is the adrenaline rush of fermentation - will this taste good or make me sick? If the latter, don't blame me, please contact my lawyer; you may have violated my patented bioweapon. Hint: if

the yogurt smells like an old sweaty sock, you have made a bioweapon not yogurt. I have done this a couple times with a little yogurt that spilled and was left for days in the cooler. One time it turned vibrant yellow and really stunk: I did NOT taste it. Hot water and a little bleach fixed that.

□ Yogurt can be part of an effective weight-loss regimen: allow yourself to eat as much homemade yogurt as you like, in lieu of cookies, candy, etc. If and when you're newly rocking a hot, trim physique, please send me four easy installments of \$29.95.

□ Do I need to refrigerate it? You enjoy risky behavior don't you? Dude! Just refrigerate it, ok?

□ How long does it last? Mine is generally consumed before the end of the week, so beyond 2 weeks I don't recommend.

□ What else can I make by fermentation? I do not have an answer for that question. This page is about yogurt making.

