



## Yogurt

By Britta Gädtke

### Ingredients

- 2 tablespoons of ready-made plain yogurt, preferably high quality, with at least 3.5% fat content
- 1 liter (or 32 ounces) of fresh milk (whole milk or milk with reduced fat content — the more fat, the creamier the yogurt will be)
- A food thermometer, if you have one

### Directions

Bring the fresh milk to a boil in a saucepan, and cool again to 40°C/105°F. Add two tablespoons of yogurt and mix, preferably with a whisk, until evenly blended. Pour the liquid into containers. You can use small plastic jars, but screw-top jars or canning jars of any size are also ideal.

Now, the liquid must be allowed to mature at a reasonably uniform temperature. There are several methods for this:

- Wrap the containers in a warm blanket and maybe even put them under a warm down comforter.
- An insulated box made of Styrofoam, often used for transporting chilled or warm food, also retains the temperature very well. You can also put a heated cherry pit pillow inside to help.
- Some appliances like multi-cookers, dehydrators, and fermenting stations offer a fermenting or yogurt program that maintains a given temperature.

The containers are now left completely untouched in this cozy warm environment for eight hours so that the yogurt cultures can do their work. After this waiting period, you can put the jars in the refrigerator. Feel free to indulge your curiosity by checking if the milk has turned into yogurt. For your next yogurt culture, take two tablespoons of this yogurt, add milk, and repeat the process as described above.

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This recipe is a part of a series on canning and preserving created by Britta Gädtke / [www.glasgefluester.de](http://www.glasgefluester.de) for STILLSTAND, a digital zine from the Goethe-Institut with the sole purpose of exploring instances of stagnation across cultures. More at [www.goethe.de/standstill](http://www.goethe.de/standstill).