

Home-Made Yogurt (Brian Keck)

1 qt. milk

3 T. plain yogurt (for starter)

Bring milk to boil quickly in a heavy 3 qt. Pan, stirring constantly to prevent sticking. Set aside to cool to about °118. While milk is cooling, sterilize a 1 ½ to 2 qt. Saucepan by rinsing it with boiling water and then dry. When the milk has cooled to about °115, pour ½ c. of milk into saucepan, add plain yogurt, and whisk until smooth. Pour in the rest of the milk, it should be about °112. Cover and place saucepan into a warm place: °85 to °110. What works well is an electric oven, preheated to °200, and turned off after 1 ½ minutes. Let sit in warm place from 6 to 8 hours, until set.