

## Yogurt

### **You need:**

One quart of milk

2-3 tablespoons of yogurt (starter culture)

Large pot

Metal spoon

Thermometer

Small jars for yogurt

Yogurt Maker/incubator/thermos

### **Instructions:**

1. Read through the lab sheet and record your hypothesis.
2. Pour milk into large pot. Heat milk on medium high heat to 185°, stirring constantly. Milk should get frothy at this temperature, but should not boil.
3. While milk is heating, prepare a cold water bath by filling the sink with cold water and ice. Once the milk has reached 185°, remove pot of milk from heat and place in cold water bath.
4. Cool milk to 110°, stirring constantly. This will happen quickly so keep a close eye on the thermometer.
5. Determine the amount of starter culture your group will use. One group will be the control and will use the recommended 2 tablespoons. Once milk has reached 110°, scoop one cup of milk out. Once mixed, pour the cup into the pot with the rest of the milk. Mix thoroughly.
6. Pour milk into smaller jars.

7. For the next seven hours, the milk should maintain a 110° temperature. The more consistent the temperature, the more consistent your yogurt results. You can do that by:
  - a. Placing the jars of cultured milk into an oven on the lowest heat(many ovens have a “warm”).
  - b. Using a yogurt maker or incubator that will hold a constant temperature of 110°.
  - c. Wrapping jars with heating pad.
  - d. Using our bread oven if it is at a consistent 110°. On a warm summer day, the oven often hovers around this temperature.
  
8. Complete Results and Conclusion sections on lab sheet.