

## Making Yogurt 2003

by Deborah R. Dolen

Yogurt is not just a delicious snack with fruits on the bottom, it has great health benefits. It is an excellent source of protein, calcium, riboflavin and vitamin B 12. When yogurt is compared to milk, yogurt contains more calcium and protein because of the added cultures in the yogurt. It improves natural defense, it contains a good amount of phosphorus and 88% water. People with a risk of osteoporosis should eat at least one serving of yogurt per day. History has always proclaimed yogurt as “the nectar of life” and the Bulgarians attribute their 100+ life spans to the consumption of 2 to 3 quarts of yogurt a day. Apparently, even lactose intolerant persons can digest yogurt. Homemade yogurt is about 70% cheaper to make and free of preservatives.

**Are you convinced into a yogurt habit yet? If not, here are half a dozen good reasons why you should be.**

1. Yogurt is not very fattening. Plain yogurt contains one third of the fat than one piece of apple pie does.

2. It can help your intestine. Doctors prescribe it to patients who suffer from ‘Intestinal Flora’ which can destroy your intestines due to it’s having a large amount of antibiotics or sulfa drugs.

3. This one may be of interest to teenagers; it can help your acne. Eat a lot of natural – preferably unsweetened – yogurt. As well as eating yogurt you can wash your face daily with water combined with lemon juice (one lemon to every liter of water). Apply a mask of honey to your face once a week, for approximately one hour, and you’ll have a pimple free face!

4. Suffer from bad breath? Well, eat a lot of yogurt and yes, you guessed it, people might actually sit next to you without holding their nose.

5. Does milk give you an intestinal discomfort? Then switch to yogurt. People lose the enzyme lactase through childhood. As a result, many adults cannot properly digest milk. However yogurt already has lactase in it, allowing the food to digest in the body three times quicker than milk.

6. Does osteoporosis run in your family? Or maybe you just have brittle bones and/or teeth? Well eating lots of yogurt can help to strengthen bones and teeth because yogurt is high in calcium.

The basic recipe is very simple, calling for water or milk and instant milk, which provides more solids and therefore makes the yogurt thicker, and some plain active yogurt, to act as a starter. The different liquids do have different end textures (and fat content, obviously), so you may want to experiment with them to see which you like best. (Whole milk produces the richest texture, not surprisingly.) If you want a less tart taste to your yogurt, you can add sugar or honey before you cook it, but if you want to use some yogurt for savory recipes this isn’t a good idea. You can make yogurt with cow’s milk or whatever milk you want to try; just make sure it’s pasteurized. **The yogurt will keep in the refrigerator for two to three weeks.**

Plain yogurt is a well-known sour cream substitute for baked potatoes, but it’s also a great base for making salad dressings and other sauces. For a very quick salad dressing or vegetable dip, add a packet of dried onion soup mix or herb seasoning mix to yogurt, stir well, and let sit to allow flavors to blend before using. Add dill (fresh or dried), salt, and

pepper to taste to yogurt and you have a great topping for fish. Experiment with your own seasoning combinations (including grated cheeses like Romano or parmesan) and uses—for topping salads, steamed vegetables, or entree sauces. When using yogurt in cooking, add it at the very end of the cooking, and don't allow the sauce to boil (that could cause it to curdle).

## **Flavorings**

The possibilities for flavoring your yogurt are limited only by your imagination and taste buds! A very easy way to flavor it is to do the “fruit on the bottom” thing. Jams and preserves work very nicely; put about one teaspoon (or more, to your taste) in a sterilized 6-ounce cup and let it warm to 110 F before adding the yogurt culture. Another method which yields very tasty results is to buy dried fruit, and cook it in a water/sugar/spice syrup until soft. Let cool to 110 F, and spoon into the bottom of the sterilized cups. You can make yummy flavors like “apple pie” (apples, cinnamon, and nutmeg), “peach pie” (cinnamon and clove), or combinations—how about blueberry-raspberry, or cranberry-apple? Fresh fruits, cooked or uncooked, in general are well suited to yogurt also. One caution: don't use uncooked bananas; they float to the top of the yogurt, become an unattractive brown, and are not particularly tasty.

For best results try to flavor your yogurt just before eating so it does not get watery. You can also use liquids, such as flavoring extracts, coffee, or juices as flavoring bases. These do not have to be oil based. The flavoring liquid needs to be fairly concentrated, or your yogurt will end up being very thin. Some vanilla extract and sugar makes a very nice-tasting yogurt that can also become the foundation for dessert sauces, icings, and other sweet toppings.

## **Recipes**

### **Basic Yogurt with a Machine**

1 quart of whole milk

Or

1 quart of skim milk with ¼ cup of dry milk

You will be using one heaping tablespoon of yogurt or starter with this recipe.

### **Procedure**

Heat milk on the stove or in the microwave until steaming, stirring occasionally. This should take about ten minutes and reach a level of 185 degrees. Add starter when the liquid cools down to 110 degrees. Stir well and pour equally into all jars of your yogurt machine. Twelve hours of fermentation will give you a good thick yogurt. A few less hours will result in a thinner consistency. Do not heat the yogurt for too long or too high a heat. After refrigeration, water may run off and that is fine and normal.

### **Rich Yogurt** (160 calories per cup)

6 cups of whole milk

2 cups of evaporated milk

½ cup of dry milk

1 heaping tablespoon of starter

**Thick and Creamy** (248 Calories per cup)

5 cups of water

3 cups of evaporated milk

½ cup of dry milk

1 heaping tablespoon of starter

**Thin Set Yogurt** (104 calories per cup)

8 cups of skim milk

1/3 cup of dried milk

1 heaping tablespoon of starter

**Flavoring Yogurt Before Incubation: Other Flavor Ideas**

You can set your fruit and spices prior to incubation, such as the fruit on the bottom idea, or incorporating the following flavors in the mixture just prior to pouring:

Honey

Maple Syrup

Malt

Chocolate

Molasses

Liqueur

Coconut

Lemon

Almond

Coffee

Vanilla Bean

Yogurt is a great meat tenderizer and is also great for Ranch type dressings. Yogurt is most popularly known as a substitute for sour cream. We love to use it in pancake batter!

Troubleshooting yogurt failures: Starter was not active, starter was too old, utensils were not clean, milk was too hot or too cold or cooked too long.

## Yogurt Smoothie Recipes

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They say what you eat is what you are. We like to say what you drink is what you are! Our smoothie recipes are formulated based upon what you are after. Our **Strawberry Julius Energy Plus** is designed as a great morning or lunch time boost, **Honey I am Home!** Was formulated for a relaxing evening smoothie to promote a restful sleep. Smoothies designed to fill you up and **promote weight loss** along with **smoothies designed to boost your immune system.**

### **Strawberry Julius Energy Plus** (makes two cups) 240 calories per cup

1 cup of yogurt

1 cup of punch or fruit juice or apple juice

1 banana, peeled

1 heaping tablespoon of bee pollen

1 heaping tablespoon of wheat germ

2 heaping tablespoons of strawberry preserves or jam

A little protein powder or powdered vitamins is optional.

Throw all into a blender and blend on high for 30 seconds. Do not drink after 3:00 pm unless you want energy all night. Variations include Peach and Orange.

### **Honey I am Home!** (makes two cups) 268 calories per cup

1 cup of yogurt

1 cup of skim milk or milk

4 heaping tablespoons of honey

2 heaping tablespoon of vanilla powder or Vanilla Coffee Creamer

1 heaping tablespoon of wheat germ

A little protein powder or powdered vitamins is optional.

Throw all into a blender and blend on high for 30 seconds. Do not drink after 3:00 pm unless you want energy all night. Variations include adding a heaping tablespoon of carob powder. This is best to be taken at night for a restful sleep.

**Mango Fat Free Smoothie** (makes 2 cups) 140 calories per cup

**Ingredients:**

- Mango ripe, 1 large
- Skim milk, 1 cup
- Thin Set Yogurt, 1 cup
- Skim milk powder, 2 Tbsp

**Preparation**

1. Loosen the mango by pressing it by hand at several places. Open it and squeeze the juice. (You can take 1 cup mango pulp instead)
2. Mix juice with other ingredients in a food processor and blend.

**Apple Gingersnap** (makes 3 cups) 186 calories per cup

1 cup apple cider or apple juice

1 cup of yogurt

1 apple

1 cup pineapple

1 tsp. ginger root or ginger powder

1 tsp honey

1 cups ice cubes

2 tablespoons Vanilla Coffee Creamer

½ teaspoon of cinnamon, nutmeg, or cloves (optional)

Blend well and enjoy!

Ginger is great for your immune system and we feel you cannot ever eat too much ginger.

**Vanilla, Cinnamon Oatmeal Smoothie** (makes 3 cups) 172 calories per cup

1 package of instant oatmeal

1 cup of yogurt

1 cup of skim milk

1 tsp honey

1 cups ice cubes

2 tablespoons Vanilla coffee creamer

½ teaspoon of cinnamon, nutmeg, or cloves (optional)

Blend well and enjoy!

The spices are great for your digestive and immune system.