



Heirloom Yogurt STARTER CULTURES INSTRUCTIONS



You can make delicious heirloom-variety yogurt!

**YOU
CAN DO
THIS**

Our collection of mesophilic heirloom yogurt starters can be cultured right on your counter at room temperature, so it's easy to make these re-usable varieties. This box contains 2 of each culture: Viili, Filmjölök, Piimä, and Matsoni.

What You'll Need

- ➔ 1 packet of yogurt starter culture (store extras in the freezer)
- ➔ Pasteurized whole milk (avoid ultra-pasteurized or UHT)
- ➔ Glass jar or other container with a lid
- ➔ Tight-weave towel or coffee filter and rubber band
- ➔ Non-aluminum mixing utensil (stainless steel is OK)

About our 4 Heirloom Yogurt Starter Cultures

**VIILI
(5200)**

A Finnish yogurt variety, Viili is very mild and creamy, with a fairly thick consistency. It's a versatile favorite that's perfect on its own or in any yogurt recipe.

**FILMJÖLK
(5201)**

Another Finnish variety, Filmjölök has a tangy flavor reminiscent of cheese and a custard-like texture. It's great with fresh fruit or over pie. Kids love it!

**MATSONI
(5202)**

Matsoni, from The Republic of Georgia, has a thin, custard-like texture with notes of honey. Its flavor is the most "yogurty" and is a popular choice for frozen yogurt.

**PIIMÄ
(5203)**

Piimä, a Scandinavian variety, is very thin and drinkable with a mild flavor. Culture it with cream instead of milk to make a tasty sour cream-like topping.

Instructions for Activating the Yogurt Starter

Total time: up to 48 hours ★ *Active time: 5 minutes + check every 2-3 hours*

- 1 Pour** 1-2 cups of cold milk into a glass or plastic container. **Add** 1 packet yogurt starter; **mix** thoroughly.
 - 2 Cover** the container with a towel or coffee filter, secured with a rubber band, or put a lid on the container and **culture** in a warm spot, 70°-77°F.
————— / **70°-77°F** ⌚ **12 HOURS** —————
 - 3 Check** after 12 hours to see if it has set. If it has not set, **culture** for up to 48 hours, checking every few hours.
 - 4** Once your yogurt has set, shows any change in texture, **or** at the end of 48 hours, **cover** the container with a tight lid and **refrigerate** for at least 6 hours.
————— / **32°-40°F** ⌚ **6+ HOURS** —————
 - 5** After 6 hours the cultured yogurt can be eaten, but don't forget to **reserve** some for culturing the next batch!
- Flip over for instructions for making more yogurt.* ➔

**DON'T
TOSS
IT!**

Liquidy activation batch? If it has a fresh, tangy aroma, it's cultured and can make yogurt. **It can take 2-3 batches for the flavor and texture to even out.**

Make a new batch of yogurt at least once every 7 days to keep your cultures strong. Always use the freshest batch.

**EVERY
7
DAYS**

What's next? Eat your yogurt! Then make more, try our flavoring ideas, plus troubleshooting tips. ➔

Instructions for Making Yogurt

Total time: up to 24 hours ★ **Active time:** 5 minutes + check every 2-3 hours

- 1 Pour** 1 cup of cold milk into a glass or plastic container.
- 2 Add** 1 Tbsp. of yogurt from the last batch; **mix** thoroughly. *To make larger batches, use 1 Tbsp. yogurt per cup of milk up to ½ gallon of milk per batch.*
- 3 Cover** the container with a towel or coffee filter, secured with a rubber band, or put a lid on the container and **culture** in a warm spot, 70°-77°F, for 12-18 hours.
————— / 70°-77°F ⌚ 12-18 HOURS —————
- 4 Check** the yogurt every few hours by tilting the jar gently. If the yogurt moves away from the side of the jar in one mass, instead of running up the side, it is finished culturing.
- 5** Once the yogurt has set, **cover** the container with a tight lid and **refrigerate** for at least 6 hours.
————— / 32°-40°F ⌚ 6+ HOURS —————
- 6** After 6 hours the cultured yogurt can be eaten, but don't forget to **reserve** some for culturing the next batch!

5 Ways to Flavor Your Yogurt

Add flavor and versatility to your homemade yogurt with these suggestions, adjusted to please your tastebuds.

GO SAVORY

1. Add **herbs** to yogurt to make an instant salad dressing, meat topping, or vegetable dip. Try these tasty ideas:

- ➔ Lemon and dill for fish
- ➔ Basil and parmesan for fresh or roasted summer vegetables
- ➔ Oregano and tomato to toss in a pasta salad



2. Adding yogurt to **chutney, salsa, or cultured vegetables** can tone down the heat and add a creamy base.
3. Add **jam or fresh fruit** to replicate commercial yogurts. Start with 1 Tbsp. per cup of yogurt.

SWEETEN IT UP

4. Add **sugar, honey, maple syrup**, or other sweeteners.
5. Add 2-3 drops of **flavor extract** per cup of yogurt.

Questions? We can help!

- Q** *How do I know my yogurt is set?*
A You'll see a change in the milk's texture, and it will pull away from the sides of the container when it's tilted.
- Q** *How do I use raw milk to make yogurt?*
A All 4 of these mesophilic heirloom starters can be cultured with raw milk. Follow our online instructions: www.culturesforhealth.com/raw-milk-yogurt

If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support: www.culturesforhealth.com

LET US HELP

- Q** *My activation batch doesn't appear to have set. What should I do?*
A Not to worry, you haven't failed! Even if the activation batch doesn't set, if it smells fresh and tangy, it's still cultured and can be used to make yogurt.
- Q** *Why is my yogurt thinner than store-bought yogurt?*
A Store-bought yogurts generally contain thickeners. Drain whey or add thickeners to achieve a similar thickness. To learn more about using thickeners, visit: www.culturesforhealth.com/thicker-yogurt

WANT MORE?

We have dozens of recipes, how-to videos, and articles for beginners and yogurt pros on our website, www.culturesforhealth.com

Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

WHAT'S THAT SMELL?