**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, Filmjölk, Piimä, and Matsoni.

**About our 4 Heirloom Yogurt Starter Cultures**

**Viili**

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**

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

**Piimä**

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

**Matsoni**

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.

**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°-60°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.**

**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)

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

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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.
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.
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

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 thickeners, visit: www.culturesforhealth.com/thicker-yogurt

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.

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