

Yogurt from Powdered Milk

Powdered milk is a popular item for home storage or emergency preparedness, but many people find the flavor of re-constituted powdered milk distasteful. You may find that you like the taste better as yogurt. Since you begin by mixing powdered milk with water, you can choose how thick you want to make it, and you don't even have to boil it first.

Generally, when making yogurt, you will want to use more dry milk with the water than when making regular milk. Often, one-part milk powder to two-parts water will be a good ratio (i.e. one cup milk powder to two cups water). For a thick, creamy yogurt, mix equal amounts of milk powder and water (i.e. two cups milk powder and two cups water). If you would like the yogurt to be thinner, just add more water when rehydrating the milk powder.

1 - Mix milk powder with water in a blender. Use very hot water - you want the resulting milk to be 110 - 115 degrees F.

2 - Stir packages of powdered yogurt starter (follow directions on packet) or a few spoonfuls of prepared yogurt into the warm milk. (Use about 1/4 cup of prepared yogurt for each quart of milk.)

3 - Now, you need to keep the milk warm (110 degrees) for the next 5-7 hours. Some people pour the milk into jars and then put the jars in a cooler with jugs of hot water. Some people just put the milk directly into a crock pot and drape a towel over it. Some people put the milk into jars, containers, or a pot and then into a warmed oven. Some people put the milk into jars and then put the jars in a crock pot with hot water around them... just do whatever works for your situation.

4 - Chill the yogurt in the fridge.

5 - Sweeten and flavor as desired. Some people like to use the yogurt plain in place of sour cream. Some like to use bottled or canned fruit (you can use the syrup to sweeten the yogurt as well as flavor it). Some people like to use jam. Some just mix their yogurt in with granola and add a little bit of sugar or honey. Do whatever you like.

Yes, making yogurt really is that simple -- no special equipment is required. A thermometer can be helpful, but is not an absolute must -- if the water is hot enough that you can stand to keep your hands in it for more than a few moments, that should be fine.

Enjoy!!