

Cloning Yogurt

By Nicholl Spence

I love spending the warmer months foraging berries, blossoms and wild apples and then hours preserving them. I do all this so I can enjoy the products of my garden in winter when the weather is too harsh for anything to grow outside and the costs in the grocery stores inflate.

Making, or more so, cloning plain Greek yogurt is simple and very cost effective. Once you clone your favourite Greek yogurt once, you will never need to purchase it again!

Although the process is not new, it was a new concept for me and after a few failed attempts I finally seemed to get it right. I really like that I control what I put in my yogurt and prefer to purchase healthier, gut-friendly A2 beta-casein protein milk which can be purchased from local dairy farmers. You can also find A2 in bottles in higher-end grocery stores, such as your local Foodland. Once the yogurt has set, I enjoy it every morning with homemade granola, maple syrup, berry preserves or wild apple butter.

Two simple ingredients

All you need to begin is 2% milk (or higher milk fat) and plain Greek yogurt. The process is based on temperature. Heat two cups of 2% milk to about 180F (scalding) in order to kill off the bacteria from the milk, and then let it cool to 110F. This step is important because the milk bacteria and the bacteria in the yogurt don't work together and could cause your yogurt to fail to set.

Once your yogurt has cooled to 110F you will see that a skin has formed on

top. I prefer to use a spoon to skim it off and discard it. In a one-litre mason jar, mix your cooled milk with a generous tablespoon of Greek yogurt, stir completely, place a cotton towel over the top and let stand in a warm spot. My oven has a proof setting but placing your mixture near a heat vent works as well. The trick is, don't touch it! The mixture cannot be disturbed while it is setting or it may flop. After six to eight hours however, the yogurt has set and you will have a loose yogurt which

contains about a quarter of water, or whey. If you prefer thicker yogurt, as I do, you will then need to strain the newly cultured yogurt through cheesecloth over a colander in the refrigerator overnight. It always amazes me how much whey strains through the cheesecloth into the bottom of the bowl.

Repeat the process

Once you have completed the initial step you can continue to repeat this process using a tablespoon from the cloned

yogurt to continually re-make a new batch. Luxurious, probiotic enriched Greek yogurt is a simple process that you can clone time and time again!

Follow Along

You can find how-to tutorials on my YouTube channel @FarmhouseStudioOnFifth.

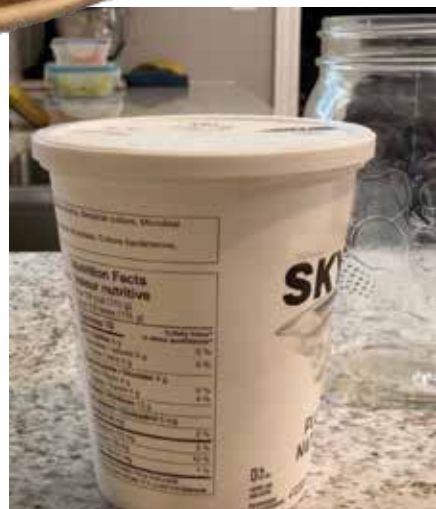
Nicholl Spence is a freelance graphic designer who works from her rural farmhouse home office in Erin. Among her work is the design and layout for this magazine.

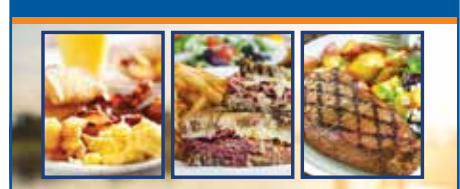


► Luxurious plain Greek yogurt with berries and homemade granola.



▲ 2% milk being heated on the stovetop to 180F(scalding) and then cooled to 110F.





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▲ After six to eight hours the loose yogurt is strained through cheesecloth overnight in the refrigerator, straining the water, or whey, from the new yogurt.



▲ Whey after a night in the fridge.

◀ A generous tablespoon of plain Greek yogurt will be added to a one-litre mason jar. The cooled milk will be added to this jar and mixed together with the yogurt and then set aside in a warm, undisturbed area for six to eight hours.

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