

# RESCUE\*RECIPE - YOGURT

## INGREDIENTS

1 L milk

¼ cup yogurt

Note- to promote the greatest chance of success, use a candy thermometer to get the temperature close to precise. Adding the yogurt starter when the milk is too hot will kill the active ingredient needed to transform the milk into yogurt.

Also note that the exact quantities of milk and yogurt are not necessary. Approximations are fine and scaling up or down works, too.

## DIRECTIONS

**Step 1 – pour milk into a saucepan. Bring temperature up to almost boiling 200° F (95°C)**

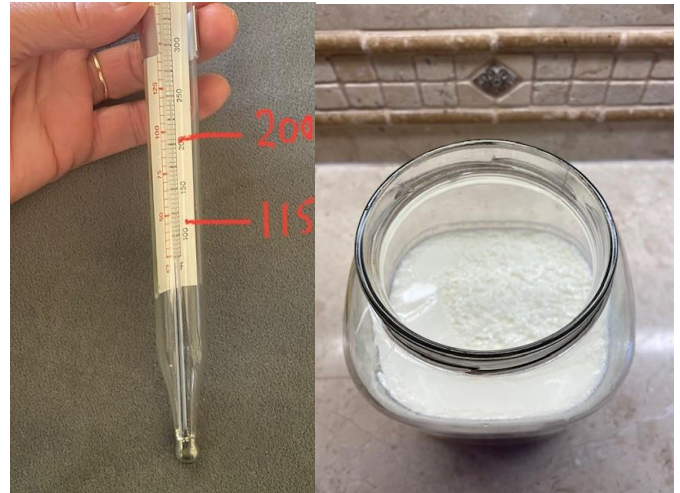
**Step 2- Take the pan off of the heat source to cool down to 115°F (45°C)**

Depending on the heat in the room, this might take half an hour.

**Step 3- Stir in the yogurt to the warm milk, mixing thoroughly.**

**Step 4 – Pour the warm milk yogurt mixture into a clean glass container.**

Items in red have been rescued\* from disposal.



**Use a candy thermometer for best results.**

**Place somewhere warm for 8-12 hours to set. (This could be in a large pot of hot water, left covered. Or wrapped in a t towel beside the stove. Or in a low heat warming drawer.)**

**Can be used immediately or stored in the fridge.**

## FUNKY FOOD FACT:

BUYING IN BULK CAN BE A MAJOR COST SAVER. TRY GETTING A LARGE SIZED MILK AND MAKING YOUR OWN YOGURT INSTEAD OF SEPARATE PURCHASES. MILK CAN ALSO BE FROZEN AND THAWED WHEN NEEDED.

FOR EXAMPLE, COMPARE THESE PRICES\* OF A BRAND NAME 2% MILK AT A LARGE LOCAL GROCERY STORE:

1 L \$2.89

2 L \$4.69

4 L \$5.79

750 ML PLAIN 2% YOGURT \$7.49

\*AS OF 8 JULY 2023