



Making yoghurt at home

The process of making homemade yoghurt is a simple one. Fresh milk or powdered milk can be used.

Making yoghurt is a good way of converting milk or milk powder into a high value product that can be utilised at home or sold.

Steps

1: Place the milk or water and powdered milk in a pot and bring to the boil. Remove from the heat immediately and allow the temperature to drop to 44C



2. Add yoghurt starter and mix well



6. Keep the lid on to retain heat



3. Place in sterilised bottles and seal



7. Chill overnight to set, before serving



4. Stand on a cloth in a pot, maintaining the water at 40C. Allow to set for 4 - 6 hours



8. The spooned texture of the yoghurt made with powdered milk



5. Add low heat if needed, to maintain water at 40C



9. Adding a blackberry jam topping to chilled, set yoghurt for flavour.

Ingredients

- 800ml fresh milk
- OR
- 125g milk powder
- 750ml water

- 125ml plain yoghurt

The yoghurt is your starter

Add flavour to your yoghurt in step 7, if desired.

Climate Smart Agriculture Research and Innovation Support for Dairy Value
Chains in Eritrea (CSARIDE)

(Contract Reference Number: FOOD/2019/411-806)

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October 2022



This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of Economic Sense and do not necessarily reflect the views of the European Union.