



THE LAB

Eight pages of things to make and do

Make your own yoghurt

All it takes is a few dairy products and patience to make a tangy treat.

What you need

- A large saucepan with a lid
- 2 litres whole milk
- 60ml double cream
- Measuring jug
- Small mixing bowl
- Whisk
- 4 tbsp plain yoghurt with live, or active, cultures

Instructions

- 1** Rinse out the saucepan with cold water, then pour in the milk and cream. Heat gently, stirring the mixture to prevent it from overheating. When bubbles begin to appear at the sides, it is ready.
- 2** Remove the pan from the heat and allow it to cool down. Wait until the mix is no longer hot (it can be safely touched with a finger but is still warm). Scoop out about 120ml of it and plop it into the mixing bowl.
- 3** Add the yoghurt to the bowl and whisk everything until smooth. Then, pour it back into the saucepan. Stir well and cover.
- 4** Leave the mix untouched for six to 12 hours. The longer you allow it to sit, the thicker the result will become. After this, the yoghurt needs at least four hours in the fridge to finish thickening. Serve and enjoy!



You will need cream, milk and... yoghurt.

How does it work?

Yoghurt is popular in many countries because it tastes good and is simple to make. Heating the milk kills off any harmful bacteria and thickens it by removing some of the liquid. Heating also causes a change in the structure of chemicals called proteins in the milk, which makes the mix thick and smooth. When it's cooled, you add live bacteria (also known as active cultures). These "good" bacteria eat sugars in the milk, turning it into lactic acid. This helps solidify your yummy yoghurt.

REX SHUTTERSTOCK - ALAMY