



Yogurt

This recipe is for a 2 litre container

Cut recipe in half to obtain 1 litre

2 1/2 Grand-Pré UHT Milk

1 Envelope of KNOX Gelatine

1 Cup of Powdered Milk

2 Envelopes (10g) freeze- dried Yogurt Starter

- Pour gelatine into 1/4 cup of Grand Pré UHT milk and let stand for 5 minutes. - Meanwhile, pour remaining UHT milk in a large saucepan.

- Add into saucepan the UHT milk/gelatine mix.

- Then add the powdered milk and mix (at low speed) with a beater or a whisk.

- Place saucepan on cook top and stir over low heat until it reaches 82°C (180°F).

- Then let stand until the temperature drops to 42°-44°C (108°-112°F). For more efficiency, use a yogurt thermometer.

- Take from saucepan, 1 cup of lukewarm milk in which you will add (using a fork) the envelope of yogurt starter. Dissolve completely. Then pour back into saucepan and mix well.

- Transfer into container making sure to follow your yogurt maker's specific instructions and incubate 4 to 4.5 hours.

- Finally, refrigerate container for 8 hours.

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8- Transfer into container making sure to follow your yogurt maker's specific instructions and incubate 4 to 4.5 hours.

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** It is very important to bring temperature up to 82°C (180°F) since the powdered milk and the gelatine did not go through the same pasteurization process as the Grand Pré UHT milk. However if you don't add any other ingredients, a maximum temperature of 42°-44°C (108°-112°F) is sufficient.

** This yogurt can easily replace sour cream in any recipe.

** To obtain an accurate reading of the milk temperature, keep the thermometer in the milk for at least 30 seconds.

Conservation: 3 to 4 weeks.