

# Homemade Yogurt (from The Frugal Girl)

(makes 4 quarts, which will keep for at least a month in the fridge)

*For vanilla yogurt directions, see the bottom of the recipe.*

## Ingredients

1 gallon of milk

1 cup yogurt starter (you can use a small cup of plain Dannon, Yoplait, or Stonyfield Farm yogurt, or you can use a cup from your previous batch.)

**1.** (You can skip this step if you want. I haven't sterilized in years, as I run my jars through the dishwasher.) Place four quart glass canning jars, four lids, and four screw-tops in a large pot. Fill with an inch of water; cover with lid and heat to boiling. Boil for ten minutes. Leave the lid on the pot and move it off the heat until you are ready to use the jars.

**2.** Pour one gallon of milk into a large, heavy bottomed stockpot or Dutch oven. Heat the milk to 185-190 degrees Fahrenheit (90-90 Celcius).

**3.** Place the pot in a sink filled with cold water and let the milk cool to 120 degrees Fahrenheit (50-55 degrees Celsius)

**4.** Stir one cup of yogurt starter into the cooled milk, using a whisk. Stir well to ensure that the starter is thoroughly incorporated into the milk.

**5.** Pour the milk into jars, and put the lids and bands on. Place them into a cooler.

**6.** Heat one gallon of water to 120 degrees F (50-55 degrees C) and pour into cooler.

**7.** Shut cooler lid and leave in a warm place for three hours. When the three hours are up, place the yogurt in the refrigerator.

*To make a delicious vanilla version of this yogurt, add 1/2 to 1 cup of sugar to the four quarts of milk when it's cooling in the sink. Then stir in 1-2 tablespoons of vanilla, depending on your preference, and proceed as usual with the recipe.*

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