

Let's make yoghurt!

GREEK YOGHURT

Prep time: 30 mins
Ready in: 12 - 24 hours
Makes approx. 1 kg (2.2 lb)

Ingredients

1 L (1 US qt) of UHT or fresh, full fat, homogenised milk
1 sachet yoghurt culture

Tip: To get REALLY thick Greek Yoghurt, add 1 Tbsp of whole milk powder during Step 1.



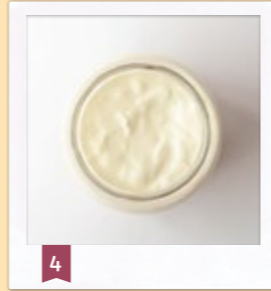
1 Heat the milk to 40°C (105°F).



2 Once milk is at 40°C (105°F) sprinkle in the culture.



3 Maintain the milk at 40°C (105°F) for 12 - 24 hours until the milk sets.



4 When set, place in the refrigerator. If it hasn't reached your desired thickness in 12 - 24 hours, strain through a muslin cloth.

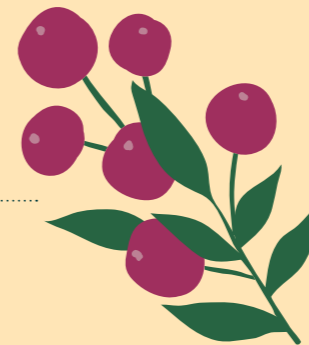
Store in the refrigerator for up to **2 weeks**.

SOY YOGHURT

Prep time: 30 mins
Ready in: 12 - 24 hours
Makes approx. 1 kg (2.2 lb)

Ingredients

1 L (1 US qt) of UHT soy milk
1 sachet yoghurt culture



Use the same method for both Greek and Soy Yoghurt.
Store in the refrigerator for up to 2 weeks.

Mad Millie Greek or Soy Yoghurt contains live cultures that are ready to be fermented into thick, creamy yoghurt. Our live Acidophilus and Bifidobacterium don't just make for tasty yoghurt but they're great for you too!

Your Yoghurt contains these active bacteria strains:

- Streptococcus thermophilus
- Lactobacillus delbrueckii subsp. bulgaricus
- Bifidobacterium lactis
- Lactobacillus acidophilus

Ever had trouble keeping your yoghurt at the right temperature? Us too.

To help you get that tangy, yoghurt flavour, we've worked with designers and created a Mad Millie double-walled, stainless steel culturing flask.

This is the easiest way to maintain temperatures of 30 - 40°C (86 - 105°F) overnight and allow cultures to work their magic.

Other options are a warmed up and turn off oven, a warm water bath or wrapping your jar in towels and placing it in a warm spot.



Mad Millie
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Join our community and share your creations and learnings by tagging @madmilliekits and #madmilliemade to be in to win every month!



madmilliekits

Mad Millie Kits and equipment are designed to make it fast and simple for you to create beautiful, artisan food in your own home. For more kits and consumables, along with some helpful tips and how-to videos, visit www.madmillie.com



LABNA (YOGHURT CHEESE)

Prep time: 20 mins Ready in: 2 days
Makes approx. 450 g (15.8 oz)

Labna originates from the Middle East where it is loved for its smooth, tangy flavour. Presented in a beautiful jar, marinated in olive oil, Labna is always delicious and bound to impress.

Ingredients

1 L (1 US qt) Mad Millie Greek Yoghurt, undrained (see reverse for recipe)

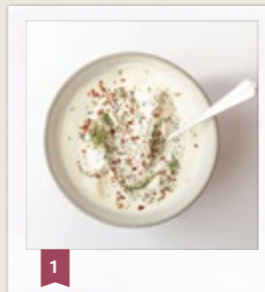
4 tsp salt

Herbs and spices to taste, (thyme, chilli and mint are great!)

Olive Oil



Serving suggestion



1

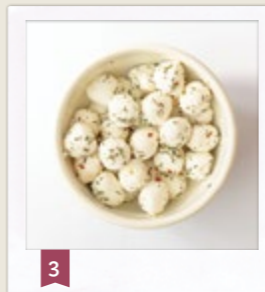
Mix the salt and herbs through the yoghurt.



2

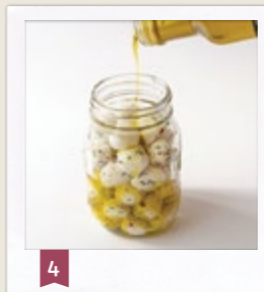
2 DAYS

Strain the yoghurt through a muslin cloth for 2 days.



3

Once all the whey has drained out, roll the thick yoghurt cheese into small balls.



4

Place the balls into a jar and cover with olive oil.

Store in the refrigerator and consume within 2 - 3 days.

How to make your own Greek Yoghurt

Serving suggestion



Available online at www.madmillie.com

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