



How to Make Yoghurt Experiment

1. Add two tablespoons of powdered, skimmed milk to 500ml (one pint) of whole milk.



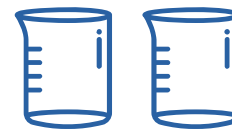
2. Bring the mixture to a boil over medium heat for 30 seconds, stirring constantly to kill any unwanted bacteria present. Take care it does not overflow!



3. Cool to 46-60°C.



4. Divide the cooled mixture into 2 sterile beakers and label test 1 and test 2.
Test 1 : add 1-2 teaspoons of live yoghurt
Test 2 : add 1-2 teaspoons of sterile yoghurt



5. Stir both mixtures well using a spoon previously sterilised by standing it in boiling water.



6. Cover each container with aluminium foil.

7. Incubate the mixtures at 32-43°C in a hot water bath, for 9-15 hours until desired firmness is reached.

