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Quick Guides

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On Yogurt

Freshly made yogurt saves about 50% in food cost

“Spoiled Milk” has only existed as long as pasteurization

Our custom of pasteurized mike, drank as fresh milk days or weeks after collection is an entirely modern idea. Pasteurization removes microbiology from the milk, extending its shelf life. Historically, milks would be processed fresh into products like cheeses to extend their shelflife, or even left out at room temperature to “clabber.” Often resembling yogurt, clabbered milk products that are naturally acidified below pH 4.5 are perfectly safe to consume, and have been enjoyed around the world for centuries.

History

The original yogurt cultures which we still use today are originally from eastern europe. Bulgaricus, the genus of a major yogurt bacteria, has the same root as Bulgaria, the nation. This part of the world is still home to the original yogurt lineage which has special properties compared to commercial yogurt. Most often, the starter for yogurt is yogurt. You can use any probiotic (living) yogurt to culture your yogurt. There is one limitation to this technique and that is that oftentimes, only one or two generations of home made yogurt can be produced using yogurt as a starter. But how did people make yogurt, if there was no commercial yogurt available to use as a starter?

Natural cultures versus selected cultures

Most yogurts available in shops today will have a list of the culture species used to make the yogurt. These strains were selected to give rise to a specific texture and flavor profile. Some cultures like bulgaricus, are mesophilic which means they prefer mild temperatures, while other cultures like thermophillus are heat loving strains. When we make our yogurt, we create an environment that supports these cultures. When used as a starter, fluctuations in the habitat cause changes in the distribution of cultures which causes the microbial community to change over time, leading often to poor outcomes. Natural cultures such as the heirloom bulgarian yogurts, are products of nature, not human selection. As such there is a whole ecosystem of microbes, not just the selected cultures. The difference is striking. These natural systems are so finely tuned as to allow “perpetual yogurt starters.” The diverse microbes of an heirloom starter support each other, allowing the yogurt strains to remain viable through many generations of yogurt. These perpetual heirloom yogurts can be found online as a powder, although their origins are not guaranteed to be genuine. The best way to obtain a perpetual yogurt is from a trusted source who makes it themself and acquired the culture from a reputable source.

Materials needed

- High quality milk
- Yogurt starter
- Bain marie double boiler or instant pot
- Clean Jars with lids
- Insulted cooler

Process

1. Using a double boiler, heat the milk gently to 190 F for 10 - 20 minutes to pasteurize and to partially coagulate proteins.
2. Allow this milk to cool back to blood temperature 90-115F
3. Add starter
4. Incubate at 100 - 115 F for 8 - 24 hours
5. Cool and serve

Common issues

1. Runny - indicates fermentation did not proceed as intended, extend the fermentation time to see if it can catch up. It's possible to forget to add the starter. Also probable that the milk was overheated, scalded to the bottom of the pan.

2. Lumpy - Indicates incomplete fermentation possibly added starter when still too hot, cooking off all but thermophilic strains

3. Slimy - Indicates presence of undesired bacteria

4. Fat cap on top - Normal with full fat “ creamline” milk

Recipe:

Zero lactose probiotic Yogurt (SCD Friendly, Fodmap Friendly)

Prepare yogurt as described above. Allow to ferment a full 24 hours to eliminate lactose, a troublesome carbohydrate for many people Including those with SIBO or FODMAP sensitivity. The “selected Carbohydrate Diet” Is designed to help folks recover from these dietary imbalances. This often will become super thick and is extremely rich in probiotics without the troublesome lactose.