

Miriam's earthen cookware- Your choice for healthy cooking

HOW TO MAKE DELICIOUS HOMEMADE YOGURT IN YOUR MEC CLAY POT:

Ingredients: Milk & live yogurt culture--A few tbsp of yogurt from your previous batch. If this is the 1st time you're making it, you can also use plain whole milk yogurt from the store for culture, make sure it has live-cultures. You need about 3 tbsp of culture every ½ gallon of milk.

Step 1: Heat the milk: Our size1-Medium pot takes ½ a gallon of milk, the large pot-Size 2 takes 1 gallon. And Size 3-X-large takes 1 1/2 gallons of milk. Pour milk into the pot size of your choice and set it on the stovetop and start the stove on low heat. Let it cook on low heat for 5-7 minutes, gradually increase the heat to 4 or medium low and then to 5 (medium heat). **Let the milk heat up at this temperature till you see tiny bubbles on the surface (it should take about 40 minutes if using the pot for the 1st time, with subsequent uses it should take a shorter amount of time).** The milk is now just about to boil—turn the stove off.

Step 2: Add the live-cultures: Move the pot away from the burner and let the milk cool down to about 110 degree. No, you don't need a temperature gauge to check this -- with washed hands set your little finger in the milk and count to 5, if you can hold it there for 5 seconds the milk is ready for the culture, if it feels too hot to hold on for 5 seconds then the milk is still hot and you need to wait some more. To give you an idea--it takes about an hour to an hour and a half to cool if using the small pot making ½ gallon of milk, depending on the room temperature. **Add the culture to the milk now and stir it in thoroughly using a spoon or a whisk.**

Step 3: Put it away to set/ incubate: Close the lid and set the pot in the oven overnight or for about 6-8 hours with the oven light on. Try to place the pot close to the oven light, if you live in very cold areas. If you live in places with temperature over 85 - 90 degrees you can let the pot sit outside at room temperature to incubate. Remember, unlike other pots, your clay pot

is a great retainer of heat so you don't have set the oven to any temperature or even turn it on at all. All you need is the light to be on. Take the pot out of the oven and let it sit outside at room temperature for about an hour, then put it away in the fridge with a cotton kitchen cloth under the pot to hold the little water that drains.

Step 4: (oh we didn't tell you about this step right... this is the most important one) **Enjoy your beautiful, thick and creamy clay pot yogurt!**

Note:

- Use the pot with the diffuser especially when cooking on any stove that runs on electricity—glass, ceramic or coil cooktops.
- When storing the pot in the fridge, make sure you put a folded cotton kitchen cloth under the pot, to hold the water that it slowly draws out from the yogurt.
- In the 2nd step you can keep the lid open to speed the cooling process.
- Yogurt from whole milk is best because it is less manipulated, and has most of the nutrients. But you can also use low-fat if you prefer. The fat in whole milk is essential for brain cell development for people of all ages.

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