

FUN STUFF MAKE IT YUMMY YOGHURT

Learn to make your own tasty yoghurt! Not only does it taste great, it will also help stop so much plastic littering the planet. Hooray!

What you'll need

- 1 litre milk (any type)
- Medium-sized saucepan
- Whisk or wooden spoon
- Kitchen thermometer (optional)
- Large mixing bowl (big enough for the saucepan to be placed inside)
- Cold water
- Ice cubes
- Small bowl
- Cup
- Spoon
- 2 teaspoons of shop-bought plain yoghurt – it needs to contain 'live cultures', so check the packaging
- Large clean glass jar with a lid
- Towel

Start here!



1 Ask an adult to help you warm the milk in a pan on the lowest setting on the stove, stirring often. Remove the pan from the heat once it reaches 85°C or when you start to see small bubbles.



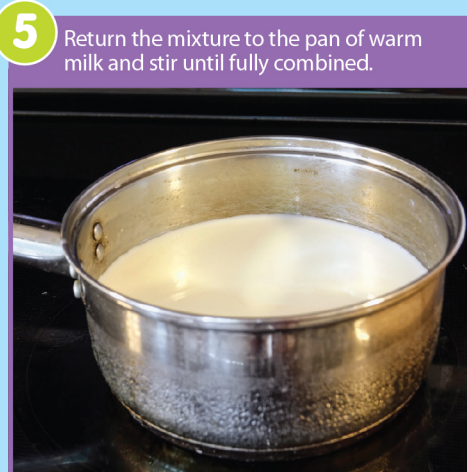
2 Place the saucepan in a bowl filled with ice and cold water to quickly cool the milk. If you're using a thermometer, remove the pan from the ice bath when the temperature of the milk reaches 46°C. If not, take the pan out when the milk is just slightly warm.



3 Pour ½ cup of the warm milk into a small bowl.



4 Mix in six teaspoons of live yoghurt.



5 Return the mixture to the pan of warm milk and stir until fully combined.



6 Carefully pour the mixture from the pot into the glass jar and screw on the lid.



7 Wrap the jar in a towel and leave it in a warm spot.



8 After 8–12 hours, the yoghurt should be ready to eat! (Give it a sniff to make sure it smells OK!) Serve it with fruit or cereal, or just eat it plain. Your homemade yoghurt will last up to two weeks in the fridge. Use a few teaspoons from this first batch to make more yummy yoghurt!

HOW IT WORKS!

Yoghurt is formed when special types of 'healthy' **bacteria** (microscopic single-cell organisms) are added to **pasteurised** milk. Pasteurisation is when milk is **heated** (step 1) to kill any **harmful** bacteria.

The **yoghurt bacteria** gobble the **lactose** (natural sugar) found in milk, and transform it into **lactic acid**. This process – known as **fermentation** (step 7), is what gives yoghurt its **tasty tangy flavour** and **thicker texture**!



Yoghurt bacteria magnified 5,500 times!

EXPERIMENT!
Different **proportions of bacteria** and **fermentation times** can alter the flavour and texture of your yoghurt!

Ready for a **tongue twister**? The name of the two main bacteria we use to make yoghurt are... *Lactobacillus delbrueckii* subsp. *bulgaricus* and *Streptococcus thermophilus* (above)!

PLANET-SAVING TIP
You'll need to buy one last cup of **shop-bought yoghurt** for this recipe. Once empty, **rinse and dry** the yoghurt container before **recycling**.