

Raw Yogurt

Jennifer Whitney

Yield: 2 quarts

Ingredients

2 quarts raw milk

2 teaspoons 100% Bovine Gelatin (Bernard Jensen's is excellent)

1 packet yogurt starter

Directions

Mix the gelatin into unheated milk, blend well. In a saucepan, heat the milk/gelatin mixture up to 110 degrees, turn the pan off, mix in the yogurt starter packet, whisk well, pour the milk mixture into a yogurt maker, or glass jar, (if culturing in a glass jar cover the top with a paper towel), secure with a rubber band. Culture it for twenty-four hours. If you are using a glass jar, make sure to wrap the jar with a towel, and keep it in a warm place to culture. Culturing in the oven, with the oven light turned on, works great. Enjoy.

Tips: Bernard Jensen's Bovine Gelatin, is available at The Boise Co-op. When raw milk is heated to 110 degrees, it is still considered raw, past that temperature it is not.