

## Making Your Own Yoghurt

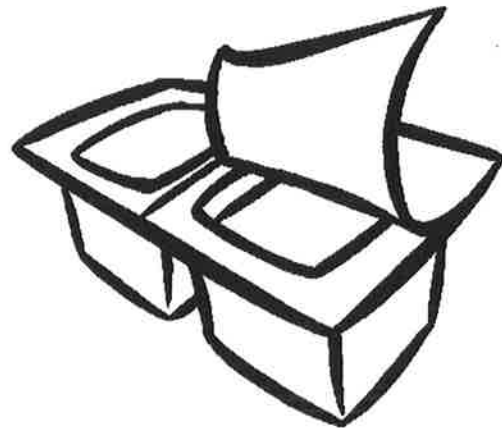
Yoghurt is a traditional food from the Balkans, Greece, Turkey, and Bulgaria. It has also become very popular in other parts of the world, and a number of yoghurt types are manufactured in New Zealand. Yoghurt is made by adding a starter culture of two harmless bacteria (microbes) to warm milk.

Here is a recipe for making yoghurt. You could try making yoghurt either in groups or on your own. (Make sure that you wash your hands thoroughly before starting to make your yoghurt.)

### Your recipe

#### Ingredients

- 1 cup of milk
- 1 cup of skim milk powder
- 2 cups of boiling water
- 2 tablespoons of natural yoghurt



#### Equipment

- a preserving jar
- a thick tea towel
- a wide-necked thermos

#### Method

1. Mix the skim milk powder and the cup of milk together in the preserving jar.
2. Add the boiling water to the milk mixture and stir well.
3. Stir in the yoghurt.
4. Put a lid on the jar. Wrap the jar in a thick tea towel and leave it overnight in a warm place. (If you have a wide-necked thermos, leave the yoghurt to set in that.)

Once the yoghurt is set, keep it in the fridge. You can sweeten your yoghurt with sugar, syrup, or pureed fruit.

#### Analysis

Compare your yoghurt with that made by other students or groups and answer the following questions:

- Does your yoghurt taste the same as or different from that of other students? Why do you think this has happened?
- Does your yoghurt have the same texture as that of other students? Why do you think this has happened?

Get people from different age groups to taste and assess your yoghurt. Use two adults, two classmates, and two younger students. Make up a chart that shows their reactions to the taste, texture, and colour, and record any other comments. Make five statements about what your chart shows.

Name:

Room Number:



## Making Cheese ... the Cottage Kind

Some say that cheese was discovered by an Arab traveller. He was going on a journey and wanted to take some milk with him, so he put it into a bag made out of a sheep's stomach. When he came to drink it, the warm sun, the rennet from the sheep's-stomach bag, and the gentle movement had turned it into cheese.

It usually takes a long time, sometimes over a year, to make hard cheeses such as cheddar cheese, but you can make a soft, curd cheese, such as cottage cheese, very quickly and easily.

### Your cottage cheese recipe

#### Ingredients

- 125 millilitres of milk
- 4–5 drops of rennet
- a pinch of salt

#### Equipment

- a small saucepan or a microwave measuring jug
- a spoon
- a 20-centimetre-square clean muslin cloth
- a small sieve

#### Method

1. Pour the milk into a saucepan or microwave jug and warm it on a low heat or in the microwave until it feels warm to touch.
2. Pour the warmed milk into a cup, add 4–5 drops of rennet, and stir gently.
3. Wait for 20 minutes. A clear, yellowish liquid should cover the surface of the milk. This is called the whey.
4. Drape the muslin cloth over the sieve and pour the milk mixture into it.
5. Squeeze out the whey. The solids you are left with are called the curds.
6. Add a pinch of salt to the curds. Mix well, taste, and add more salt if necessary.
7. Chill your cottage cheese.



### Analysis

Now that you have your finished product, make up a report that answers the following questions:

- What did you make?
  
- What changes occurred when you:
  - heated the milk?
  
  - added the rennet?
  
- Did you add any extra flavourings?  
If so, list them.
  
- Did they improve your finished product?                      Yes / No
- Were you pleased with your results?                              Yes / No
- Are there any improvements you would make?
  
  
- How would you use your cottage cheese?

