



# YOGHURT RECIPE

## Ingredients (for 1 L of yogurt)

- Locust bean gum: **2 g**  
(1/2 teaspoon mocha)
- Fresh milk (not brick): **1 L**
- Milk powder: **1 spoonful**
- Sugar: **1 spoonful**
- Starter culture: **1 yogurt**  
(or if freeze-dried ferment: **1 g**)

## Elaboration

The powdered ingredients are mixed.

Add the previous mixture to the L of milk, which we have put in a saucepan and start to heat, without it coming to a boil. Stir continuously with a few sticks until it reaches 90°C. When it is smoking (90°C), remove it from the heat and let it cool down to about 50°C (when we can touch the milk without burning ourselves), so that the heat of the milk does not kill the bacteria in the yoghurt.

When it is warm we add the natural yogurt, integrating well to undo it.

Fresh fruit can be used, the seeds must be removed and passed through the blender until they form a light puree. Add the fruit puree to the yoghurt mixture while it is still warm.

Pour the mixture into small glasses, stir gently in circles and leave to rest, covered with a cloth, for about 4 hours. Then cover the glasses individually and let them rest at 25°C (at room temperature, you can wrap them in a cloth if the temperature is lower) for 6 hours. When it has set, put them in the fridge! And we have yogurt for the whole week.

Brick milk is subjected to a pasteurisation process that kills all the bacteria in the yoghurt, so we have to use fresh milk - and enjoy it!



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