

PRODUCE

Instructions on Making SCD Yogurt

Step 1:

Heat milk on medium to 180° F.

1. May take 20-40 minutes depending on heat source and how much milk you are heating.
2. Heat kills native bacteria that could compete with the introduced cultures.
3. Heat evaporates and concentrates milk, and alters the structure of casein and whey to make end product thicker.
4. May pour milk in mason jar and place jar in water pot; may use double boiler; or may heat milk directly in pot (stir frequently to avoid scalding milk).

Step 2:

Cool milk to 105-110 ° F.

1. Remove milk from heat and allow to cool down.
**May take 1-3 hours depending on ambient temperature and how much milk you are cooling.*
2. May speed up process by soaking mason jar in ice water or pouring heated milk into a cool pot or glass jar.
**May take 15 min to 1 hour.*
3. After cooled, remove the milk skin on top using a fork.
**Getting a mouthful of milk skin as you eat your yogurt later is not pleasant.*

Step 3:

Add yogurt starter to cooled milk and stir gently until mostly dissolved.

1. Starter amount should be 2-5% of milk volume.
**1 tbsp. of starter yogurt to 1/2 liter of milk= 3%.*
2. SCD legal starters (this is the live bacteria you use to ferment the milk into yogurt).
 - Dannon plain, whole milk yogurt
 - Organic Nonfat yogurt by Butterworks (Found only on East Coast)
 - Yogourmet Freeze Dried Yogurt Starter (any color package ok)
 - a. Follow the package instructions (1 packet of starter to 32 oz. milk).
3. After you take out what you need of the starter, place back into refrigerator or package and store for the next use.

Step 4:

Place milk and starter solution in or on a constant heat source and allow to “incubate” at 105-110°F for 24 hours.

1. Heat source may be a commercial yogurt maker.
 - Dash (\$20-\$35)
 - Eurocuisine (\$30)
 - Yogourmet (\$60)

PRODUCE

2. Other heat sources can be used as long as temperature is constant and maintains temperature of milk at 105-110°F.
 - Food dehydrator
 - Slow cooker on low
 - Heating pad (without automatic switch off, cover with towels)
 - Oven with pilot light on

Step 5:

After 24 hours, the milk should have thickened into a yogurt-like consistency. Take off heat source and refrigerate. Yogurt will not look thick like at stores initially, but will thicken up slightly once cooled.

Step 6:

If you prefer a thicker, denser consistency, strain the yogurt in the refrigerator.

1. Place cheesecloth or yogurt strainer over a colander.
2. Pour yogurt into lined colander.
3. Place colander over a bowl to catch the whey (liquid portion of yogurt).
4. Place the bowl with lined colander and SCD yogurt inside refrigerator to allow whey to drain (expect clear liquid with yellow tint).
 - After 24 hours, consistency is like Greek yogurt
 - After 48 hours, consistency is like whipped cream cheese
 - After 72 hours, consistency is like dry curd farmer's cheese

Reference Videos on YouTube

These videos are highly recommended if you are making yogurt for the first time because they provide a good visual reference. You may discover your ideal way to make SCD yogurt depending on the equipment, starter and heating source available to you.

1. Cow's or goat's milk: <https://www.youtube.com/watch?v=oGkrX1Yx1UA&t=95s>
 - a. By Robin Cox
 - b. Utilizes Dannon starter and Yogourmet Yogurt Maker
2. Cow's or goat's milk: <https://www.youtube.com/watch?v=ZGMXYgCQg4s>
 - a. Cooking with Brenda
 - b. Utilizes Yogourmet starter and Yogourmet Yogurt Maker
3. Coconut milk: <https://www.youtube.com/watch?v=CamClfW7Eis>
 - a. With Willow Jarosh
 - b. Not SCD-specific
 - c. To make this SCD legal, use a probiotic capsule that does not include *Bifidus*- see SCD Legal Supplements handout in Nimbai Toolkit
4. Almond milk: <https://www.youtube.com/watch?v=o1BrZZSbg0M>
 - a. Craig Sommers
 - b. Not SCD-specific
 - c. Note that Jarro-Dophilus brand probiotic that he uses contains *Bifidus* and

PRODUCE

potato starch. For SCD legal yogurt, use a probiotic capsule that does not contain *Bifidus* or potato starch (see [SCD Legal Supplements](#) handout)

- d. Per your taste preference, there is option to strain the almond milk to remove pulp and add sweetener such as dates or honey to milk before adding the probiotic

**Mix in 1-2 dates or 1 tbsp. honey per cup of soaked almonds*