

Homemade Yogurt Basics

Sally's Yogurt & More

Traditional wisdom for modern living

www.sallyzim.com

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Goals

- Why homemade is best
- Understand homemade options
- Make & troubleshoot yogurt
- Incorporate yogurt into your diet in new ways



Disclaimer

- I am not licensed in any healthcare field
- I share my understanding and opinions
- Always do due diligence
- Consult with a healthcare professional before making dietary changes

My yogurt teachers

- Food club friends
- Ed Kaspar – www.happyherbalist.com
- Miriam Kattumuri –
<https://miriamsearthencookware.com/>
- Dr. Kalpna Ranadive –
<https://www.drkalpna.com/> www.vedicdental.com

Agenda

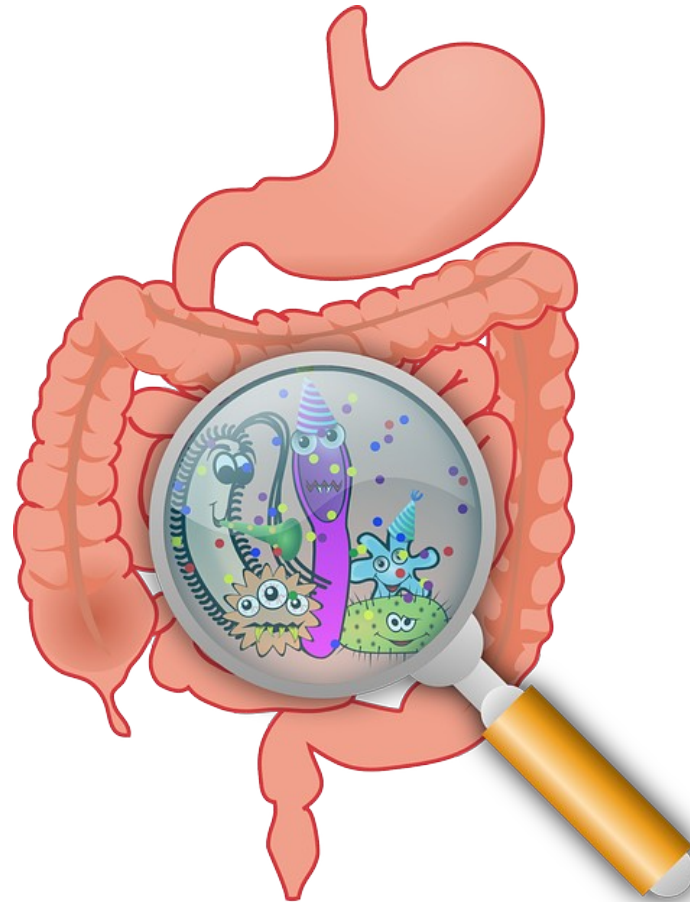
- About yogurt
- My website & resources
- Demo yogurt & drink making
- Hands-on yogurt & drink making
- Questions, comments, discussion....

About yogurt



Yogurt

- Ancient
- A fermented food
- Microbiome



Curds & whey



Yogurt vs. milk

- More nutritious
- Easier digestibility
- More complex flavor

Homemade vs. store bought yogurt?

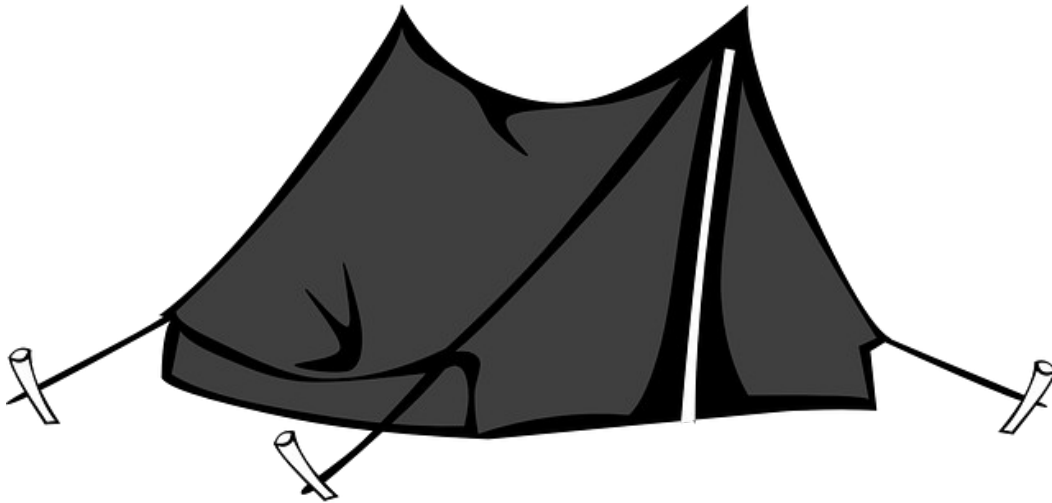
- More strains and bacteria
- Fresher
- Less expensive

Mesophilic vs. thermophilic

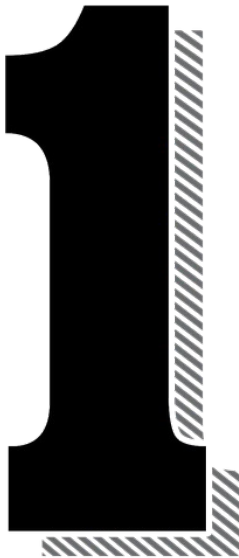
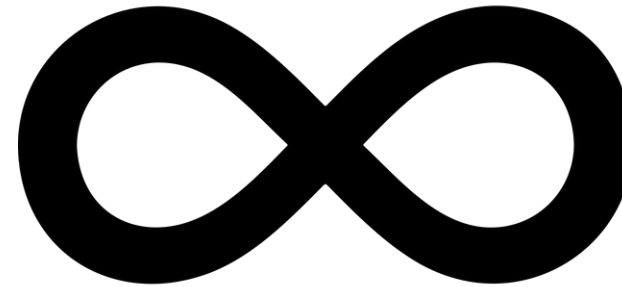
- Meso = middle
- Thermo = heat loving
- Philic = likes



Transient vs. colonizing



Direct set vs. heirloom cultures



Why Caspian Sea Yogurt (CSY)

- Metchnikoff, who was awarded a Nobel Prize, concluded that yogurt as consumed by generations of hardy Bulgarian peasants was the secret of a greatly extended life span.
- Mild pleasant taste, semi-thick
- Multiplies at normal room temperatures



Adding yogurt to your diet

- Gradually
- Individualize
 - temperature
 - dilute
 - herbs and spices



Using yogurt

- Sweet and savory
- Options
 - dishes
 - accompaniment
 - drinks
 - baking

How to easily incorporate yogurt into your diet

- Milk replacement
- Add on top of oatmeal
- Add to a vegetable soup
- Combine with vegetables (carrots, beetroots or sweet potatoes)
- See recipes on www.sallyzim.com





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Welcome



Take a deep dive into a
few nutrient dense
foods

Demo yogurt & drink making



FAQs

- Back-ups
- Labeling
- Batch frequency
- Scaling
- Breaks
- Cross contamination
- Clean-up



Troubleshooting

- Problems
 - didn't set
 - separated
 - too lumpy
- Solutions
 - Ratios (time, temperature, amounts)
 - freshness



Hands-on yogurt & drink making

