

## Mesophilic Yogurt Culture (Piima, Viili, Matsoni, Filmjolk)

Temperatures between 68 - 85 F (20-27 C) are safe.

### **To activate your dried culture:**

**1.** Mix **half** of the provided culture with **half of a cup** of cow's milk or cream and put it in a glass jar or container covered with a cloth secured with an elastic band.

(RAW MILK: The first batch cannot be done with raw milk as the bacteria in raw milk will contaminate the pure culture. Future batches can be made with raw milk as long as you use a starter from a pure culture.)

\*They are all best made with cream, but Viili especially loves cream.\*

**2.** Let the culture sit 12-48 hours on the counter in your glass jar or container. (it is possible this may take up to 5 days to activate, gently swirl contents of jar daily and watch for thickening) You will know it is ready because it will be thickened. If the room temperature is cooler it normally takes longer.

**3.** Take out a few spoonfuls and store it in a separate container for making future batches. A ratio of 1 tablespoon of yogurt to one cup of milk/cream should be used to start your next batch. This culture will last you forever as long as you keep using it; feeding it every week. Make sure you always save a pure sample (or two) in the fridge, without flavourings and made with pasteurized cow or goat milk so that you can continue to make yogurt.

**4.** Your culture is now ready. You may wish to refrigerate before eating. You can also flavour or sweeten your yogurt, although it is recommended to do so just prior to serving.

**Note:** If you use cream you will get thick, Greek style yogurt. You can also strain the yogurt through a cloth or coffee filter to make Greek yogurt.

**Using Alternative Milks:** You can use other types of milk for secondary batches provided the starter is from a pure cow or goat milk starter. To make a batch with coconut, soy, rice or almond milk follow the same instructions as cows milk. If it does not thicken enough to your liking you can strain it.

If you have any questions please email us at [culturemother@sasktel.net](mailto:culturemother@sasktel.net)