



CULTURES for HEALTH

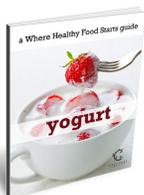
BULGARIAN YOGURT STARTER

BEFORE YOU GET STARTED

- This box contains 2 packets of freeze-dried yogurt starter. Please store one packet in the freezer to use as backup.
- **If at any point the culture is not performing as expected, place a lid on the jar, put the jar in the refrigerator, and contact Customer Support.**
- **Avoid using ultra-pasteurized or UHT milk.**
- If you wish to use raw milk to make yogurt, please visit our website for detailed instructions.

INSTRUCTIONS FOR ACTIVATING THE STARTER

- 1 Heat 1 quart pasteurized milk to 160°F.
 - 2 Cool to 110°F.
 - 3 Pour cooled milk into a glass or plastic container.
 - 4 Add one packet yogurt starter; mix thoroughly.
 - 5 Cover and incubate at 110°F in a yogurt maker or similar appliance, for 5-12 hours.
 - 6 Check after 5 hours to see if it has set. If it has not set, leave up to 12 hours, checking every 30-60 minutes.
 - 7 Once it has set, or at the end of 12 hours, cover and allow to cool for 2 hours, then refrigerate for at least 6 hours.
 - 8 The cultured yogurt can now be eaten. Reserve some for culturing the next batch.
- Even if the activation batch does not set, it is still cultured and can be used to make further batches of yogurt.



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LEARN TO MAKE YOGURT, KEFIR, CHEESE, SOURDOUGH, KOMBUCHA, AND MORE.

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INSTRUCTIONS FOR MAKING YOGURT

- 1 Heat 1 quart pasteurized milk to 160°F.
- 2 Cool to 110°F.
- 3 Pour cooled milk into a glass or plastic container.
- 4 Stir 2-3 tablespoons yogurt into the milk and mix thoroughly.
- 5 Cover and incubate at 110°F in a yogurt maker or similar appliance, for 5-8 hours.
- 6 Check frequently by tilting the jar gently. If yogurt moves away from the side of the jar in one mass, instead of running up the side, it is finished culturing.
- 7 Once it has set, cool for 2 hours, then cover with a tight lid and refrigerate for at least 6 hours.
- 8 The cultured yogurt can now be eaten. Reserve some for culturing the next batch.

- Follow the **Instructions for Making Yogurt** (above) to make a new batch at least once every 7 days to keep your cultures strong. Always use the freshest batch of yogurt as starter.
- Avoid aluminum utensils when making yogurt. Stainless steel is acceptable.
- Fermented foods often have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

For additional tips, troubleshooting, how-to videos, and recipes using yogurt, please visit our website.

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ARTICLES, RECIPES HOW-TO VIDEOS

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