



Miele

Yoghurt

By Miele

2 minutes

Prep time

5-8 hours

Cooking time

1 litre

Serves

INGREDIENTS

1 litre (4 cups) full cream milk

2-3 tbsp yoghurt with live probiotic

METHOD

1. Place the milk into a saucepan and heat on medium heat, induction setting 6, until hot (approximately 90°C). Remove from heat and allow to cool to approximately 40°C.
2. Pour the cooled milk into an unperforated steam container and whisk in the yoghurt. Cover with a lid or cling wrap.
3. Place the container into the steam oven and Steam at 40°C for 5-8 hours, or until thick.
4. Alternatively use the Automatic programme: Special / Making yogurt. This will run for 5 hours.

Uses of the yoghurt

Greek yogurt

- Place the yogurt in the fridge until cool.
- Place a muslin lined strainer over a large bowl. Pour the yoghurt into the strainer and place into the fridge for 2-4 hours, or until it is your desired thickness.

Labneh

- Place the yogurt in the fridge until cool then stir through 1 tsp salt flakes.
- Place a muslin lined strainer over a large bowl. Pour the salted yoghurt into the strainer and place into the fridge for 24 hours, or until very thick. The whey can be used to start another batch of yoghurt.
- With moistened hands, roll tablespoon balls of labneh and gently place into a bowl with a little olive oil and herbs.

Hints and Tips

- The milk needs to be heated to above 90°C to kill unwanted bacteria. If this step is missed the yogurt can spoil quicker and it also can form an unappealing glue-like texture.
- UHT or powdered milk can be used to avoid this step however we find the heating step creates a better texture.
- The yogurt cannot be made using temperatures over 45°C as it will result in some bacteria growing faster than others.
- We recommend steaming the yogurt for 5-8 hours. The longer it is steamed the more sour and thicker the result will be. Some European yogurts are kept at this temperature for 15 hours or more.
- The yoghurt will last for about 3 weeks, but make sure when you get towards the end to keep some as a starter for your next batch.
- Rich in protein, yoghurt is a great option for supporting ongoing recovery after training. Combine with some fresh and / or steamed fruit and low GI carbohydrates, like rolled oats and/or untoasted muesli, for a healthy breakfast or dessert.