

HOMEMADE BULGARIAN YOGURT RECIPE

Ingredients & Equipment:

- 1.5 liters milk
- Starter culture - homemade yogurt containing *Lactobacillus Bulgaricus* and *Streptococcus Thermophilus*.
- Double boiler, ladle, glass jars with lids, & blankets in which to wrap the jars

Preparation:

1. Purchase milk - sheep, cow, goat.
2. Boil the milk in a double boiler. Let milk cool until warm. An easy test is to put a pinkie finger into the milk. If your finger can rest inside for a few seconds without feeling as though it will burn, the milk has cooled enough.
3. Remove the surface cream, which is similar to a light butter, from the pan, dividing it into roughly equal amounts and placing one dollop into each jar.
4. Use ready-made Bulgarian yogurt as a starter culture. Combine about 2 Tablespoons of room-temperature yogurt into a bowl, along with about one cup of the sheep's milk. Stir.
5. Evenly blend the sheep's milk and starter-sheep milk combination. Then spoon

the mixture into the jars. Cover them with lids.

6. Wrap the jars in a blanket or two to keep them warm. Let the covered jars stand overnight - about 8 hours.

7. In the morning, it is time to refrigerate, and later enjoy the yogurt.