Kids in the Kitchen

Making Homemade Yoghurt

Did you know that not all bacteria are bad for you? Most bacteria are actually very helpful to our planet and our bodies. The bacteria in our gut can help us digest and break down the food we eat. Some bacteria can also help our immune system to protect our bodies from certain organisms that can make us sick.

There are foods that we eat that contain some of these beneficial bacteria. Yoghurt is milk that's been fermented or heated and mixed with bacteria. These bacteria – Lactobacillus bulgaricus and Streptococcus thermophiles – are good for your body and your digestive system and can help you stay healthy. When you're buying yoghurt with your grown-ups at the supermarket, look for ones that contain 'Live and Active Cultures'. This means that the beneficial bacteria haven't been killed by heating the yoghurt a second time. It might also mean that the manufacturer has added some extra bacteria to the yoghurt making process.

We're going to make some yummy homemade yoghurt to learn about these beneficial bacteria!

> ⚠️ **Safety Tip**
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> The recipe below uses a stove and boiling hot milk, so adult help will be needed. The recipe is also not suitable for kids who are allergic to dairy.

Recipe

Total time: 10+ hours

Servings: 4 serves of yoghurt

Ingredients:

- 4 cups of low-fat milk
- ¼ cup of plain yoghurt (with live and active cultures)

DID YOU KNOW?

Your gut is an interesting, busy place! Bacteria and other microorganisms live in your gut and form a unique microbiome. The microbiome in your gut is important to keep you healthy and provide the energy you need to be active.

At Telethon Kids, we are researching how gut health can improve overall health in children. From the water babies drink to how much fibre we eat, this research helps us provide the best recommendations to kids and their parents.

If you've got one, you may also wish to use a kitchen thermometer for this recipe.

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Directions:

1. Ask an adult to help you heat the milk in a large saucepan over medium-high heat. Stir frequently until the milk starts steaming and registers 80 degrees Celsius on a kitchen thermometer. If you haven't got a thermometer, warm the milk gently until you start to see some bubbles. Make sure you watch the milk and do not leave unattended as it can boil over very quickly.

2. Remove the saucepan from the heat and leave it to sit for 30 to 60 minutes. Let it cool down by stirring frequently, until an adult can leave a finger in the milk for 10 to 15 seconds without burning (or around 40 degrees Celsius on a thermometer).

TOP TIP

You can leave a wooden spoon in the saucepan so the milk doesn't boil over in Step 1.

3. Pour the yoghurt into the warm milk. There is no need to stir.

4. Put a lid on the saucepan and carefully wrap a blanket around it. Place the wrapped pot in a slightly warm place where it will be undisturbed for 6 to 10 hours – it is best if you leave it overnight. Your yoghurt will become thicker and tangier the longer you let it sit.

5. Transfer the yoghurt into the fridge so it can continue to thicken.

6. Enjoy your delicious homemade yoghurt with some honey and fruit, or just eat it plain!

What is happening?

The store-bought yoghurt contains live beneficial bacteria. When the bacteria is combined with the milk and kept in a warm place, the bacteria causes the milk to ferment. The tangy, sour flavour you can taste in yoghurt is caused by this bacteria fermenting. You cannot make yoghurt without adding active bacteria.

Bacteria love moist and warm, but not boiling, temperatures. Getting the temperature of your yoghurt just right is important to help the bacteria grow.