

# Ev Yapım Yoğurt

Learn to make authentic Turkish homemade yogurt (Ev Yapım Yoğurt) with just milk and starter culture. Simple, healthy recipe with traditional techniques.

|             |          |           |          |        |
|-------------|----------|-----------|----------|--------|
| 15          | 10       | 25        | 4        | Medium |
| HAZIRLIK DK | PİRME DK | TOPLAM DK | PORSİYON | ZORLUK |

Ev Yapım Yoğurt

## Malzemeler

- 4 cup milk
- 0.5 cup plain yogurt

## Yapılış

- Heat the Milk**

Pour 4 cups of milk into a heavy-bottomed saucepan. Heat over medium heat, stirring occasionally, until the milk reaches a gentle boil with small bubbles forming around the edges, about 8-10 minutes.
- Continue boiling the milk for 5-10 minutes, stirring every 2-3 minutes to prevent sticking and allow the milk to concentrate slightly.
- Cool the Milk**

Remove the saucepan from heat and pour the hot milk into a clean glass jar. Let cool at room temperature until the milk reaches 110°F (43°C), about 30-45 minutes.
- Test the temperature by dipping a clean finger into the milk - it should feel comfortably warm, not hot or cool to the touch.
- Add the Starter**

In a small bowl, whisk 0.5 cup of plain yogurt with 2-3 tablespoons of the warm milk until completely smooth with no lumps.
- Stir the yogurt mixture back into the jar of warm milk using a clean wooden spoon, mixing gently but thoroughly to distribute evenly.
- Create Fermentation Environment**

Cover the jar opening with a clean paper towel and secure with a rubber band or string.
- Place the covered jar inside a plastic bag and wrap with a clean kitchen towel to maintain warmth.
- Ferment the Yogurt**

Let ferment undisturbed in a warm spot for 1-2 hours in summer temperatures or 3-4 hours in winter, until the yogurt has thickened and set when gently tilted.
- Transfer the finished yogurt to the refrigerator and chill for at least 2 hours before serving.

## Notlar

Use the freshest whole milk possible for the richest flavor and best texture. Ultra-pasteurized milk may not set properly due to protein structure changes.

Always use a wooden spoon when stirring the yogurt mixture, as metal utensils can interfere with the fermentation process.

Test the milk temperature with your clean pinky finger – it should feel comfortably warm, not hot. This traditional method is more reliable than guessing.

Save 2-3 tablespoons of your homemade yogurt as starter for your next batch. Fresh homemade starter often works better than store-bought.

Keep the fermenting yogurt in a draft-free area with consistent temperature. Avoid moving or jostling the container during fermentation.

Add a cube of sugar to the storage container for enhanced flavor and improved texture, as mentioned in the traditional tip.

If your kitchen is very cold, place the covered container in a slightly warm oven (turned off) with just the oven light on for gentle heat.

For thicker yogurt, add 1-2 tablespoons of powdered milk to the warm milk before adding the starter culture.