

LH 2: Lösung zu AB1 How to make yogurt

First, complete the paragraphs “material needed” and “procedure” using the words *cooling, plain, bed, milk, boiling, lukewarm, and froth*.
Then make your own yogurt.

Material needed:

- 250 ml **milk** (whether it's whole, semi-skimmed or skimmed is up to you)
- 3 tbsp **plain** yogurt (check that it contains “live active yogurt cultures”)
- A saucepan, a spoon, a screw-top jar, and, if available, a thermometer
- A hotplate and a **cooling** bath (mixture of water and ice)

Procedure:

- Heat the milk to around 85 ° C. At this temperature, the milk might begin to **froth** (cf. photo). Cool the milk to 40 ° C by carefully placing the saucepan of milk in a cooling bath. Stir occasionally.
- Meanwhile, sterilise the spoon and screw-top jar in **boiling** water.
- Add 3 tbsp yogurt to the now **lukewarm** milk. Stir well. Fill the mixture into your screw-top jar. Close the jar tightly.
- Keep the jar at around 35 to 40 ° C for about 12 hours. (You could place it on a radiator or in your **bed**. Be creative 😊)



Frothing milk

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Safety note:

Wash your hands before you start.

Make sure your worktop is completely clean and keep it tidy!