



Mix	Heat on Stove	Cool	Culture
Powder Contents + 1/3 cup Sugar* + 3.5 cups Water <i>(whisk to dissolve)</i>  *Guideline – can also substitute other sweeteners.	Heat in pan to 180°F (stirring continuously) or Microwave until foam rises (8-12 min)	Cool to 115°F (min)  * Place in cold water bath to speed cooling.	Stir in Starter... Incubate Overnight (or ~6-8hrs)

### You'll Need:

- Whisk
- Food thermometer (ideal)
- Glass qt. jar or other glass container
- Stovetop or Microwave
- Saucepan or large glass container (2 qt. or larger)
- Cooler or a commercial yogurt maker (ideal)

### Instructions and Notes:

- In a glass pitcher or bowl, whisk the following (*set culture packet aside*):
  - Powder contents of Eugurt pouch, 3.5 cups of water, and 1/3 cup sugar (*suggestion, can be modified to taste*)
- Heat to 180F; foam will rise and hold (8-12 minutes in microwave; if heating on stove, *stir continuously*).
- Remove from heat or microwave and stir to help dissipate the heat.
- Allow to cool to 115F or lower (place into a pan of cold water to hasten).
- Sprinkle starter culture packet over eugurt milk, stir thoroughly, and pour into qt. jar or smaller set of portion jars. *Cover loosely.*
- \* Place eugurt jar(s) in a cooler or yogurt maker (ideal).
- Incubate in cooler or yogurt maker overnight (6-8 hrs or longer).
- When set (firm and opaque) – chill, stir, and enjoy! **Enjoy your Eugurt plain or with your favorite mix-ins!**

\* Cooler method: put a pint jar of boiled water in the cooler and close the lid. Do not put directly next to eugurt jar.

**Err on the side of more cool than hot – too hot could kill the culture.** If using a yogurt maker, follow the manufacturer's instructions.