

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 min

HAZIRLIK

10 min

PIRME

25 min

TOPLAM

4

PORSİYON

Medium

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.