



Lady Arianna's Homemade Yogurt

2 quarts whole milk, the fresher the better

$\frac{1}{4}$ cup heavy cream (optional)

3 to 4 tablespoons plain whole milk yogurt with live and active cultures

- 1.** Add milk (and cream if using it) to heavy metal sauce pan and bring to a bare simmer, until bubbles form around the edges, 190 to 200 degrees. Stir the milk occasionally as it heats.
- 2.** Remove pot from heat and let cool until it feels pleasantly warm when you stick your pinkie in the milk for 10 seconds, 110 to 115 degrees.
- 3.** Transfer 1/2 cup of warm milk to a small bowl and whisk in yogurt until smooth. Stir yogurt-milk mixture back into remaining pot of warm milk. Cover pot with a large lid. Keep pot warm by wrapping it in a large towel, or setting it on a heating pad, or moving to a warm place, such as your oven with the oven light turned on.
- 4.** Let yogurt sit for 6 to 12 hours, until the yogurt is thick and tangy; the longer it sits, the thicker and tangier it will become. (I usually let it sit for the full 12 hours.) Transfer the pot to the refrigerator and chill for at least another 4 hours; it will continue to thicken as it chills. (You can then put it in a sieve lined with cheesecloth and let drain over a bowl to make Greek yogurt! Highly recommended mixed with honey for a special—and healthy—summer treat!)