



Yogurt making instructions

1 litre sachets:

You will need:

- Country kitchen culture's - for yogurt makers.
 - Yogurt maker
- Your choice of milk (we recommend UHT for best results)

Greek, Probiotic & Natural

Making yogurt at home is made very easy with our **Country Kitchen Cultures**:

1. **Take the inner plastic container from the Yogurt Maker and half fill with your milk.**
2. **Open a sachet and mix the contents into the milk.**
3. **Add the remaining milk to make 1 litre, and place in the yogurt maker, operate yogurt maker as per instructed.**
4. **Incubate for 12 hours.**

Please note:

If some whey has risen to the top of the yogurt, simply stir the yogurt and it will recombine, this may happen as it is a completely natural product with no emulsifiers or artificial thickeners.

Kefir

1. **Add Culture to milk at approx. 20°C**
2. **Mix the culture into the milk & seal the container.**
3. **Incubate at Room temp 20°C for 18-24 hours. Or in a yogurt maker at 38-40°C for 6-8 hours.**
4. **The Kifer is ready when it is a little thicker than milk & has a distinctive sour fragrance.**
5. **Shake or stir well, and store in a fridge.**

Please note:

If the Kefir is too sour or lumpy the fermentation has been too long.

Useful links:

To reorder

- [Yogurt cultures- 1litre sachets](#)
- [Yogurt makers-1 litre each](#)
- [Yogurt maker instructions](#)

For social media and web shop

- [can be found here](#)

If you require and additional information or have any questions,
please contact us via

- Email – sales@jkm-foods.com
- Phone - 0345 8338155