

## HOW TO PREPARE YOGHURT?



Use 1 to 3 liters of thoroughly pasteurized milk, e.g. cow's or goat's milk. **NOTE:** The milk straight from the cow should be boiled in its entirety in order to get rid of all unwanted bacteria that could prevent the multiplication of yoghurt bacteria cultures before starting to prepare the yogurt. Remember, sometimes even pasteurized milk from the store requires additional cooking. If you have a problem with yogurt preparation, please purchase a third-party milk. UHT milk is not recommended, but can be used.

1. Prepare pasteurized milk (for yoghurt use 3.2% milk. For kefir 2%). You will get the thickest yoghurt by boiling all the milk and cooling it to 37 °C-43 °C. Measure the temperature carefully with a kitchen thermometer.
2. Take the Zakwaska vial from the fridge, fill it halfway with milk at 37 °C-43 °C or room temperature, shake the vial until the powder dissolves, then pour the contents into the milk container and mix everything thoroughly. Never add bacteria to hot milk. The milk should be at a temperature of approx. 43 °C
3. You can leave the milk with cultures in a pot, pour it into a jar, thermos or other (not aluminum) vessel with a lid. Cover the dish with milk tightly and insulate it thoroughly (wrap it with a large towel or blanket), then set it aside for 6-8 hours in a warm place without drafts, and in winter, e.g. under a radiator. Do not mix.
4. The finished yogurt has a velvety texture. If you have used a thermos flask, after acidification pour the yoghurt into a jar, bowl etc. Keep the yogurt in the fridge for up to 5 days. Add fruit and additives before eating.
5. **NOTE!** Occasionally whey may appear in the preparation and storage of yoghurt. This is a natural process and shows no artificial additives. Whey contains proteins, minerals, and calcium and is best mixed with yoghurt. It often appears after scooping the first batch of yoghurt from a large vessel. You can limit this process if, instead of one large vessel, you pour the milk with bacteria into smaller vessels, e.g. jars, corresponding to the individual portions you intend to eat. Whey may also appear when the acidification time is too long or when the temperature during the acidification process was relatively high. Just throw off the excess. With ready-made yogurt (half a glass), you can inoculate the next batch of milk 2-3 times more. Then use a new Zakwaska.

## HOW TO PREPARE KEFIR, COTTAGE CHEESE,

### SOUR CREAM, KVAASS?



You can prepare **kefir** in two ways. You can get thicker kefir by preparing it according to the recipe for yogurt. You can get rarer kefir by adding kefir Zakwaska to milk heated to room temperature (about 22 °C -28 °C). To do this, remove the leaven vial from the fridge, fill it halfway with milk at room temperature, shake the vial until the powder dissolves, then pour the contents into the container with milk and mix everything thoroughly. Cover the vessel tightly and set aside to sour for 16-20 hours in a draft-free place (longer souring may give a sour taste). Use pasteurized milk, preferably 2% fat. Before adding the Zakwaska, boil the unpasteurized milk and cool it down to get rid of bacteria that could prevent the growth of kefir bacteria. With the finished kefir (half a glass), you can inoculate the next batch of milk, getting kefir again. Use another vial of Zakwaska after 2-3 times. Keep the sour kefir in the fridge for up to 5 days.

**Cottage cheese.** For the preparation of the curd, preferably use 3.2% pasteurized milk or boiled milk "from the farmer". Sour 1-3L of milk following the recipe for homemade yogurt. Remember - unlike the recipe for yogurt, make sure that the temperature of the milk is between 37 °C and a maximum of 40 °C before you add the bacteria from Zakwaska. When the milk is curdled after 6-8 hours, you can start preparing the cottage cheese. Prepare a water bath. Bring water to a boil in a large pot, place a smaller pot with the sour milk in it and heat it for 3 minutes. Then remove the dish from the heat and leave for 30-40 minutes until the yellow whey is completely separated. Then line the strainers or a colander with gauze (or cotton cloth) and pour the contents of the pan through them. This way you will separate the curd from the whey. Store the finished cottage cheese in the fridge for up to 5 days.

**Sour cream** - sour the amount of cream you need, using 0.5 to 3L of store-bought pasteurized cream, cream bought directly from the farmer or non-fat milk with 4% fat (pasteurized). Remember, if you use milk, the density of the cream obtained will be lower. Pour the cream or milk into a vessel, heat it in a water bath (as in the recipe for cottage cheese) to 37 °C, then take the cream Zakwaska from the fridge. Half-fill the vial with milk or water at room temperature, screw the cap back on and shake it until the powder dissolves. Check that the powder has dissolved. Pour the contents of the vial into the cream, stir, cover the dish, cover with a blanket and set aside for 6-8 hours in a warm place. Then put it in the fridge. Store the finished cream for up to 5 days at 2 °C -8 °C. Sour cream 36% is a French delicacy Crème fraîche.

**Kvass** is a proposition for non-consuming milk drinks. Kvass Zakwaska is not used to acidify milk, but to produce a traditional, lightly fermented drink based on water (e.g. kvass) with a rich microflora of lactic acid bacteria. Prepare a vessel for 3-4 liters. In order to obtain the taste, you need a minimum of 300 grams of products for the flavor base, which can be increased at your own discretion. Fruit (fresh or dried), vegetables (beetroot, cabbage, radish, celery, ginger) or bread baked in the oven, preferably rye - pour one liter of boiling water (so that the water covers the contents). Add a glass of sugar or honey and stir. Then add another 2-3 liters of water at room temperature. The mixture should reach a temperature of 30 °C -35 °C - use a kitchen thermometer if necessary. Add the Zakwaska to the acid. Cover the vessel, but do not close it tightly, or gas will be generated (use a slightly open lid or a cloth). Set aside for 16-24 hours in a draft-free place (the warmer, the sooner the acid will be ready). After fermentation is complete, strain the mixture, sweeten if necessary for flavor, and pour into bottles or jars. Store tightly closed in a fridge for up to 3 days. Good to know: a small amount of lactose present in the product is broken down by the lactic acid bacteria in the fermentation process.