

YOGHURT L+

Just make it yourself

Bionic Yoghurt L+ Vital-Ferment

contains freeze-dried lactic acid bacteria:
Streptococcus (Sc.) thermophilus,
Lactobacillus (Lb.) acidophilus,
Bifidobacteria (Bf.) species,
and glucose

Bionic Yoghurt L+ Vital-Ferment can
be stored in the refrigerator (4–6°C)
at least 12 months.

Information about Yoghurt Mild

Definition:

Yoghurt Mild is a fermented milk product,
which is produced by fermenting milk with
special lactic acid bacteria.

Historical background:

Yoghurt Mild is a modern product made from
nutritional, physiologically valuable starter
cultures. Its mildness particularly takes into
account present-day taste trends.

The nutritional, physiological value of Yoghurt
Mild is based upon its high percentage of L (+)
lactic acid.

All about bionic



For many years we have been offering
natural biological products for conscious
and healthy nutrition.

Vital-Ferments are special living cultures
for the easy home production of delicious
natural products.

Since 1907 pure cultures have been propa-
gated in Niebüll. Based upon our long years
of experience we can assure you the very
best quality.

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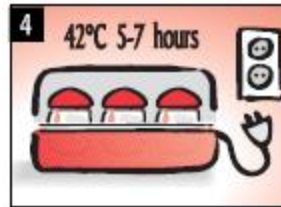


... Other products from bionic

- **Yoghurt Vital-Ferment**
For the preparation of Yoghurt with a tradi-
tional yoghurt flavour. Also appropriate for
the fermentation of goat's milk.
- **Yoghurt Probiotic Vital-Ferment**
For the preparation of Yoghurt Mild, the
daily contribution to your wellness, contain-
ing the probiotic culture "Bifidobacterium
longum BB 536".
- **Set Milk Vital-Ferment**
For the preparation of fermented milk, the
oldest form of an acidified milk product. It
can serve as the basis for making "quark"
(sour curd cheese) and fresh cheese using
Bionic Rennet Tablets
- **Kefir Vital-Ferment**
For the preparation of a sparkling Kefir
drink rich in tradition without the use of
kefir grains which require intensive care.
- **Sourdough Vital-Ferment**
For the preparation of a sourbase (leaven)
whose lactic acid production effects the
rising and baking quality of rye flour.
- **Pickled Vegetables Vital-Ferment**
For the preparation of Pickled Vegetables
such as sauerkraut or pickled cucumbers.
- **Rennet Tablets**
For the preparation of "quark" (sour curd
cheese) and fresh cheese and their by-
product, the nutritional, physiologically
valuable whey drink.

1 Ingredients and Equipment

- 1 sachet BIONIC Yoghurt L+ Vital-Ferment.
- 1/2 Gallon Raw Milk
- A Yoghurt Maker
- A Milk Thermometer



Ferment the first batch in the yoghurt maker at 100-110 degrees for 6-8 hours.

The longer the Yoghurt ferments, the more lactic acid is produced and the more intensive the taste will be.

During fermentation avoid agitating the equipment. If a yoghurt maker without electricity is used, regular temperature control will be necessary.

After fermentation set the Yoghurt in the refrigerator for 12 hours to ripen and to allow the full development of the yoghurt flavor.



2 Preparation



Gently warm one half gallon milk to about 100 degrees.
2 tablespoons of dry milk powder may be added to add thickness.



Remove from heat and add 1 Sachet Yoghurt L+ to the milk.
Stir until ferment has dissolved thoroughly



Pour the inoculated milk into the glass jars of the yoghurt maker and cover.

3 Product yield



Save 4 tablespoons from each batch to inoculate the next litre

Save 4 tablespoons from each batch to inoculate the next 1/2 gallon of milk instead of using new ferment.

This procedure can be repeated up to 14 times.

Ripening time of all subsequent batches will be 4-6 hours.

Notes from Janet:

This is the same culture I have used to make Yogurt for the store. I have altered the above directions so that you may make your Yogurt using Raw Milk. I let my Yogurt set at about 100 degrees for 18-24 hours. This temperature and length of time produces a thicker (*yet drinkable*) yogurt. For a thicker, more spoon-able yogurt, some people find that adding powdered milk or a couple of drops of vegetable Rennet helps.