

Yogurt from Powdered Milk

SV Alruna galley procedure · 1 L batch · Thermos method

Rev 2026-09-11
Every 2–3 days · ~120 servings / 270 d

MILK POWDER

6 tbsp Nido / Peak whole

WATER

1 liter cool, then heat

STARTER

1 sachet Yogourmet, or 2–3 tbsp
back-slop

STEP-BY-STEP

1	2 min	Whisk 6 tbsp powder into 1 L cool water until fully dissolved — no lumps.
2	10–15 min	Heat gently to 180 °F (82 °C) . Steam rising, tiny bubbles at edge — not boiling. Hold 5 min.
3	15–30 min	Cool to 110 °F (43 °C) . Sea-water bath in the sink cuts this in half.
4	1 min	Whisk in 1 Yogourmet sachet — or 2–3 tbsp yogurt from last batch as back-slop.
5	6–12 hr	Pour into pre-warmed wide-mouth Thermos , cap, don't disturb. Longer = tangier.
6	2+ hr	Refrigerate to firm up before eating.

Pre-warm the Thermos. Rinse with 180 °F water and dump before adding inoculated milk — extends incubation 2–3 hours.

TEMPERATURE CUES (NO THERMOMETER)

180 °F Finger in steam OK, not in liquid. Tiny edge bubbles, no rolling boil.	110 °F Comfortably warm on inside of wrist — not hot.
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PASSAGE RULES

- **Fresh sachet every ~4 weeks** — 10 packets on board.
- Back-slop 3–4 generations max, then open a fresh sachet regardless.
- For thicker Greek-style: use **7 tbsp** powder per liter.
- Cabin below 60 °F: wrap Thermos in fleece, wedge in leeward berth.

TROUBLESHOOTING

SYMPTOM	CAUSE	FIX
Thin / runny	Culture old, or milk didn't hit 180 °F	Fresh sachet; hold 180 °F 5+ min
Grainy / curdled	Starter added above 115 °F	Cool longer next time
Sour, whey separated	Incubated > 12 hr	Shorter incubation; drain and eat as labneh
No set at all	Culture killed by heat, or Thermos < 100 °F	Pre-warm Thermos; check sachet date