

# FOOD

## Homemade Yogurt

### Ingredients & Supplies:

- 4 cups (1 quart) milk
- 3 tablespoons plain yogurt that has live cultures
- Flavorings such as jam, honey, dulce de leche, molasses, fruit, garlic, herbs, etc (optional) -- If making this into frozen yogurt,

then it is often to stir in flavorings after ice cream maker is done.

- Candy thermometer
- Yogurt maker or other incubator, such as a thermos
- Cheesecloth for straining
- Mason jars or other container for storage

### Preparation:

1. Start by cleaning and sterilizing all your equipment and tools as well as your work surface. Most utensils and storage containers can be sanitized in the dishwasher. Or sterilize everything in boiling water.
2. Fill a large bowl or sink with ice.
3. Attach a candy thermometer to a heavy, large pot and add the milk. Place the pot over moderate heat and heat the milk until it reaches at least 180°F or boils, stirring occasionally to prevent a skin from forming and making sure the milk doesn't scald or boil over. Alternatively, place the milk in a large microwave-safe bowl or a large glass measuring cup with a spout (for easy pouring) and microwave it in 2- to 3-minute intervals, until it reaches 180° or boils.
4. Remove milk from heat and cool to 110°F to 115°F. To speed the cooling process, place the pot in the prepared ice bath and stir the milk occasionally. If the milk temperature drops too low, return it to the heat.
5. In a small bowl, combine about 1 cup warm milk with the yogurt and stir to combine. Add the yogurt-milk mixture to the remaining warm milk and stir until completely incorporated. Do not stir vigorously.
7. Pour or ladle the mixture into the yogurt maker containers or another incubator (if using a thermos, first warm the inside with hot tap water) and incubate between 110°F and 115°F for 5 to 10 hours, depending on the desired flavor and consistency—longer incubation periods produces thicker, more tart yogurt. **Do not disturb the yogurt during incubation.**
8. Cover the yogurt and refrigerate until cold, 2 to 3 hours. If you used a thermos to incubate, transfer the finished yogurt to a non-insulated container for chilling so the temperature will drop. Stir any flavorings into the yogurt just before serving. For thicker, Greek-style yogurt, after incubation, spoon the yogurt into a

cheesecloth-lined colander set over a bowl and let it drain, covered in the refrigerator, for at least 1 hour or overnight. Discard the whey that drains out of the yogurt or reserve it for another use.

9. Yogurt can be stored in the refrigerator, in covered glass, ceramic, or plastic containers, for up to 2 weeks; the flavor will be the best during the first week. As yogurt ages, it becomes more tart. Stir yogurt before serving.



## Frozen Yogurt

You can freeze yogurt into a creamy-icy treat.

### Ingredients & Supplies:

- 4 cups of yogurt
- 1 cup of sugar
- 1 pinch of salt
- Flavorings as per yogurt above, to taste
- Ice-cream Maker
- Ice (enough to fill outside of ice cream maker)

### Process:

1. Mix yogurt, sugar and salt in ice cream maker for its normal mixing time (25 to 40 minutes).
2. Stir in any additional flavorings for about five minutes until well blended
3. Put in freezer for at least three hours or until frozen (overnight for thoroughly frozen)

### GIFT SETS WILL BE DONATED TO LOCAL CANCER PATIENTS

YOUR DONATION	WOMEN RECEIVING A GIFT
\$900.00	30
\$450.00	15
\$150.00	5
\$90.00	3
\$60.00	2
\$30.00	1



We're making some big changes this fall: From the highly-anticipated MAX Orange Line and Tilikum Crossing opening on September 12, to more frequent buses on Sundays, we're investing in better service to make your trips on transit easier and more convenient.

## Catch the .

### SEPTEMBER 12 MAX Orange Line Grand Opening Celebration

Come see, ride free! Join us for a day of adventure and fun with activities and entertainment at many of the newly opened MAX Orange Line stations. Plus, all rides on MAX, TriMet buses, Portland Streetcar and the Aerial Tram will be free!

### SEPTEMBER 13 MAX Orange Line regular service begins

The Orange Line is our fifth MAX line, traveling 7.3 miles between PSU, inner Southeast Portland, Milwaukie and Oak Grove in north Clackamas County. Trains will run about every 15 minutes or better most of the day, every day.

Details at [catchtheorange.com](http://catchtheorange.com)

### AUGUST 30 MAX schedule changes

MAX schedules will change—by several minutes in some cases—to accommodate the addition of the Orange Line to the MAX system.

### SEPTEMBER 13 Better bus service in Southeast Portland and Milwaukie

Several bus routes will change, and we're adding more frequency and earlier/later service—for better connections and an easier ride.

### 15-minute Frequent Service on Sundays

Frequent Service is back! Frequent Service bus lines will run every 15 minutes or better most of the day on Sundays, effective September 13.

### Other bus service improvements

We're also making changes on 12 bus lines to improve connections and better match traffic conditions.

Check the new schedules to see if your trips are affected: [trimet.org/servicechanges](http://trimet.org/servicechanges)

