

Matsoni

A GEORGIAN-STYLE CULTURED MILK WITH A CREAMY, SLIGHTLY TANGY FLAVOR. PERFECT FOR EATING PLAIN OR USING IN RECIPES.

Ingredients

- 1 quart raw milk (unpasteurized for the best results)
- 2 tablespoons matsoni starter culture (available online or from a previous batch of matsoni)
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Equipment

- Clean glass jar with a lid
- Wooden spoon or whisk for mixing

Directions

1. Heat the Milk (Optional):
2. If desired, warm the milk gently to around 110°F to speed fermentation. This step is optional if using raw milk at room temperature.
3. Combine Starter and Milk:
4. Add the matsoni starter to the milk in a clean glass jar. Stir gently with a wooden spoon or whisk to ensure the starter is evenly mixed.
5. Ferment:
6. Cover the jar loosely with a cloth or the jar lid (do not seal tightly). Leave it at room temperature (around 70°F) for 12–24 hours until the matsoni thickens and has a slightly tangy flavor.
7. Check Consistency:
8. Once it has reached your desired thickness and tanginess, stir gently and refrigerate.
9. Store and Enjoy:
10. Keep the matsoni in the refrigerator and use within 1 week. Save 2 tablespoons from each batch as a starter for the next batch.

Source:

Recipe adapted from *Nourishing Traditions* by Sally Fallon.

