**Yogurt Recipe**

Use l litre of either UHT whole milk or powdered whole milk. If using UHT milk add 1/4 cup powdered whole milk carefully to make the yogurt a little thicker. If you can’t get powdered whole milk, use what you have.

1 tbsp starter from previous yogurt warmed to room temp by adding a little of the warming milk before it gets above 120 temp. Set aside for adding to main mixture later.

Warm inside of thermos with boiling water from kettle.

Heat milk in pot (stirring ) for 15-20 minutes until the milk is 180 F. Keep at temp for five minutes.

Cool milk - sit the pot in the sink with cool water surrounding until temp of milk is 120 F.

Add warmed starter, stir & pour warm milk mixture into your warmed thermos, making sure you empty the hot water out of the thermos and dry it first. Seal, and wrap thermos in fleece or down and place in warm safe spot on your boat. I use my down slippers to cover.

Leave for 24 to 36 hours before decanting. Drain off whey using strainer being careful to keep yogurt inside thermos.

Pour yogurt carefully into the two 500 ml containers. Seal the containers and refrigerate.

**Remember to save a quarter cup of yogurt for your starter next time!**

**No Knead Bread**

**EQUIPMENT**

3.5-quart Dutch Oven

Instant Read Meat Thermometer

Image

**INGREDIENTS**

3 cups all-purpose flour  
1 3/4 tsp salt  
1/2 tsp active dry yeast  
1 1/2 cups water room temperature

**INSTRUCTIONS**

**Form the dough:**In a big bowl mix the flour, salt and yeast together. Pour water into the bowl and using a spatula or a wooden spoon mix it until well incorporated. You **do not need** to activate the yeast before, even though we're using active dry yeast. The slow rising process will do the trick.

**Allow it to rise:**Cover the bowl with plastic wrap and let it sit on your counter or inside your unheated oven for **12 to 18 hours**.

**Preheat your oven** to **450 F degrees**. Add your cast iron pot to the oven as it's heating and heat it as well until it's at 450 F degrees. Usually when the oven is done preheating your pot should be hot enough as well. Remove the pot from the oven and remove the lid from it. Use oven mitts, as to not burn yourself.

**Shape the dough:**Flour your hands really well and also sprinkle a bit of flour over the dough. With your floured hands gently remove the dough from the bowl and roughly shape it into a ball. Sprinkle some extra flour directly into the bottom of the pot. Take the ball of dough and drop it into the pot. Cover the pot with the lid and place it back in the oven. Alternatively, you can also place the ball of dough onto a piece of parchment paper, then lift the parchment paper and drop it in the pot, with parchment paper and all. This could also ensure that

your bread doesn't stick at all to the bottom of the pot. I have found that if I use parchment paper, the bread doesn't brown so much on the sides, but otherwise it's still crusty and delicious.

**Finish the bread:** Bake for **30 minute**s with the lid on, after which remove the lid and bake for another **15 to 20 minutes** until golden brown. Remove the bread from the pot, it should fall out easily. Let cool completely before slicing into it and serving.