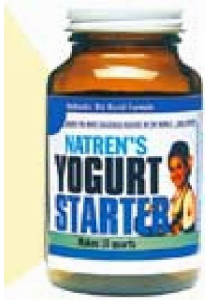


Bulgarian yogurt is the original yogurt. Tangy and smooth.

ANNA'S BULGARIAN YOGURT

I have had the great fortune of living close enough to Anna Pavlova to get a container of yogurt every so often from her as a starter. If you don't have a Bulgarian friend, a company in California sells a Bulgarian-style Yogurt Starter®. (See www.natren.com and look in their specialty items.) This wonderful product is a combination of *Streptococcus thermophilus* and *Lactobacillus bulgaricus* and is a great probiotic choice. Each bottle is decorated with the picture of a Bulgarian woman.



- 8 cups milk (I prefer whole milk)
- ¼ cup yogurt from a previous batch
- or 4 tsp. of Natren yogurt starter as directed on the bottle

Bring the milk to at least 180°F, or until a ring of bubbles forms around the edge of the pan, but don't allow to boil. Let cool until you can keep your finger in the milk while you count to 10. Divide yogurt starter or old yogurt between two wide-mouthed quart glass canning jars. Pour in about 1/4 cup milk and stir to incorporate the starter. Fill the jars with the the rest of the milk and screw on the lids.

Wrap the jars in a warm blanket and let sit overnight in a warm place or for at least eight hours. Unwrap and place in the refrigerator. I know you will enjoy this creamy, healthy yogurt.