

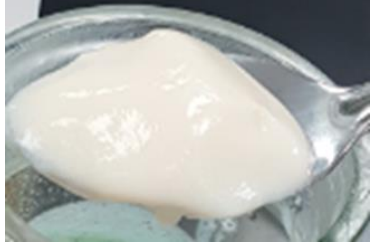
Updated on April 1, 2019


## YOGOURMET NON-DAIRY FREEZE-DRIED YOGURT STARTER


(VISUAL OF THE TESTS RESULTS)


We suggest, further to the tests ran to this day in our laboratory, to use the below-mentioned plant-based beverages with the Yogourmet Non-Dairy freeze-dried yogurt starter. You will then obtain excellent results. The tests have been run with the Yogourmet Multi electric yogurt maker.


The almond or cashew beverages offered on the market do not contain enough protein and/or sugar to allow the proper growth of bacteria and to obtain a satisfactory texture. You can however make your homemade almond or cashew beverage. The homemade methods are at the bottom of the table.


Plant-based beverage	Veggemo Original Vegetable-based beverage	
Packaging	Shelf-stable (UHT)	
Thickening agent	Knox gelatin	
Yogurt conservation	2-3 weeks in the refrigerator	
Directions	(See NOTE 1 at the bottom of the table)	2019-02-19


Plant-based beverage	Veggemo Original Vegetable-based beverage	
Packaging	Shelf-stable (UHT)	
Thickening agent	Pomona's Universal pectin	
Yogurt conservation	2-3 weeks in the refrigerator	
Directions	(See NOTE 3 at the bottom of the table)	2019-02-19

Plant-based beverage	Aroy-D <u>Coconut milk beverage</u>	
Packaging	Shelf-stable (tin can)	
Thickening agent	Knox gelatin	
Yogurt conservation	2-3 weeks in the refrigerator	
Directions	<b>(See NOTE 1 at the bottom of the table)</b>	

Plant-based beverage	Aroy-D <u>Coconut milk beverage</u>	
Packaging	Shelf-stable (tin can)	
Thickening agent	Agar Agar plant-based gellant	
Yogurt conservation	2-3 weeks in the refrigerator	
Directions	<b>(See NOTE 2 at the bottom of the table)</b>	

Plant-based beverage	Cha's Organics Premium <u>Coconut milk beverage</u>	
Packaging	Shelf-stable (tin can)	
Thickening agent	Agar Agar plant-based gellant	
Yogurt conservation	2-3 weeks in the refrigerator	
Directions	<b>(See NOTE 2 at the bottom of the table)</b>	

Plant-based beverage	Homemade Homemade almond beverage (See the <b>HOMEMADE METHOD</b> at the bottom of the table)	
Packaging	---	
Thickening agent	Pomona's Universal pectin	
Yogurt conservation	Less than a week in the refrigerator	
Directions	(See <b>NOTE 3</b> at the bottom of the table)	
		2019-02-19

Plant-based beverage	Homemade Homemade cashew beverage (See the <b>HOMEMADE METHOD</b> at the bottom of the table)	
Packaging	---	
Thickening agent	Agar Agar plant-based gellant	
Yogurt conservation	Less than a week in the refrigerator	
Directions	(See <b>NOTE 2</b> at the bottom of the table)	
		2019-02-19

### **HOMEMADE METHOD– Homemade almond beverage**

1. Soak blanched raw and unsalted almonds in 2-3 cups of water overnight. If the almonds are not blanched, remove the brown skin in step 2;
2. Drain the almonds and discard the water;
3. Mix the almonds with 4 cups of water in a blender until obtaining a smooth texture;
4. Drain the homemade almond beverage in a « nut milk bag »;
5. Refrigerate.

Note A : The homemade almond beverage will keep for 3-4 days in the refrigerator.

Note B : The yogurt made with the homemade almond beverage will keep for less than a week in the refrigerator.

### **HOMEMADE METHOD – Homemade cashew beverage**

1. Soak raw and unsalted cashews in 2-3 cups of water for 3 hours;
2. Drain the cashews and discard the water;
3. Mix the cashews with 4 cups of water in a blender until obtaining a smooth texture;
4. Drain the homemade cashew beverage in a « nut milk bag »;
5. Refrigerate.

Note A : The homemade cashew beverage will keep for 3-4 days in the refrigerator.

Note B : The yogurt made with the homemade cashew beverage will keep for less than a week in the refrigerator.

## **NOTE 1 – Knox gelatin**

### Ingredients

- 800 ml or 1 litre of plant-based beverage;
- 2 tablespoons of Knox powdered gelatin;
- 1 section of Yogourmet Non-Dairy freeze-dried yogurt starter packet (5 g).

### Directions

1. Heat the plant-based beverage to 42-44°C/108-112°F;
2. Remove 1 cup of plant-based beverage;
3. Slowly sprinkle the gelatin in the cup of plant-based beverage while mixing well;
4. Add the cup of plant-based beverage to the remaining plant-based beverage and mix well;
5. Add the yogurt starter to the plant-based beverage and mix well;
6. Pour the plant-based beverage in the container and insert it in the yogurt maker;
7. Incubate the plant-based beverage for 6-8 hours;
8. IMPORTANT : Mix the yogurt to evenly distribute the gelatin and obtain a uniform texture;
9. Refrigerate.

Note : Thickening may take up to 24 hours.

## **NOTE 2 – Agar Agar plant-based gellant**

### Ingredients

- 800 ml or 1 litre of plant-based beverage;
- 1 teaspoon of Agar Agar powdered plant-based gellant;
- 1 section of Yogourmet Non-Dairy freeze-dried yogurt starter packet (5 g).

### Directions

1. Heat the plant-based beverage to 42-44°C/108-112°F;
2. Remove 1 cup of plant-based beverage in a large container to avoid overflow in step 3;
3. Slowly sprinkle the plant-based gellant in the cup of plant-based beverage while mixing well;
4. Heat the cup of plant-based beverage to 85-95°C/185-203°F;
5. Add the cup of plant-based beverage to the remaining plant-based beverage and mix well;
6. Cool the plant-based beverage to 42-44°C/108-112°F;
7. Add the yogurt starter to the plant-based beverage and mix well;
8. Pour the plant-based beverage in the container and insert it in the yogurt maker;
9. Incubate the plant-based beverage for 6-8 hours;
10. IMPORTANT : Mix the yogurt to evenly distribute the plant-based gellant and obtain a uniform texture;
11. Refrigerate.

Note : Thickening may take up to 24 hours.

### NOTE 3 – Pomona’s Universal pectin

#### Ingredients

- 800 ml or 1 litre of plant-based beverage;
- 2 teaspoons of Pomona’s Universal powdered pectin;
- 2 teaspoons of Pomona’s Universal powdered monocalcium phosphate;
- 1 section of Yogourmet Non-Dairy freeze-dried yogurt starter packet (5 g).

#### Directions

1. Add the monocalcium phosphate to 1/2 cup of water and mix well to make « the calcium water ». Put « the calcium water » aside;
2. Add the pectin to 1 cup of plant-based beverage at room temperature and mix in a blender. Put « the pectin » aside;
3. Add « the calcium water » set aside in step 1 to the remaining plant-based beverage;
4. Heat the plant-based beverage to 60°C/140°F;
5. Add « the pectin » set aside in step 2 to the remaining plant-based beverage;
6. Heat the plant-based beverage to 60°C/140°F;
7. Cool the plant-based beverage to 42-44°C/108-112°F;
8. Add the yogurt starter to the plant-based beverage and mix well;
9. Pour the plant-based beverage in the container and insert it in the yogurt maker;
10. Incubate the plant-based beverage for 6-8 hours;
11. IMPORTANT : Mix the yogurt to evenly distribute the pectin and obtain a uniform texture;
12. Refrigerate.

Note : Thickening may take up to 24 hours.

CANADA

2019-04-01