



LALLEMAND SPECIALTY CULTURES

Updated on July 19, 2019

YOGOURMET NON-DAIRY FREEZE-DRIED YOGURT STARTER

(TO BE USED WITH SOY BEVERAGE)

MAKING YOGURT WITH THE YOGOURMET NON-DAIRY FREEZE-DRIED YOGURT STARTER AND WITH SOY BEVERAGE, IT IS POSSIBLE!

We suggest, further to the tests ran to this day in our laboratory, to use the below-mentioned soy 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.

Yogurt made with the Yogourmet Non-Dairy freeze-dried yogurt starter will keep for 2-3 weeks in the refrigerator.

IT IS UP TO YOU TO DISCOVER YOUR FAVORITE SOY BEVERAGE!

MAKING YOGURT WITH YOGOURMET NON-DAIRY FREEZE-DRIED YOGURT STARTER

SOY BEVERAGE		PREPARATION
Edensoy Unsweetened organic soy beverage	Shelf-stable package (UHT)	Heat to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.00 hours or until desired firmness. – OR – Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 6.00 hours or until desired firmness. (See the NOTE at the bottom of the table)
Edensoy Original organic soy beverage	Shelf-stable package (UHT)	Heat to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.00 hours or until desired firmness. – OR – Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 6.00 hours or until desired firmness. (See the NOTE at the bottom of the table)
President's Choice Low fat organic soy beverage	Shelf-stable package (UHT)	Heat to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.75 hours or until desired firmness. – OR – Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 8.00 hours or until desired firmness. (See the NOTE at the bottom of the table)
President's Choice Fortified organic soy beverage chocolate	Shelf-stable package (UHT)	Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 6.00 hours or until desired firmness. (See the NOTE at the bottom of the table)
President's Choice Fortified organic soy beverage vanilla	Shelf-stable package (UHT)	Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 6.00 hours or until desired firmness. (See the NOTE at the bottom of the table)



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Kirkland Signature Organic fortified soy beverage original	Shelf-stable package (UHT)	Add two teaspoons (2.88 g) of Agar-Agar* per litre of soy beverage; Heat to 90°C/194°F; Cool to 42-44°C/108-112°F; Add the yogurt starter; Incubate 6.00 hours or until desired firmness. – NOTE – *Without adding Agar-Agar to the soy beverage, the texture of the yogurt will be rather soft. Agar-Agar brand used : Artisan Tradition.
Natura Organic fortified soy beverage unsweetened	Shelf-stable package (UHT)	Heat to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.50 hours or until desired firmness. – OR – Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 7.00-8.00 hours or until desired firmness. (See the NOTE at the bottom of the table)
Natura Organic fortified soy beverage original	Shelf-stable package (UHT)	Heat to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.50 hours or until desired firmness. – OR – Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 8.00 hours or until desired firmness. (See the NOTE at the bottom of the table)
So Nice Fortified organic soy beverage	Shelf-stable package (UHT)	Heat to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.50 hours or until desired firmness. – OR – Add the yogurt starter directly to the soy beverage that is at room temperature (23-25°C/73-77°F) and mix well; Incubate 8.00 hours or until desired firmness. (See the NOTE at the bottom of the table)
So Nice Fortified organic soy beverage	Refrigerated package	Heat to 82°C/180°F; Cool to 42-44°C/108-112°F; Add the yogurt starter; Incubate 5.75 hours or until desired firmness.

NOTE : An electric yogurt maker must ABSOLUTELY be used to go from 23-25°C/73-77°F to 42-44°C/108-112°F during the incubation process, what a non-electric yogurt maker cannot achieve. The data concern the Yogourmet Multi electric yogurt maker, the incubation time may vary depending on the yogurt maker used.

Several plant beverages (other than soy beverages) are offered on the market. Those that we have tested let us believe that it is not possible to use them to make yogurt. The main reason why it is not possible to use them is that they do not contain a type of sugar that can be assimilated by the bacteria contained in the Yogourmet Non-Dairy freeze-dried yogurt starter, or in insufficient quantity, as well as an insufficient amount of protein to produce a satisfactory consistency and texture.

We have tested the Yogourmet Non-Dairy freeze-dried yogurt starter with the following plant beverages : Almond (Almond Breeze), Chickpeas (Ripple), Rice (Dream), Rice & Almond (Isola Bio), Rice & Quinoa (Dream), So Fresh Almond (Earth's Own) and So Fresh Cashew (Earth's Own). Unfortunately, the results were not satisfying.