

Yogurt/ Curd

Dahi

- 1 litre milk
 - 1 spoon plain yogurt or yogurt from a previous batch for the culture to make a new batch
- 1.** In the evening mix a few drops of curd into warm milk (body temperature)
 - 2.** Stir it with a spoon 50 times.
 - 3.** Let stand in a warm place overnight if you live in a cold country...if you are in India then room temperature.
 - 4.** It will be ready to eat the next morning.

