

Recipes to Reduce the Plastic in Your Lives

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HOME MADE YOGURT

Crockpot Yogurt

When using a crockpot recipe, you have a choice of whether you initially heat the milk in the crockpot, or on the stove in a different pan. The only difference is the time you spend in the kitchen and the number of pans you have to clean up. You heat the milk for two reasons:

1. to kill any lingering undesirable bacteria in it before adding the good bacteria to it and growing that.
2. to break apart the protein bonds, which allows your yogurt to thicken.

Using the crockpot to incubate the yogurt is advantageous because the thick crockery holds the heat of the yogurt long enough so that the culture has time enough to properly "yog" before cooling

Ingredients

- 1 cup plain whole milk yogurt (this is your "starter") - make sure the yogurt you use says "active culture". Once you make your own yogurt, you can use ½ cup of your homemade yogurt as the starter
- ½ gallon whole milk

Heating instructions for 2 pans:

- Turn your crockpot on high. Be sure to do this *first*, as your crock pot needs to warm up properly – you will use the crockpot in the final phase (see final instructions below).
- Pour all the milk into a pan for heating on your stove. Stir occasionally until it begins to bubble and get frothy (around 185° if you would like to use a kitchen thermometer). Watch your milk to be sure it doesn't bubble over or burn the bottom of the pan.
- Now that your milk has started to bubble, turn off the burner. Keeping the lid on the pan, let the milk cool to about 110 – 115°. You can use an ice bath if you are in a hurry.

Heating instructions for just the crockpot:

- Heat the milk in the crockpot. You will have to experiment with your crockpot for how long it takes. For mine, I used the high setting and it took two hours. Cooling the milk was the same as for the 2 pan method above.

Final instructions to culture the yogurt:

1. Once the milk has cooled to 110°, place your yogurt starter and 1 cup of warm milk in a small bowl and gently whisk together. Now, add the rest of the warm milk to the crockpot and stir.
2. With the milk and yogurt starter in the crockpot (**now turned off**), place the lid on. At this point, I set my crockpot on a heating pad that I had already determined had a setting for 110° (in my case, the low setting). I also cover the crockpot with a towel.



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You don't have to use the heating pad. It will still culture, but it might take the longer time to reach the consistency you want.

3. My heating pad automatically shuts off after a couple of hours, and my yogurt was "done" in 6 hours. Without the heating pad expect 8-12 hours. The longer you let it sit, the tangier your yogurt will taste.
4. When done, remove the towels from the crockpot. Place your crock pot in the fridge and allow the yogurt to set, do not stir or shake until it has set.

If you want "Greek" style yogurt - really thick - you can scoop out the amount you want to convert to Greek style and place it in a sieve lined with either cheese cloth or something equally porous. I used a coffee filter. Suspend the sieve over a bowl, place in the refrigerator and allow the moisture to drip out until it is as thick as you want.

Simple Yogurt in a Pot

Ingredients

- 4 cups milk (whole, reduced fat or fat free)
- a couple Tbsp of yogurt with active culture

Procedure

- Heat milk to 180 degrees, then let cool to 115.
- Once cooled, stir in the yogurt
- Pour the mixture into a glass jar
- Cover with a cloth and set someplace warm for 7-9 hours

If you like your yogurt thicker (aka Greek yogurt), strain it through a cheesecloth lined sieve.

Yogurt-Maker Yogurt

I have been making yogurt using a yogurt maker for many years, and it is so simple. The yogurt maker is made of plastic, but it is not single use plastic and I have avoided many, many, many yogurt containers since making my own. Besides a yogurt maker, you will also need a double boiler (for initial heating) and a thermometer. My yogurt maker is a *Dash Bulk Yogurt Maker Machine* – makes 1 quart; but there are a variety on the market. Any yogurt maker will come with recipes, this is the one I use:

Ingredients

- 4 cups milk (any type; I actually use fat-free, but including whole milk and even cream makes it richer if that is what you are looking for)
- ¼ cup powdered milk
- 2 heaping Tbs yoghurt (saved from your last batch)

Procedure

- Measure 4 cups of milk into the double boiler
- Whisk in ¼ cup powdered milk
- Cover to bring the water to a boil, then reduce heat to simmer; stir occasionally
- Measure milk mixture temperature (about 10 minutes after bringing to a simmer) – when it hits around 185°, remove the inner pan holding the milk mixture and set aside to cool; as it cools, stir occasionally with your whisk.

- Cool mixture to about 110°
- Whisk in 2 heaping Tbs of yogurt (saved from your last batch) and then pour into the yogurt machine's storage container, cover and place in the machine. Plug it in. My yogurt machine doesn't have built in timer, I just set my own timer for 7 hours and walk away. The probiotic cultures will do their thing while you do your own things. You can let it go for up to 12 hours, it is my understanding that the longer you let it go, the sourer it becomes. I found seven hours to be the perfect amount of time to suit my 'palate'
- Remove storage container from the yogurt maker and place in the refrigerator. It will be ready to eat the next day – mix it with your favorite fruit. When my favorite fruit (peaches) is out of season I add a few raisins before eating to sweeten it.

Instant Pot Yogurt

For this you will need an Instant Pot with yogurt accessories. The yogurt accessories consist of 5 yogurt cups with lids and a pressure sterilization rack that fits into the Instant Pot. Again, made of plastic, but avoids single-use. Please note that you can make yogurt in the Instant Pot with or without the accessories, if going without, simply keep it all in the pot to the very end rather than decanting into the yogurt cups.

Ingredients

- ~ 3¼ cups 2% milk
- ¼ c powdered milk
- < ¼ tsp Stevia
- ½ tsp vanilla extract
- ¼ cup yoghurt (saved from your last batch)

Procedure

- Measure milk into Instant Pot
- Whisk in the powdered milk
- Secure the lid on the pot
- Push the YOGURT button, adjust to BOIL
This brings the milk mixture to the correct temperature (185°); this takes about 20 minutes and the Instant Pot will beep when done
- Remove the pot and allow it to cool (whisking occasionally) – this should take about 30 minutes (brings the temperature down to about 110°)
- Once cool, whisk in the remaining ingredients (Stevia, vanilla extract, yogurt)
- Decant the mixture into the accessory yogurt cups, leave off the lids
- Clean the pot and return it to the Instant Pot, adding about 3 cups of water to the pot
- Fit the pressure sterilization rack into the Instant Pot (to hold the yogurt cups), put the yogurt cups into the rack (without their individual lids)
- Secure the Instant Pot lid, push the YOGURT button, and adjust incubation time to 7 HOURS
- The Instant Pot will beep when it is done, remove the yogurt cups, put on their lids and place in the refrigerator. It will be ready to eat the next day.

RICOTTA CHEESE

Homemade Ricotta

This is so ridiculously easy!

Ingredients

- 4 cups milk (whole or reduced fat. You can also use part cream)
- 3/4 tsp kosher salt
- 2 Tbsp white wine vinegar OR lemon juice (use lemon juice if you plan to use ricotta for a dessert)



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Procedure

- Combine the milk/cream and salt in a pan.
- Heat to boiling, remove from heat and stir in the vinegar or lemon juice.
- Allow mixture to stand for 10 minutes - it will separate into curds and whey.
- Pour mixture into cheesecloth lined sieve, let drain until cheese is of desired consistency (if you let it get too dry, stir in a little cream).
- It's ready to serve and will keep 4 - 5 days in the refrigerator!

HOMEMADE SALAD DRESSING

Catalina Dressing

Ingredients

- 2/3 cup ketchup
- 1/4 cup sugar
- 2 Tbs lemon juice
- 2 Tbs red wine vinegar
- 4 1/2 tsp Worcestershire sauce
- 1/2 tsp salt
- 1/2 tsp ground mustard
- 1/8 tsp paprika
- dash ground turmeric
- dash cayenne pepper
- salt and pepper to taste
- 1/2 cup canola oil

Combine everything EXCEPT the oil in a blender and blend until combined.

With the blender on, drizzle in the oil until fully blended; makes 13-14 fluid ounces



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Sesame Vinaigrette

Ingredients

- 3 tablespoons sesame seeds
- ½ cup olive oil
- 1 clove garlic, minced
- ¼ tsp salt
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- ½ tsp basil
- ¼ tsp salt
- ½ tsp sugar

Coarsely grind sesame seeds (blender or spice grinder) then sauté in oil with the minced garlic over low heat. Transfer to a small bowl, whisk in remaining ingredients.

Creamy Vinaigrette

Ingredients

- 1 to 2 garlic cloves, finely minced
- 1/3 number forms cup olive oil
- 1 to 2 tablespoons red wine vinegar
- ¼ tsp salt
- 3 tablespoons yogurt
- 1 tablespoon mayo
- ½ tsp basil
- ¼ tsp dill
- ¼ tsp thyme

Whisk all together in a small bowl.
All quantities can be adjusted to taste.

Caesar Dressing

Ingredients

- ¼ c (2 oz) lemon juice
- ¼ tsp black pepper
- 1 tsp Dijon mustard
- 1 to 2 tsp sugar
- 2 pressed garlic cloves
- 1 cup+ (8-9 oz.) vegetable oil or olive oil

Whisk all together in a small bowl.

Honey Mustard Dressing

Ingredients

- ¼ cup Dijon mustard
- 3-4 Tbs honey, to taste
- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 1Tbs fresh lemon juice (optional)
- ¾ tsp sea salt
- ¼ tsp pepper

Whisk until blended, adjust ingredients to taste; add a little yogurt to make creamier.

Makes about 1 cup.

Italian Dressing

Ingredients

- ½ cup (4 oz) white wine vinegar or balsamic vinegar
- 1/3 tsp salt
- ¼ tsp onion powder
- ¼ tsp dried basil
- ½ tsp dried oregano
- 2 pressed garlic cloves
- 1 Tbs sugar
- ¾ to 1 cup vegetable oil or olive oil

Whisk all together in a small bowl.

Poppy Seed Dressing

Ingredients

- ¼ cup oil (vegetable, or light olive oil)
- ¼ cup red wine vinegar
- ¼ cup sugar (less to taste)
- 1 tsp dried mustard
- 1 tsp poppy seeds
- salt to taste

Whisk all together in a small bowl (use blender if you want it smooth).

HOMEMADE BREAD

Sourdough Breads

You can get sourdough recipes (and San Francisco starter) from: <https://www.culturesforhealth.com/>

Another source for sourdough recipes is:

<https://www.homemadefoodjunkie.com/beginner-whole-wheat-artisan-sourdough-bread/>. This is the whole

process and explanation for all the steps - it's actually less work than it sounds - but is a 2 day process. Have used part whole wheat and part bread flour, and have added seeds and nuts a time or 2. One time I added chopped kalamata olives and drained sun dried tomato - that was really good!



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Adapted sourdough bread recipe, using a mixer with dough hook

Although there is not much actual work involved, you do need a lot of time to allow for the dough to rise – it's a 3-day process. Store the starter in a large glass jar with a lid on it. I don't have a lot of starter – I used 2 Tbs starter to begin, fed with 4 Tbs flour and 2-3 Tbs water. Please note that this recipe is not perfected yet, so be ready to make improvements to suit your needs

DAY 1

- Remove starter from the fridge (where it has been stored since the last batch of bread)
- feed with: 4 Tbs flour and 2-3 Tbs water; stir to mix, put on the lid.
- leave on the counter; it should bubble up and double in size.

DAY 2 prep

- feed again in the morning with: 4 Tbs flour and 2-3 Tbs water; stir to mix, put on the lid.
- leave on the counter; it should bubble up and double in size.
- that evening – put 4 Tbs flour and 2-3 Tbs water into a fresh empty large bottle and add 2 Tbs of your starter to this bottle. Stir to mix, put on the lid and leave on the counter.
- Use the remaining starter in your old bottle for your bread as follows

Ingredients

- 3-4 Tbs melted butter
- sourdough starter (whatever is left in your old bottle, at least 1/3 cup)
- 1 cup water (maybe a little more)
- 1 Tbs sugar
- ½ tsp sea salt
- ½ tsp citric acid (optional to help sour taste)
- 1 Tbs gluten (optional)
- 1¼ cup white bread flour + another ¾ cup to be used on Day 3 after overnight rise
- ¾ cup wheat flour

Day 2 hand mixing in the evening for the overnight rise

- Oil a large bowl and set aside
- In a large bowl whisk together water, melted butter, and remaining sourdough starter
- Whisk in the sugar, sea salt, citric acid, and gluten
- Whisk in 1 cup of the bread flour
- Using a spoon mix in $\frac{1}{4}$ cup bread flour and the wheat flour ($\frac{1}{4}$ cup at a time); the dough should be moist and sticky
- Turn the dough into the oiled bowl and flip so that the oiled side of the dough is up
- cover with a towel and set on the counter overnight

DAY 3 in the morning

- feed your new sourdough starter with: 4 Tbs flour and 2-3 Tbs water
- stir to mix, put on the lid and leave on the counter; when it doubles, place in the refrigerator until you need it to make your next batch of bread
- look under your towel, your mixed dough should have doubled in size
- oil and flour bread pan, or spray with baking spray, cover with towel and set aside

Day 3 Procedure – Mixer with dough hook (do this in the morning)

- add heaping $\frac{1}{4}$ c to the mixer bowl, then turn the dough into the bowl
- secure the bowl in the mixer, attach dough hook and lower into bowl
- total mixing time should be at least 10 minutes, during this time add two more heaping $\frac{1}{4}$ cups of flour; in the last few minutes of the mixing time, set your oven to heat to 175° - but only have it heat for <1 minute, then turn it off.
- remove the mixing bowl and cover it with a towel; set in the warmed oven for 1 to 1.5 hours until the dough rises, doubling in size
- once it doubles, punch it down; just before punching down, grease a bread pan
- Turn the punched down dough into the bread pan
- Tamp to fill the pan evenly
- Cover with a towel and place into the warm oven, set timer for 1 hour
- Check bread after 1 hour:
 - If rise is significant (bread size), then bake
 - If not, then put covered bread back into the oven and check again in $\frac{1}{2}$ hour or so.
- BAKING: When you are satisfied with the rise, then remove cloth, leave the pan in the oven and set the oven to 350° . Once the temperature hits 350° , set the timer for 30 minutes.
- Remove from the oven and check the temperature (should be $180-200^{\circ}$; if not return to oven)
- Refrigerate overnight before slicing.

Sourdough English Muffins

Makes: 12 to 18 muffins

The Night Before:

BASIC BATTER OR SPONGE

- 1 cup proofed sourdough starter
- 2 tablespoons honey
- 2 cups milk, from reconstituted powdered milk or regular milk
- 4 cups unbleached white flour (18 oz.)

The Next Morning:

- 1 teaspoon baking soda
- 1 -2 cup unbleached white flour (4.5 to 9 oz.)
- 2 teaspoons salt (preferably sea salt)
- 1/4 cup cornmeal, for sprinkling

The night before mix starter, honey and milk in mixing bowl until smooth. Add 4 cups flour, mixing in 2 cups at a time. Mix only until the flour is thoroughly wet. Cover with clean towel and leave at room temperature in a draft free place for 12-16 hours.

The next morning stir down the mixture. Sprinkle a scant teaspoon baking soda and 2 teaspoons salt over the surface of the dough and work into dough. Flour board with 1 cup flour and knead until dough is medium stiff - adding more flour as needed. The dough should be moist but not sticking to your hands. Once enough flour has been added, knead an additional 5 minutes until the dough forms a smooth ball. Roll dough on floured board to about 1/2 inch thick. Cut the dough with a 3-4 inch round cutter -- keeping them uniform in thickness and diameter. Place them on wax paper sprinkled with corn meal, taking care that they do not touch. Sprinkle corn meal over tops of muffins. Allow to rise in warm place, covered, for about an hour or until risen again. Preheat a griddle or frying pan with small amount of butter (add a little olive oil to keep from smoking). If using muffin rings, preheat them on the grill. Using a low flame or heat setting, bake one side for 4-5 minutes and turn. (Place lid over the muffins to help them cook all the way through.) Turn only once so be sure the one side is browned before turning.

Turn over and squish down a bit with spatula and bake other side for another 4-5 minutes. Looks like store bought . . . taste even better!!!



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HOMEMADE CONDIMENTS

Mayonnaise (from *How I Kicked the Plastic Habit and How You Can Too* by Beth Terry)

Ingredients

- 1 whole egg
- 2 tablespoons vinegar or lemon juice
- ½ teaspoon dry mustard
- ½ teaspoon salt
- 1 cup salad oil

Place egg, vinegar or lemon juice, seasonings, and ¼ cup of the oil in the blender in the order indicated. Put on cover. Run blender until contents are thoroughly blended, about 5 seconds.

Remove cover. Add remaining oil very gradually, running blender as you add oil. Do not add oil all at once! Run blender for a few seconds more after last oil is added.

Store in a glass jar in the refrigerator.



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Mark P's Homemade Ketchup (from *How I Kicked the Plastic Habit and How You Can Too* by Beth Terry)

Ingredients:

- 4 pounds tomatoes
- 1 large onion, chopped
- 1 cup your choice of vinegar—Mark uses plain white
- 1 teaspoon salt
- 1 teaspoon ground cloves
- 1 teaspoon (ground allspice

Drop tomatoes into a pot of boiling water for about a minute until their skins split. Once skins have split, the peel will basically fall off. Peel and chop tomatoes. Combine with chopped onions in a large saucepan and simmer for about 10 minutes.

Transfer tomato/onion mixture in small batches to a blender with a glass pitcher filling it only about half full each time. Puree each batch and pour into a bowl.

When finished pureeing, pour the entire batch back into the saucepan, making sure there are no more big chunks. Add vinegar, salt, cloves, and allspice, and stir.

Let the ketchup simmer slowly, uncovered, for several hours, stirring occasionally, until it is reduced about 50 percent or to the desired thickness.

Mark's ketchup ends up a brownish red color, not the artificially enhanced red of many commercial ketchups. But believe me, it tastes fantastic. You can try adding a little lemon juice or sugar to preserve the color.

Transfer ketchup to jars and let cool before refrigerating or freezing. It will keep for about four months in the refrigerator and indefinitely in the freezer.



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Homemade Spicy Brown Mustard (from *How I Kicked the Plastic Habit and How You Can Too* by Beth Terry)

Ingredients:

- ¼ cup yellow mustard seeds
- 2 tablespoons black or brown mustard seeds
- ¼ cup dry mustard powder
- ½ cup water
- 1½ cup cider vinegar
- 1 small onion, chopped
- 2 tablespoons firmly packed brown sugar
- 1 teaspoon salt
- 2 garlic cloves, minced or pressed
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon dried tarragon leaves
- ⅛ teaspoon turmeric

Combine the mustard seeds and powder in a small bowl.

Combine the remaining ingredients in a saucepan. Simmer the mixture uncovered on medium heat until reduced by half.

Combine with mustard mixture in bowl. Cover bowl and let stand at room temperature for 24 hours. (Add additional vinegar if necessary to keep the seeds covered.)

Process the mixture in a blender or food processor until pureed to the texture you like.

Scrape mustard into clean, dry jars. Cover tightly and age at least 3 days in the refrigerator before using.

The mixture will continue to thicken. If it gets too thick after a few days, stir in additional vinegar.

Note: Initially, the mustard will be hot enough to light your face on fire. The longer it ages in the refrigerator, the milder it will become.

HOMEMADE CLEANING PRODUCTS

All-Purpose Cleaner

What You Need:

- ¾ cup hydrogen peroxide
- ½ cup distilled white vinegar
- 1 teaspoon unscented liquid Castile soap
- 10 drops tea tree oil
- 20 drops lavender essential oil
- 2 cups water

Add all ingredients to a 24-ounce spray bottle; shake before use.

For an extra boost when removing mildew and soap films, spray first, sprinkle on baking soda, then scrub.

Granite/Quartz Countertop Cleanser

Combine in spray bottle:

- 4 Tbs rubbing alcohol
- 4 drops dish soap
- fill bottle with water