

Homemade Yogurt

Yogurt can be made with whole, 2%, 1% or skim and any kind of animal milk. Soy milk can be used to make yogurt but the technique is a little different. With the right fermentation added the yogurt process will work with any of your nut or rice milks.

Many people who are lactose intolerant find yogurt easier to digest than milk.

A cooking Thermometer is important to use in making yogurt. The heating and cooling steps can be the determining factor in successful yogurt making!

Steps for making yogurt using cow's milk:

1. Fill a non-reactive pan (or glass bowl if using microwave) and heat 2 quarts of milk to just under 180 degrees.
2. Cool down heated milk to 110 and 120 degrees (an ice bath works well to cool temp down). Then add yogurt started (powdered or plain yogurt with active cultures) and mix well into milk and cover loosely.
3. Incubate to hold temp around 110 degrees for 6 to 8 hours
4. Cool down in refrigerator.
5. Greek yogurt is made by pouring cooled yogurt into fine mesh strainer of cheese cloth to drain off whey.

Trouble shooting

Green or yellow liquid on the top, is it okay?

Yes after several hours you may find this on top of the yogurt, part of the fermenting process. Stir into yogurt and keep cool.

The higher the fat content the thicker the milk. Powdered dry milk and gelatin can be added to thicken yogurt

I waited seven hours and it is still just milk. What happened?

This question has several possible answers:

- You used UT or UHT pasteurized milk.
- Your starter was not plain yogurt with active cultures.
- You didn't use a thermometer and possibly killed the cultures
- You didn't first heat your milk to 160 to 180°F
- You didn't incubate around 110 degrees for a long enough period of time.

Can I use freeze-dried yogurt cultures?

Yes, you can buy these in health food stores or from a variety of online sources.

Refer to the manufacturer's instructions when incorporating them into this process.

Can I freeze some of my yogurt to use as a future starter?

Yes! You can freeze 1/3 cup of your yogurt for use with future batches, and keep it in your freezer for several months. You might want to get into the habit of doing this every time you make yogurt, just so you always have some on hand. Just be sure to defrost it completely in your refrigerator in advance of making a new batch.

Can I flavor my yogurt before it is done incubating?

No, you should always wait until the yogurt has incubated for seven hours and spent overnight in the fridge. The sugars and other ingredients in flavorings like honey, jelly, jamae, etc., can interfere with the incubation of the cultures.



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