



How To Make Greek Yogurt: Two Methods

Stovetop / Oven

Slowly heat milk to 180–195°F.

Sanitize containers and utensils. Slowly heat 1 gallon of milk in a covered pot on medium heat until the milk reaches 195°F and hold it at 180°F–195°F for 10 minutes. Whisk frequently. (Be careful, because milk will boil over at 212°F). Depending on the type of stove and pan you are using, this will take a varying amount of time, but approximately 30 minutes depending on your type of pan and stove.

Cool milk to 110°-115°F. After heating the milk, take the pan off the stove and cool milk to 115°F. Place your pan in a sink with cold water and ice and it will take about 15 minutes for one gallon of 180° milk to cool to 115° in sink of cold water.

Warm up oven. While milk is cooling, turn on oven to 350° for 3-5 minutes, then turn off the oven and turn on the oven light.

Add yogurt culture. Spoon 4 tablespoons of plain yogurt with live active cultures into a small bowl. (1 tablespoon of yogurt per quart of milk). Ladle a little of the warm milk into the small bowl with the yogurt, stir gently, then pour the mixture into the big pan and whisk gently until the yogurt is completely dissolved in the milk.

Keep warm at 104-115° for 6-10 hrs.

Place lid on pan and wrap in a large towel and place in a warm oven (104–115°F) with oven light on. Don't disturb for 6–10 hours. The little good bacteria will begin working their magic of turning milk into yogurt! The timing works perfectly to mix a batch up in the morning and allow it to incubate all day, or make it at night and allow it to incubate over night. People use many different ways for this incubation step. Here are a couple other methods: 1) placing wrapped pan in a cooler with another pot of hot water; 2) wrapping pan in a towel over a heating pad.

Save some for next time. You have now made yogurt! Take out 4 Tbsp. of the freshly-made yogurt and store in a container to use as the starter for your next batch.

Strain off the whey. Cover a large colander with a Kleynhuis Strainer Pouch and place the colander in a larger bowl. Carefully spoon yogurt into the lined colander. Strain for 4–6 hours to create thick yogurt. Strain over-night to make very thick Greek yogurt. Experiment with straining times to find your perfect thickness!

Mix. If you would like to save the whey, pour the whey from the bottom collection bowl into another container and store in the fridge. Then spoon the strained yogurt from the colander into a mixing bowl. If you like sweetened yogurt, add 2–4 Tbsp. of your favorite sweetener (organic sugar, honey, etc...but it is really NOT needed) and 2–4 Tbsp. of vanilla extract. Whisk in mixer for 5–10 minutes until smooth.

Ladle yogurt into mason jars.

Pour yogurt into a 2–3 quart bowl or mason jars. Refrigerate overnight/8 hours. The yogurt will thicken as it chills in the fridge.

Enjoy!

Instant Pot

Heat milk to 195°F.

Sanitize containers and utensils. Pour 1 gallon of milk into the Instant Pot® inner pot and use the YOGURT setting and select temperature BOIL. After the cycle, release the pressure, if needed. (Instant Pot Ultra Users: Select ULTRA setting to heat milk to 195°F. for 10 min.–NO KEEP WARM and NO PRESSURE.)

Cool milk to 115°F. After milk has finished heating, take the inner pot out and place in a sink filled with cold water and ice. Cool milk to 115°F. which takes about 15 minutes. Skim off any skin that forms on the top of the milk.

Add yogurt culture. Spoon 4 Tbsp. of plain yogurt with live active cultures into a medium bowl. (1 Tbsp. of yogurt per quart of milk.) Pour 2–3 ladles of the lukewarm milk into the bowl with the yogurt, whisk gently, then pour the mixture into the milk and whisk gently until the yogurt is completely dissolved in the milk.

Keep warm at 104°F. for 10 hours.

Place inner pot back inside the Instant Pot® and select YOGURT select temperature NORMAL and set the time to 8–12 hours. (Instant Pot Ultra Users: select YOGURT setting and set the temperature to 104° F for 10 hours. (NO KEEP WARM and NO PRESSURE)

Save some for next time. You have now made yogurt! Take out 4 Tbsp. of the freshly-made yogurt and store in a container to use as the starter for your next batch.

Strain off the whey. Cover a large colander with a Kleynhuis Strainer Pouch and place the colander in a larger bowl. Carefully spoon yogurt into the lined colander. Strain for 4–6 hours to create thick yogurt. Strain over-night to make very thick Greek yogurt. Experiment to find your perfect thickness!

Mix. If you would like to save the whey, pour the whey from the bottom collection bowl into another container and store in the fridge. Then spoon the strained yogurt from the colander into a mixing bowl. If you like sweetened yogurt, add 2–4 Tbsp. of your favorite sweetener (organic sugar, honey, etc...but it is really NOT needed) and 2–4 Tbsp. of vanilla extract. Whisk in mixer for 5–10 minutes until smooth.

Ladle yogurt into mason jars.

Pour yogurt into a 2–3 quart bowl or mason jars. Refrigerate overnight/8 hours. The yogurt will thicken as it chills in the fridge.

Enjoy!