

Homemade Yogurt



Yield: 1L (4 cups)

Preparation time: 15 minutes (within 4-6 hours of incubation)

Equipment

- ❖ Large saucepan
- ❖ Whisk
- ❖ Ladle
- ❖ 1-quart mason jar or large glass bowl
- ❖ Plastic wrap
- ❖ Two large tea towels
- ❖ Kitchen thermometer
- ❖ Optional: sous-vide/immersion circulator

Ingredients

- ❖ 4 cups (1L) whole or 2% milk
- ❖ 3 Tbsp (45 mL) plain yogurt



Directions:

- ① Place milk into a large saucepan over medium-high heat, stirring regularly with a whisk. Cook until the milk has reached 82°C (180°F). Remove from heat.
- ② Let the milk cool until it reaches 45°C (115°F), stirring occasionally.
- ③ Place the purchased yogurt in a 1-quart mason jar OR large glass bowl. Add 1 cup of the milk to the yogurt and whisk until the mixture is smooth. Gradually add the remaining milk while whisking.
- ④ Cover the jar or bowl with plastic wrap and prick a few holes in it. Wrap jar with clean kitchen towels, covering sides.
- ⑤ Let stand undisturbed in a warm place, like inside an oven with its light on, or inside a sous-vide/immersion circulator regulated water bath (set to 43°C / 110°F), until yogurt has thickened, 4 – 6 hours. Do not stir or agitate the yogurt during this time so it can fully set.
- ⑥ Once the yogurt has come to your desired consistency, it is time to cool it. If there is any water on top of the mixture you can remove it or stir it back in. Refrigerate uncovered jar; when it is cool to the touch (around 30 minutes), screw on a tight-fitting lid, or cover with a new piece of plastic wrap.