

THICK & CREAMY YOGURT

Ingredients:

- 2 quarts - 1 gallon raw or store bought whole milk
- Bulgarian yogurt culture (either 1/2 cup store bought Bulgarian yogurt or the dried Bulgarian culture from Cultures for Health)
- Optional: honey or maple syrup and vanilla to add flavor. Jam also works well to flavor yogurt!



Equipment:

- Instant Pot or large pot
- thermometer (I just use a meat thermometer)
- If you don't have an Instant Pot, you'll need a few bath towels and a cooler or available oven

Instructions:

1. Add milk to either an Instant Pot or a regular pot on the stove.
2. On the Instant Pot, hit "yogurt" until it says "boil" and then put on the lid. If doing this on the stove, just turn your heat to med-low and let it heat slowly, whisking every few minutes.
3. Bring the temperature of the milk up to 190 F. One downfall of the Instant Pot is that it doesn't get the milk quite this hot on its own. When it beeps and says "yogurt" you need to switch it over to "saute" and whisk until you get it to temperature. If a skin forms on the top of your milk, just skim it off and put it in your chicken pail.
4. Turn off the Instant pot or stove, give it a stir, and then let it sit for another 20 minutes with the lid on.
5. Take off the lid and remove the pot either out of the Instant Pot, or off of the stove, so that it can cool. Whisk occasionally until the temperature comes down to 120 F.
6. Scoop out a cup or two into a separate cup or bowl and whisk in your starter culture. If you are using a dried culture, follow the manufacturer's directions. If you are using store bought yogurt of any kind, use 1/2 cup per gallon of milk. Whisk it well, and then slowly whisk that back into the larger pot of milk.
7. Whisk it for another minute or two to combine it well.

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8. Time to incubate the yogurt! Here are your options:

- Return the the pot to the IP, put on the lid and hit the “yogurt” button. Adjust the time for 8 hours. Increase the time (up to 24 hours!) if you want a tangier yogurt.
- Pour your yogurt into glass jars, add lids, and place in an IP with about 2 inches of warm (about 120 F) water in it. Put on the lid, hit the “yogurt” button, and adjust the time for 8 hours.
- Pour yogurt into jars and then place them into a towel-lined cooler. Wrap the towels all around the jars. Then, close the lid and set a timer for 9-10 hours.
- Take the pot of yogurt, with the lid on, wrap it towels, and then place it in your oven with the light on. Check it at 8 hours, but it might need 9-10. This works with a large roaster pan too!

9. After it has set up and you have the tanginess your family enjoys, move the covered containers or pot directly to the fridge to cool for 4+ hours. Do NOT stir!

10. Transfer to the jars of your choice and add your desired sweeteners or flavorings. We like honey or maple syrup and a little vanilla. Sometime we sweeten it with jam too!

11. Serve plain, or alongside berries and granola.

Important Note: While this recipe produces a thickness our family enjoys, it does *not* make “Greek” yogurt. If you want this even thicker result, still use this recipe! The only additional step would be to pour the yogurt through a flour sack towel, or cheesecloth, to remove the extra whey.