



YOGURT

Greek & Bulgarian



TIPS, TRICKS, AND EVERYTHING
YOU NEED TO MAKE IT YOURS!

*START
HERE!*

YOGURT

ACTIVATING YOUR STARTER CULTURE

To get started with making yogurt, you first need to activate your yogurt starter.

WHAT YOU NEED

Ingredients

- 1 packet yogurt starter
store extras in the freezer
- Pasteurized whole milk
(avoid ultra-pasteurized or UHT)

Equipment

- Stainless steel pot, enamel pot, or double boiler
- Thermometer
- Culturing container
(glass or plastic)
- Yogurt maker or similar appliance
that holds at 105-112°F
- Mixing utensil

ACTIVATING YOUR STARTER

1. Heat 1 quart of pasteurized milk to 160°F then cool to 110°F.
2. Pour the cooled milk into a glass or plastic container.
3. Add one packet of yogurt starter & mix thoroughly.
4. Cover the mixture and incubate it at 110°F in a yogurt maker or similar appliance.
5. Check after 5 hours to see if it has set. You'll see a change in the milk's texture and it will pull away from the sides of the container when it's tilted. If your starter has not set, culture for up to 12 hours, checking every 2 hours.

ACTIVATING YOUR STARTER

6. Once the yogurt has set, or at the end of 12 hours, cover the yogurt and allow it to cool for 2 hours.
7. Refrigerate the yogurt for at least 6 hours. You can eat it at any time (refrigerating helps set the yogurt)

Don't forget to save at least 2 Tbsp. for culturing the next batch!



***PRO
TIP!***

Even if the activation batch doesn't set, use it to reculture your next batch and you'll see dramatic improvement. Once you get consistently good results, you can scale up your batch.

STEP

2

MAKING YOGURT

**ONCE YOUR STARTER
HAS BEEN ACTIVATED**

(previous pages 1-3)



MAKING YOGURT

1. Heat 1 quart of pasteurized milk to 160°F then cool to 110°F
2. Pour the cooled milk into a glass or plastic container. Stir in 2 Tbsp. of yogurt and mix thoroughly.



***PRO
TIP!***

For larger batches of yogurt, use 2 Tbsp. of starter yogurt per quart of milk, up to 1 gallon

MAKING YOGURT

3. Cover the mixture and incubate it at 110°F for 5-8 hours in a yogurt maker or similar appliance.
4. Check frequently by tilting the jar gently. If the yogurt moves away from the side of the jar in one mass instead of running up the side, it is finished culturing.
5. Once the yogurt has set, refrigerate for at least 6 hours before eating. This helps the yogurt thicken.

Don't forget to save at least 2 tbsp for culturing the next batch!