

Greek-Style Yogurt

With its luxurious, thick, and creamy texture and mild flavor, Greek-style yogurt is easy to love. Our recipe delivers the ultimate DIY dream yogurt.



Greek-style yogurt is delicious, and we are thrilled to develop a specialized recipe that produces the best result with the most convenient process. Like our custard-style yogurt, this recipe holds the milk at a high temperature to denature plenty of whey proteins, producing a thicker texture and a yogurt that loses less protein during straining. A key difference from our other yogurt recipes is that all the milk is left in one large container for culturing, which is more convenient than a collection of mason jars if the yogurt will be strained. Leaving the milk in one large container also makes it easier to hold it at a high temperature—just cover the pot and let it sit, no additional fussing required.

We love the High-Low method for its stable, smooth texture and for the longer window of opportunity to catch the yogurt before culturing progresses too far and forms lumps. For this version of High-Low yogurt, the Proofer temperatures have been tweaked to accommodate a metal pan and the large size of the container, both of which cause the yogurt to cool much more slowly than in a collection of mason jars.

Got Milk from Grass-fed Cows?

Straining is a wonderful technique for summertime (pastured) milk or milk from grass-fed cows. Numerous studies show (and cheesemakers know) that summer milk has lower protein, lower fat, and lower overall solids than winter milk—in short, it has more water and less of the stuff that gives yogurt a thick, stable texture. We have noticed how yogurt is more prone to leak whey or form lumps when our local dairy puts their cows out to pasture. The solution we love most is to strain and whisk the yogurt to transform it into thick and smooth Greek yogurt. Our yogurt recipe makes thick custard-style and Greek-style yogurt without the need for additives like gelatin or powdered dry milk.

Yield: U.S. recipe makes approximately 9 cups after straining. The metric recipe makes about 2¼ liters. The yield can vary with the quantity of protein in the milk and the amount of time devoted to straining. This recipe can be halved; the yogurt will take a bit longer to set since the smaller container will cool down faster than a larger one.

Ingredients

By volume

Milk (whole, low-fat, or skim)

1 gal / 4 L

Plain yogurt starter*

1 C / 250 ml

**Either store-bought plain yogurt with live cultures or homemade yogurt reserved from a previous batch.*



Equipment: Brød & Taylor Folding Proofer and Slow Cooker (without water tray), thermometer, a large stock pot with a lid, a large colander with coffee filters or cheesecloth to strain the yogurt, and a whisk. A one-cup mason jar is convenient for separating out the yogurt that will be used to start the next batch. Everything that will touch the milk should be thoroughly clean and dry.

Note: When using the Folding Proofer to make yogurt, make sure there is no water in the water tray. The water tray is not needed for making yogurt; you can remove it from the Proofer or leave it empty. Do not add water because it will affect temperature settings.

Heating the Milk to 205 °F / 96 °C and Holding it for 10 Minutes. Pour the milk into a large stock pot and heat to at least 205 °F / 96 °C. Stir frequently to prevent scorching. Remove the pot of milk from the stovetop and cover it, allowing the milk to stay hot for 10 minutes. Depending on the batch size, it may be necessary to use low heat on the stovetop.

Tip: Stirring or whisking the milk to cover the surface with bubbles will prevent it from forming a skin during heating and cooling.

Cooling the Milk to 110 °F / 43 °C. After the milk has remained hot for 10 minutes, remove the lid and allow the milk to cool to at least 110 °F / 43 °C. For faster and more food-safe cooling, place the container of milk in a pan or sink of cold tap water. While the milk is cooling, set up the Proofer with the wire rack in place and the temperature at 110 °F / 43 °C. If your stock pot is too tall to fit into the Proofer, transfer the milk to a large bowl when it cools to about 115 °F / 46 °C.

Adding Live Culture Yogurt to the Milk. To inoculate the milk, put the yogurt starter with live cultures into a small bowl. Gradually stir in enough of the warm milk to liquefy the mixture and mix until smooth. Then pour the liquefied culture back into the large container of milk and stir gently to distribute. Finally, place the lid on the pot and put it into the Proofer to culture.

Culturing at 110 °F / 43 °C for 1 Hour, then Lowering the Heat to 80 °F / 26 °C. Set a kitchen timer for 1 hour and turn the Proofer down to 80 °F / 26 °C after that hour. Continue to culture the yogurt until it is set. It is important not to let the yogurt remain at 110 °F / 43 °C for more than 1 hour in order to avoid whey separation and lumpy texture that result from culturing at a too high temperature for too long.

Checking the Yogurt after 3 Hours. After 1 hour at 110 °F / 43 °C plus 2 more hours at 80 °F / 26 °C, check the yogurt by gently tilting the container to the side to see if the milk has set. If you have used higher protein milk or a fast-acting culture, it may be ready in just 2 hours (1 hour at 110 °F / 43 °C plus 1 hour at 80 °F / 26 °C). Most yogurts will take about 3-4 hours to set; however, the yogurt can also be cultured longer for more flavor and acidity.

Tip: If it is not convenient to strain the yogurt when it is finished culturing, you can put it in the refrigerator and allow it to chill until later.

Straining the Yogurt. When the yogurt has finished culturing, remove the container from the Proofer and spoon enough yogurt into a small jar to be the starter culture for your next batch, then refrigerate it (it is better not to strain the seed culture). Line a large colander with cheesecloth, a clean towel, or a restaurant-sized coffee filter and place it over a large bowl. Spoon the yogurt into the colander, cover it, and place in the refrigerator to drain. Empty the whey from the bowl as needed during straining. We like Greek-style yogurt best when strained for about 3-4 hours; however, you can strain for more or less time to suit your needs.



Whisking the Yogurt. When the yogurt has finished straining, spoon it into a large bowl and whisk vigorously to smooth out the texture and give it a uniform thickness. If desired, flavorings can be added and/or the yogurt can be spooned into single-serve containers. Refrigerate.