

Lactose-Free Yogurt

Regular milk and classic live cultures create a delicious, pure yogurt with a naturally tart flavor. To eliminate the lactose in regular milk, we use a long and carefully controlled culture in the Proofer to give beneficial bacteria enough time to consume the milk sugars. This creates a yogurt that works well for most lactose-sensitive individuals.

Yield: See the chart below.

Timing: 1 hour preparation and about 19 hours culturing in the Folding Proofer.

Ingredients	By volume			
	Milk (whole, low-fat, or skim)	4 C / 1 L	2 quarts / 2 L	1 gal / 4 L
Plain yogurt starter*	2 T / 30 ml	¼ C / 60 ml	½ C / 120 ml	1 C / 240 ml
Ingredients	By weight			
	Milk (whole, low-fat, or skim)	1 kg / 2.2 lbs	2 kg / 4.4 lbs	4 kg / 8.8 lbs
Plain yogurt starter*	30 g / 1 oz	60 g / 2 oz	120 g / 4 oz	240 g / 8 oz

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

Equipment: Brød and Taylor Folding Proofer & Slow Cooker (without water tray), thermometer, large spoon or whisk, and glass mason jars or other heatproof containers with a capacity of 1 quart/liter or less. 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.

Scalding the Milk. Using either the microwave or stovetop, heat the milk to 200 °F / 93 °C. If using the stovetop, stir frequently to prevent scorching. Once the milk reaches 200 °F/ 93 °C, remove it from the heat. Cover and keep warm for 10 minutes.

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

Cooling the Milk to 115 °F/ 46 °C. Uncover the milk and allow it to cool until just below 115 °F / 46 °C. For faster cooling, set the container of milk into 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 120 °F / 49 °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 warm milk to thin the mixture and stir until smooth. Then pour the liquefied culture back into the large container of milk and stir gently to distribute. Finally, pour the milk into culturing jars, cover them, and place them in the Proofer.



Tip: For the best heat circulation and the most accurate culturing temperature, arrange the jars so that they are not directly over the center of the Proofer.

Culturing at 120 °F / 49 °C for 1 Hour, then Lowering the Heat to 86 °F / 30 °C. Set a kitchen timer for 1 hour and turn the Proofer down to 86 °F / 30 °C after that hour. It is important not to let the yogurt remain at 120 °F / 49 °C for more than 1 hour in order to avoid the whey separation and lumpy texture that result from culturing at a too high temperature for too long.

Setting Aside Yogurt for the Next Batch. After about 3 hours (1 hour at 120 °F / 49 °C plus 2 hours at 86 °F / 30 °C), remove enough yogurt to serve as the starting culture for your next batch of yogurt. Store it in the refrigerator and consider labeling it “contains lactose”. It is important to remove some yogurt early so that your culture will still have enough food (lactose) to last until it is time to make your next batch.

Tip: It is convenient to include one small container among your larger culturing jars, so that it can be easily removed early to reserve in the refrigerator as the seed culture for your next batch of yogurt.

Culturing for a Total of 19 Hours. In order to allow the yogurt cultures to consume all of the lactose in the milk, culture for a total of at least 19 hours—1 hour at 120 °F / 49 °C and 18 hours at 86 °F / 30 °C. This is the point at which our tests showed that acidity stopped increasing, indicating that all of the available lactose had been consumed by the culture. When the culturing is complete, put the yogurt in the refrigerator and allow it to chill thoroughly.