



# Making Yogurt at Home

Be inspired to make this nutritious, economic and healing food for your family. These versatile options and recipes will fit any lifestyle and kitchen resources.

Ingredients will be the same for all methods:

- 1 gallon whole, grass fed milk
- Yogurt culture: ½ cup plain organic yogurt with live cultures.
  - Painterland Sisters Skyr gives a nice mild flavor
  - Flint Hill Probiotic yogurt has lots of live cultures
  - Choose a yogurt you like the flavor of, but remember that your homemade yogurt will likely taste slightly different because of changing variables.
  - I love having a backup source of freeze dried yogurt starter culture in my freezer. I've used "*Yogourmet*" successfully for years. Our farm store will soon carry starter cultures.

Instructions for Instant Pot:

1. Prepare the Milk:
  - Pour the whole milk into the Instant Pot insert.
  - Close the lid and set the Instant Pot to the yogurt setting. Press "adjust" until the display shows "boil."
  - Check the manufacturer's guide for info on whether to seal the lid or not. My Ultra doesn't need to be sealed.
2. Boil the Milk:
  - Once the boil cycle is complete, allow for a quick release of pressure.
  - Carefully open the lid and stir the milk. Use an instant-read thermometer to check that the milk has reached at least 180°F. If needed, repeat the boil cycle until the correct temperature is reached.
3. Cool the Milk:
  - Remove the insert from the Instant Pot and let the milk cool to a temperature of 110-115°F. This can be sped up by placing the pot in an ice water bath and stirring gently for 15-30 minutes rather than a couple hours of cooling at room temperature.
4. Inoculate with Yogurt Starter:
  - In a small bowl, mix 1/2 cup of the cooled milk with plain yogurt until well combined.
  - Stir the yogurt mixture back into the remaining milk in the Instant Pot.
5. Incubate the Yogurt:

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- Lock the lid back on the Instant Pot and set the yogurt setting again. Adjust the time to 9-20 hours, depending on desired thickness and tanginess (9 hours for a milder yogurt, 12 hours for a thicker yogurt, 20 hours for thick and tangy.)
6. Chill and Store:
- After the incubation period, carefully remove the lid (no pressure release needed).
  - Transfer the yogurt to resealable containers and refrigerate for at least 4 hours until fully chilled and set.

#### Instructions for Slow Cooker/Crock Pot:

1. Pour the whole milk into a large crock pot.
2. Heat the Milk:
  - Place the lid on the crock pot and set it to low heat.
  - Allow the milk to heat on low for approximately 2 1/2 hours. The aim is to reach around 180 degrees F, but you can check with a thermometer to determine the right time for your crock pot.
3. Cool the Milk:
  - After the heating time, unplug the crock pot and let it sit with the lid on for about 3 hours. This allows the milk to cool down to around 110-115 degrees F, which is ideal for adding the yogurt culture.
4. Inoculate with Yogurt Starter:
  - In a small bowl, mix 1/2 cup of the cooled milk with the 1/ cup of plain yogurt until well combined.
  - Stir this mixture into the cooled milk.
5. Incubate the Yogurt:
  - Replace the lid on the crock pot and cover the entire crock pot with 2 large towels or a blanket to insulate it.
  - Let the mixture rest and ferment for 8 to 12 hours, or longer, up to 14 hours. Overnight incubation usually works well.

#### Instructions for Pot of the Stove Top:

1. Heat the Milk:
  - Pour the whole milk into a large stainless steel pot with a thick bottom.
  - Place the pot over medium heat on the stove.
2. Warm the Milk:
  - Stir the milk occasionally to prevent scorching.
  - Heat the milk until it reaches approximately 180°F (82°C) using an instant-read thermometer.
3. Cool the Milk:



- Once the milk reaches 180°F, remove the pot from the heat.
  - Let the milk cool down to around 110-115°F (43-46°C). This can take about 1 to 2 hours.
4. Inoculate with Yogurt Starter:
- In a small bowl, whisk together 1/2 cup of plain yogurt with a small amount of the cooled milk until smooth.
  - Pour the yogurt mixture back into the pot with the remaining milk.
  - Stir gently to evenly distribute the yogurt culture throughout the milk.
5. Incubate the Yogurt:
- Place the lid on the pot to maintain warmth.
  - Keep the pot in a warm place to incubate the yogurt.
  - This could be in an oven (turned off but with the light on), in a cooler with a warm water bottle, or wrapped in towels to insulate.
  - I prefer to wrap in towels and leave it on the counter.
6. Wait and Check:
- Let the yogurt sit and ferment for 8 to 12 hours or up to 24 hours. The longer the fermentation time, the tangier and thicker the yogurt will become.

## For All Methods

When yogurt is the flavor and thickness you desire, do the following.

7. Chill and Store:
- After the incubation period, remove the lid and check the consistency of the yogurt.
  - Transfer the yogurt to containers and refrigerate for at least 4 hours to chill and set.
  - Yogurt will naturally thicken as it cools in the refrigerator.
8. Save Yogurt Starter:
- Reserve 1/2 cup of the homemade yogurt to use as a starter for your next batch.
  - Save in a labeled glass container with the date. It can be saved and used as a starter for a long time, unless mold begins to grow.

## For Thicker Yogurt:

- To make Greek-style yogurt, strain the yogurt through a cheesecloth-lined strainer set over a bowl in the refrigerator for at least 2 hours or overnight.

## Optional Flavoring

- For flavored yogurt, mix in honey, maple syrup, vanilla extract, or fresh fruit/jam to taste.

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