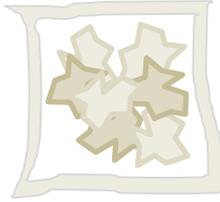


WHAT YOU WILL NEED



+



+



+



+



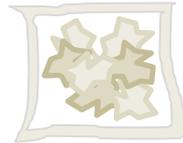
Yogurt Starter Culture Pot or Instant Pot Thermometer 1 Liter Jar

*Full Fat Cow's or Goat's milk or cream can be used

A Yogurt maker or instant pot is required to make yogurt for more options see page 2.



1. Clean and sanitize **Jar** and work area with hot soapy water, Air Dry



4. Place 2 tbs of milk into a clean bowl. Add dried culture and let sit to soften.



2. If using a pot heat milk to 200°F
If using instant pot hit yogurt button until it says BOIL, place lid in venting position until complete



4. Remove from heat, and Let milk cool until it reaches 110° F
Once cool, pour in milk culture mix and stir well



5. Pour yogurt into a glass jar with a lid, or into the Instant Pot and place the lid on in venting position



6. Place yogurt onto a heating mat, or into a yogurt maker or an appliance that can keep the yogurt at 110-115° F for 6-8 hours
For Instant Pot hit Yogurt Button and set a timer for 8 hours



7. Check at 6 hours to see if yogurt has thickened if not leave up to 8 hours



8. Once yogurt is set or after 8 hours, refrigerate yogurt for at least 6 hours

9. Reserve 2 TBS of fresh made yogurt for next batch. You will need 1 TBS per 1 Cup of milk used to make yogurt. Use reserved yogurt within 7 days to make next batch



10. **OPTIONAL: Flavor Yogurt with 1 TBS of Jam or fresh fruit, vanilla extract, or maple syrup**



Greek yogurt is thermophilic and requires a yogurt maker, instant pot, heating pad, or a dehydrator, to keep the yogurt at 110° F to allow for fermentation. Other methods for heating can be used.

Use Full Fat milk for the best results. Can be used with Cow or Goat Milk. Cream can also be used. Greek Yogurt culture is heirloom, don't forget to reserve some for your next batch. It is required to make a new batch every 7 days.

Only pasteurized milk is recommended for the first batch. Raw milk can be used after the first batch.

- Yogurt culture digests the naturally occurring sugar in milk called Lactose. Use milk that contains lactose (Cow's, Goat's) for proper fermentation
- Never use ultra pasteurized milk, **Raw milk** can be used for every batch **after** the first rehydration batch. It is not safe to use raw milk for the first batch as it may carry undesirable bacteria that can contaminate the culture or be unsafe
- If your yogurt is not as thick as desired, hold milk for longer in step 2. Hold for 30 minutes, and proceed.
- Never add the starter culture to milk that has not been yet cooled to 110° F as this will kill the culture
- Reserve unflavored yogurt for the next batch, never flavored yogurt
- If reserved yogurt is older than 7 days it may become contaminated and not successfully culture the next batch
- **If the yogurt separates during fermentation or in the fridge this is normal. This does not affect fermentation**
- Refrigerate the yogurt before eating for 6-8 hours to stop fermentation and to thicken yogurt. Stir well after refrigeration

How do I know when the yogurt is ready?

- It will be creamy and thicker than before, with a sour tangy taste and similar smell of yogurt.
- **My yogurt has not thickened**
- The yogurt has not been left long enough to ferment, or the starter culture was added to the milk when it was too hot
- **How long does my yogurt culture stay active?**
- 7 days

Can I use Nut Milk?

- This yogurt culture is made for milk containing lactose, results will vary
- **How do I flavour yogurt?**
- Our suggestions are in step 11. Flavor your yogurt with anything you desire following any recipe

I don't have a yogurt maker?

- In order for the yogurt to culture it has to be kept at 110° F or 43°C for the entire culture time. There are many methods found online for doing so without a yogurt maker. You can use a slow cooker to heat the milk to 110° then turn it off and reheat as necessary, an oven set to temp and turned off, an Instant Pot, heating pad with the jar wrapped in a towel, or a vacuum sealed thermos. Place your jar inside a dehydrator set to 110°. You can also use sunlight or any room that is kept around the required temperature.