

Homemade Plain Yogurt

Making yogurt is easier than you think! Give it a try and you will become a pro.

Ingredients

1/2 gallon Whole Milk (preferably organic, avoid ultra-pasteurized milks)
4 tablespoons Whole Plain Yogurt containing Active Cultures (preferably Greek Yogurt)

Special Equipment

Small Pot (2 quarts or larger)
Instant Read Thermometer (a candy thermometer that clips on the side works best)
Small Blanket or Large Towel
Paper Towel

Preparation

Pour milk into pot and set over medium-high heat until the milk temperature reaches 180 degrees Fahrenheit (almost boiling) stirring occasionally, about 12 minutes. **DO NOT OVER HEAT.**

Remove pot from heat and allow milk to cool to 115 degrees, about 45 minutes. While milk is cooling, bring oven temperature to 200 degrees with rack in the center. When oven reaches 200 degrees, turn off and keep oven door closed to keep warm.

Immediately stir in 4 tablespoons of active plain yogurt, stirring or gently whisking with a fork until well combined. Cover pot with lid then wrap entire pot with a small blanket and quickly place in the warmed oven for at least 8-10 hours or overnight leaving oven light on.

Remove blanket and open lid. Yogurt should be thickened with a small amount of liquid on top. Carefully layer several sheets of paper towel on top of yogurt (this will soak up any excess liquid and sourness). Cover and refrigerate until cold and set.

When ready to serve remove paper towel and pour out any excess liquid if preferred. Repeat process with paper towel after each serving to keep yogurt thick.

Note: Reserve 4 tablespoons of yogurt and store for next batch.