


GREEK YOGURT

 4 servings

Ingredients

- 8 cups whole milk
- ½ cup plain store-bought whole milk yogurt

Notes

- Be sure to use high quality dairy. The yogurt should list 'active' or 'live' cultures in the ingredients.

Instructions

1. Place milk in a medium pot and heat to 185-200°F, stirring regularly to prevent a skin from forming.
2. Transfer the pot with milk to an ice bath (large bowl with ice + water or fill sink with ice + water), to cool milk to 100-110°F.
3. Combine store-bought yogurt with 1/2 cup of the 110°F milk in a clean bowl, then stir the mixture back into the warm milk.
4. Cover the pot with a lid and wrap in a large towel or blanket to help keep it warm.
5. Place in a warm environment where the temperature stays around 100-105°F. This may be on top of the fridge, under the light in an oven or in an instant pot.
6. Allow the inoculated milk to incubate for 8-24 hours or until set like gelatin. For a thicker, tangier, and probiotic-rich yogurt, go closer to 24 hours.
7. Carefully pour into a fine-mesh chinois or a colander lined with either a cheesecloth or a double layer of commercial-size paper coffee filters.
8. Set over a large bowl and let it strain at room temperature for several hours, until you've achieved the desired thickness (length of straining time will also depend on the gauge of the cheesecloth/chinois).
9. Store the yogurt in the fridge in an airtight container for up to 2 weeks. Save the drained liquid (whey) for another purpose. When ready to make another batch of yogurt, use a cup of the previous batch as the starter culture.

