

# Fermented Foods Cooking Demo

## Yogurt

**Prep time:** 30-45 minutes

**Total time:** 9 to 13 hours

**Yield:** 4 servings, 1 cup each

### Ingredients:

1 quart milk (whole, 2%, 1%, or nonfat)

¼ cup plain yogurt (containing 1 or more strains of live active cultures)

### Directions:

1. Heat milk in a heavy-bottom pot over medium-high heat until it reaches 180 degrees F. Stir frequently to prevent scorching.
2. Once milk reaches 180 degrees, remove from the burner and allow to cool to about 110 degrees F. Stir occasionally to prevent a skin layer from forming on top of the milk.
3. Once milk reaches 110 degrees, in a small bowl, whisk the yogurt and 1 cup of warm milk together to thin the yogurt. Add the thinned yogurt to the pot of warm milk and whisk to combine.
4. Pour mixture into jars (1 quart, 2 pints, or 4 half pints) and cover with lids. Use your method of choice to maintain yogurt at 110 degrees F while setting: yogurt maker, dehydrator set to 110 degrees F, programmable slow cooker with water in bottom set to 110 degrees F, slow cooker with water in bottom on “warm”, put in a cooler chest surrounded by jars of hot water, wrap jars in towels in oven with light on, etc.
5. Allow yogurt to set for 8-12 hours. Setting time will depend on your taste preferences, the cultures used, and the type of milk used. Feel free to check at 6 to 8 hours and refrigerate when you're happy with the flavor and consistency of the yogurt.
6. Yogurt will stay fresh in the fridge for about 2 weeks.

### Notes:

- Whole milk makes the thickest, creamiest yogurt, but low-fat or nonfat milk can also be used to make homemade yogurt.
- Recipe makes about 1 quart of yogurt. Recipe can easily be doubled or multiplied to make desired quantity.
- Don't forget to save ¼ cup of each batch of yogurt for your next batch.

### Nutrition Information:

*Per 1 cup serving of whole milk yogurt: 157 calories, 8g total fat, 5g saturated fat, 25mg cholesterol, 108mg sodium, 385mg potassium, 12g total carbohydrates, 14g sugars, 9g protein, 30% DV calcium.*

*Per 1 cup serving of 2% milk yogurt: 133 calories, 5g total fat, 3g saturated fat, 21mg cholesterol, 126mg sodium, 176mg potassium, 13g total carbohydrates, 12g sugars, 9g protein, 32% DV calcium.*