

## What You'll Need

Despite the proliferation of yogurt makers on the market, everything you need to make yogurt is probably already in your kitchen, with the possible exception of the thermometer. Specifically, you will need:

- 1 Half gallon of milk
- 2-3 Tbs of plain yogurt (as a starter)
- 1 8-10 Qt stock pot
- 1 4-5 Qt pot with lid
- 1 Metal or plastic spoon
- 1 Dial thermometer with clip
- 1 Heating pad



## Notes:

- The amount of milk you use, is the amount of yogurt you will make.
- For your first batch, purchase plain yogurt from the store (all future batches you will use your own). Only use Dannon plain yogurt.
- The smaller pot needs to fit inside the larger one, creating a double-boiler, or water jacket.
- Your spoon needs to be plastic or metal, so it can be sterilized.
- The thermometer you need can be found at a restaurant supply store, or check eBay. Just be sure that its range is at least 100°-185°F, and can clip to your pot's rim.
- The heating pad can be replaced by a hotplate.

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## Create a Water Jacket

While not required, this step will save you time, and ensure consistent results every time out. Further, it prevents you from scalding the milk, which will ruin your yogurt.

Place larger pot in sink

Place smaller pot inside it

Fill larger pot until water line goes about half way up the side of smaller pot

## Notes:

- The smaller pot is going to want to float on you. Hold it down with your hand while filling larger pot with water.
- Don't fill the larger pot more than half way up the side of the smaller pot.
- Have your milk and 2-3 Tbs of yogurt out at room temperature throughout the following steps.



## Sterilize Equipment

You could probably skip this step, but since you need to bring your water to a boil anyway, it removes any possibility of contamination.

Place your thermometer and spoon in the large pot of water

Place smaller pot upside down over larger pot

Heat water until boiling

### Notes:

- Once a boil is reached, use oven mitts to remove hot items, and dry with paper toweling.
- If you have a set of tongs, use them to quickly sterilize the smaller pot lid by dipping in boiling water.



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## Add Your Milk

If you do not have a set of pots that fit inside each other, you could heat the milk directly, but you will need to watch it and stir constantly. With the water jacket approach, you simply:

Place the smaller pot into the larger pot of boiling water

Carefully pour your milk into the smaller pot

Clip your thermometer to the rim of the smaller pot

### Notes:

- The smaller pot is going to want to float when empty, so pour very slowly.
- Once all your milk is in, check to see that water level in larger pot and milk level in smaller pot are about the same. Too much water, and the pot will float, too little water, and you won't heat the milk evenly.
- Add or remove water if there is a big discrepancy.



## Heat to 185°F

You want the milk to reach 185°F so as to kill any bacteria. If you do not have a thermometer, this is also the temperature at which milk begins to froth, like in a latte.

Keep water boiling  
Stir frequently

### Notes:

- While you are waiting for the milk to reach 185°F, fill your sink about 1/4 of the way with cold water.
- Add some ice to the water.



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## Cool to 110°F

110°F is the temperature at which yogurt cultures reproduce themselves. You could wait for the milk to cool on its own, but this is much faster and more efficient.

Carefully place pot of milk in cold water bath  
Stir occasionally

### Notes:

- Like before, you want the level of cold water in the sink to be about even with the level of milk in the pot.



## Pitch Your Yogurt

Pitch simply means to add, and comes from the world of brewing. Brewers pitch yeast to make alcohol, you'll pitch yogurt to make more yogurt!

Pour your 2-3 Tbs of yogurt into your 110°F milk

### Notes:

- Again, if this is your first batch, use only Dannon plain yogurt. All future batches you will make using your own.



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## Stir, Cover, Warm & Wait Seven Hours

This step requires that the yogurt remain warm, and undisturbed. A heating pad or hotplate in a quiet corner works best.

Stir milk well to distribute yogurt you just pitched

Cover with lid

Set heating pad to medium and place on a cutting board

Place pot of pitched milk on top

Cover with a dish towel

Wait seven hours



### Notes:

- Use the pot of hot water to clean your thermometer, spoon, yogurt dish, and any other dishes that might be around (waste not, want not).
- Yogurt is created using "helpful" bacteria (usually lactobacillus bulgaricus or streptococcus thermophilus, or both), which cause the milk to ferment.
- When added to milk at 110°F, they consume the sugar found in milk, called lactose.
- As a result, the milk thickens or curdles, and lactic acid is produced as a byproduct.
- The lactic acid gives yogurt its "tangy" taste, and preserves the milk from spoiling.
- The longer your yogurt sit, the thicker it will get, but the more tangy it will become.
- Make your first batch at exactly seven hours, and then adjust according to your taste preferences.



## Stir Well

Now that you have patiently waited seven hours, it is time to see what you have made.

Remove from heating pad and uncover yogurt  
Use a spatula to see that milk has curdled  
Stir vigorously to mix curds in with liquid

### Notes:

- You will notice a pungent, cheesy odor, and maybe even some greenish liquid on top. This is exactly what you want to see.
- Really stir it well to distribute the clumpy curds into any remaining liquid.



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## Pour into Containers

You can use any containers that have a proper fitting lid and can accommodate 1/2 gallon, or whatever size batch you are making.

Carefully pour yogurt into container(s)  
Cover with tight fitting lid(s)

### Notes:

- Old yogurt or ricotta cheese containers work very well.
- You may notice that your yogurt is much thinner than typical store bought yogurt. Store bought yogurts typically use pectin and other thickeners, to make them seem creamier. And, your yogurt is not yet in its finished state.



## Chill Overnight

Rigorous stirring and then chilling will cause the bacteria in yogurt to stop consuming lactose and producing lactic acid.

Place yogurt in the coldest part of your refrigerator

Wait overnight

### Notes:

- Yogurt bacteria likes to be kept still and warm. Stirring and chilling causes the thickening and tartening to cease.
- The back of your refrigerator is typically the coldest.



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## Stir & Enjoy

Now it's time to enjoy the fruit of your labor!

Stir yogurt well & enjoy!

Repeat as necessary

### Notes:

- Your refrigerated yogurt will be much thicker now. Kept refrigerated, it will last 2 to 3 weeks.
- Your yogurt has no sugar added at all. Mix with fresh fruit, honey, granola, jellies & jams, or however you currently enjoy yogurt.
- Be sure to reserve 2-3 Tbs of your yogurt for you next batch!

