

# Homemade Yogurt

*Making your own yogurt may sound ambitious, but it's really not. All it takes is two ingredients and 20 minutes of hands-on time. ~ MarthaStewart.com*

## INGREDIENTS

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- 1 quart 2 percent milk
- 3 tablespoons plain low-fat yogurt

### COOK'S NOTE:

**Keep It Cozy:** Wrapping the mixture in towels helps maintain a consistent temperature. The longer incubation time in the range given in step 3 produces a slightly thicker, tangier result.

## DIRECTIONS

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### 1. STEP 1

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Place milk in a large saucepan over medium-high heat; cook until it reaches 180 degrees, stirring occasionally to prevent scorching, 5 to 7 minutes. Let cool to 115 degrees.

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### 2. STEP 2

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Whisk together 1 cup milk and the yogurt. Stir into remaining milk.

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### 3. STEP 3

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Transfer to a 1-quart mason jar. Wrap jar (without lid) in 2 clean kitchentowels, completely covering sides and top. Let stand undisturbed in a warm place until yogurt has the consistency of custard, 4 to 5 hours.

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### 4. STEP 4

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Refrigerate uncovered jar; when it's cool to the touch, about 30 minutes, screw on a tight-fitting lid.

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When draining whey off yogurt, it can be used in bread or ricotta cheese recipes, etc. You can make and keep the same yogurt culture for years. Make it in a half gallon recipe, save a couple tbs with a little of the whey, and keep frozen in freezer for the next batch, in a couple little Ball plastic containers with a lid (keep 2 just saved just in case).

# How to Make Vanilla Yogurt in Your Crock Pot

*Just a few ingredients, no thermometer, healthier & cheaper than store-bought*



## INGREDIENTS

- 1/2 gallon milk
- 1/2 cup yogurt starter
- 1/2 cup sugar
- 1 tablespoon pure vanilla extract
- Cheesecloth and colander (Optional)

The first time, any store-bought plain or vanilla yogurt with active cultures will work just fine.

## INSTRUCTIONS

1. Pour 1/2 gallon of milk into crock pot and turn it on low. Let it sit for 2 hours and 45 minutes. Set a timer and walk away from the crock pot at this point.
2. When the timer dings, turn the crock pot off and unplug it. Whisk in sugar and vanilla. Let the yogurt sit for 3 hours. Again, set your timer and resume your regular activities.
3. After the 3 hours are up, spoon 1 cup of the milk into a small mixing bowl. Whisk in your yogurt starter. Add this mixture back to the crock pot and whisk it all together.
4. Put the lid back on the crock pot and wrap the entire crock pot in one or two beach towels. I wrap one around the outside and cover the top with another towel. (The reason being is that it allows the temperature of your yogurt to slowly cool and culture.)
5. Let your wrapped crock pot sit for 8 to 12 hours while the yogurt cultures. The longer the yogurt cultures, the tangier the taste.
6. After the 8 hours are up, enjoy your yogurt – or strain for a thicker yogurt. If you want it thicker, line a colander with 2 or 3 squares of cheesecloth. Place the colander on top of a metal bowl and pour the yogurt into the cheese-lined colander. Carefully place the bowl in the refrigerator for a couple hours. After trial and error, I believe 3 hours is the right length of time for this straining. You can check the thickness of your yogurt by stirring it. Whenever you think it is ready, scoop the yogurt out of the colander and put it in glass jars or storage containers.
7. Enjoy your delicious yogurt... save a half a cup for the starter in your next batch.