


# Plain Yogurt

 Prep time: 10 minutes / Incubation: 5-8 hours (plus up to 1 hour 30 minutes cooling)

 Serves: 8

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*1 quart/1 Liter whole, homogenized milk*

*2 tsp plain yogurt with live and active cultures*

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## STEP 1 – Scald the Milk

Place the stainless-steel vessel in the Fast Slow GO. Add the milk. Close and lock the lid. Press YOGURT then press START. The milk will heat to 182°F (83°C) and hold at the temperature for 10 minutes.

## STEP 2 – Cool the Milk

Open the lid and do not press any controls. The cooling phase will automatically cool the milk to 110°F (43°C). First the word 'COOL' will appear on the cooker screen.

At the end of the cooling time the cooker will sound an alert when it has reached the correct temperature, about 1 hour 30 minutes.

### Tip

*Cooling the milk with the lid open will result in a skin forming on top. Removing this skin before adding the starter will help to ensure a smoother texture to the yogurt.*

## STEP 3 – Incubate the Yogurt

At the end of STEP 2, the word 'ADD' will appear in the cooker screen. Place the yogurt starter in a bowl. Add ½ cup of the cooled milk and whisk until smooth. Whisk the milk mixture into the cooled milk in the vessel. Close and lock the lid press START to incubate for 5-8 hours. The longer it is incubated the tangier the yogurt will be.

## STEP 4 – Refrigerate

When the cooker sounds an alert that the yogurt has finished incubating, remove the stainless-steel pot, cover with plastic wrap and refrigerate until cold. Once the yogurt is completely cold, transfer to an airtight container and refrigerate for up to 2 weeks.

### Tips

*For thicker or Greek yogurt, line a colander with cheesecloth that has been rinsed in cold water and wrung out, allowing a few inches to hang over the sides. Place the colander over a large, deep bowl. Pour the yogurt into the colander and refrigerate for at least 3 hours and up to overnight to drain. When desired consistency is achieved, transfer yogurt to clean jars and refrigerate for up to 2 weeks. The remaining whey may be used in recipes or discarded.*

*Using homogenized milk will produce a smoother yogurt. If your result is slightly lumpy and separated, whisk the cooled yogurt gently to combine.*

*To cool scalded milk faster, place stainless steel vessel in a large bowl of iced water, check the temperature with a thermometer. When the milk has reached 110°F (43°C), add ½ cup of the cooled milk to the yogurt starter, whisk until smooth, then whisk in the mixture and return the pot to the pressure cooker.*



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