

# HOMEMADE YOGURT

From the Kitchen of: Michael Simon, Community Member



**Cook Time:** 40 minutes | **Cooling Time:** 10 minutes | **Fermentation Time:** 24 hours | **Yield:** 6 bowls  
**Common Allergens:** Milk

According to Michael, this homemade yogurt tastes better than store-bought! Michael began making this recipe during the COVID-19 pandemic for a delicious, healthy alternative. Michael feels that if everyone started making yogurt at home, we could cut down on plastic waste.

## INSTRUCTIONS:

- Wash all cooking implements well before getting started. The pot, fermentation vessel, and utensils should be clean when you start.
- In a pot, simmer the milk on low heat for around 30 minutes. For a thicker yogurt, simmer for longer. Simmer the milk either covered or uncovered, but be sure to watch carefully to avoid the milk boiling.
- Once the milk has simmered for 30-40 minutes, let it cool to around 110° F. For safety, do not let the mixture cool below 110° F. Temperature is key to ensuring that the milk ferments properly and safely.
- Mix 1 cup of the cooled milk with the starter yogurt.
- Into a container with a firm-fitting lid, such as a large glass jar or ceramic vessel, add the yogurt-milk mixture and the remaining milk. Do this step quickly to avoid losing too much heat.
- Close the lid, cover the jar or container with 3 towels, and place it in a relatively warm place in the kitchen.
- After about 24 hours, open it up to reveal your yogurt! At this point, inspect the yogurt for any signs of improper fermentation. If the yogurt is smelly, discolored, or curdled, discard the mixture and do not consume it.
- Store the yogurt in an airtight container in the refrigerator for up to 1 week.

## INGREDIENTS:

- 2 Tablespoons plain yogurt – to use as a “starter.” This can be from a prior batch of yogurt or a quality store-bought plain yogurt, such as Greek yogurt
- 1 quart pasteurized milk (whole, 2%, or skim)

