

Direct-Set Starter with Raw or Pasteurized Milk

(high-temperature method)

Step 1 Prepare the Milk

- Measure out 1 to 2 quarts of fresh raw or pasteurized milk.
- Heat the milk to between 160° and 180°F then cool it down to 110° to 112°F.
- Put the milk into a clean glass container, or a plastic insert for a yogurt maker.
- Optional: Add cream or powdered milk. Thickeners such as agar, tapioca starch, guar gum, etc. can also be added at this point. Make sure the thickener is thoroughly incorporated into the milk.

Step 2 Inoculate the Milk with the Culture

- Add 1/8 teaspoon of starter to one or two quarts of milk. (You can make larger quantities of yogurt by adding 1/4 teaspoon to 1 to 4 gallons of milk.)
- Stir thoroughly to mix the culture into the milk.
- Put a lid on the jar. If you are using a yogurt maker, you can leave the lid off or put it on.

Step 3 Culture the Milk

- Put the inoculated milk in a yogurt maker, or wrap it and put it in a place that will remain at 110° to 112°F.
- Let it sit without being disturbed for 5 to 7 hours.
- Begin to check the yogurt at 5 hours, and again every half hour or so, until it is set.
- When the yogurt is set, let it cool for 2 hours to room temperature.
- Put it in the refrigerator for 6 hours.

How to Make Greek-style Yogurt



Thick, creamy, and decadent Greek-style yogurt is easy to make at home for a fraction of the cost of commercial varieties. Beyond the superior consistency, Greek-style yogurt contains more protein per ounce (due to the removal of a large portion of the whey) and can be used in place of sour cream in most recipes.

Step 1: Make Yogurt

Although Greek yogurt is traditionally made with a thermophilic yogurt culture such as our [Traditional Greek Yogurt Starter](#), Greek-style yogurt can actually be made with virtually any variety of yogurt. Follow the instructions for the yogurt culture you are working with. Once the yogurt is fully set and chilled for at least 6 hours to halt the fermentation process, proceed to step 2.

Step 2: Strain the Yogurt

What makes Greek-style yogurt unique is the thick and creamy texture that is achieved through straining off a significant portion of the whey.

1. Place a colander in a bowl. Place a tight-weave towel, multi-layered cheesecloth, or large paper coffee filter in the colander. A cloth will generally strain more efficiently than a coffee filter.
2. Pour the yogurt into the cloth or filter. If using a cloth, gather the corners of the cloth together. Knot the corners together hanging the cloth over the handle of a kitchen cabinet so it hangs over the bowl allowing the whey (clear or slightly cloudy liquid) to drip off.

3. Allow the yogurt to drip for 2 or more hours until the desired consistency has been achieved.
4. Once the process is complete, store the yogurt in the refrigerator.
5. The resulting whey can be used to ferment vegetables like cabbage. The purpose of the whey is to get the lacto-fermentation to start up a little faster. For instance, most recipes for sauerkraut recommend about 4 tablespoons of whey to a quart of cabbage. You can also add whey to your soaking grains or to smoothies for extra protein, either as liquid, or frozen in ice cubes. Refrigerated, your whey should stay good for up to 6 months.