



# Greek Yogurt STARTER CULTURE INSTRUCTIONS

*You can make delicious Greek yogurt at home!*

## YOU CAN DO THIS

Deliciously rich and tangy, our Greek Yogurt Starter can be re-cultured again and again to create thick, authentic Greek yogurt. You'll need a yogurt maker or some other appliance to hold the milk at the correct temperature for culturing.

### Activating the Yogurt Starter

Total time: up to 20 hours ★ Active time: 20 minutes + 1 minute every hour from hours 5-12

- 1 Heat** 1 quart of pasteurized milk to 160°F then **cool** to 110°F.
- 2 Pour** the cooled milk into a glass or plastic container.
- 3 Cover** the mixture and **incubate** it at 110°F for 5-12 hours in a yogurt maker or similar appliance.



110°F ⌚ 5 HOURS

**DON'T  
TOSS  
IT!**

Liquidy activation batch? If it has a fresh, tangy aroma, it's cultured and can make yogurt. It can take 2-3 batches for the flavor and texture to even out.

Make a new batch of yogurt at least once every 7 days to keep your cultures strong. Always use the freshest batch.

**EVERY  
7  
DAYS**

Flip over for instructions for making more yogurt. ➔

**WANT MORE?**  
Dozens of eBooks, videos, & expert tips on our website:  
[WWW.CULTURESFORHEALTH.COM](http://WWW.CULTURESFORHEALTH.COM)

### What You'll Need

- ➔ 1 packet of starter culture (store extras in the freezer)
- ➔ Stainless steel pot, enamel pot, or double boiler
- ➔ Pasteurized whole milk (avoid ultra-pasteurized or UHT milk)
- ➔ Culturing container (glass or plastic)
- ➔ Yogurt maker or similar appliance that will hold at 105°-112°F
- ➔ Non-aluminum mixing utensil (Stainless steel is OK)
- ➔ Thermometer

- 4 Check** after 5 hours to see if it has set. If it has not set, **leave** it for up to 12 hours, checking every 30-60 minutes.

110°F ⌚ UP TO 12 HOURS  
CHECK EVERY 30-60 MINUTES

- 5** Once it has set, or at the end of 12 hours, **cover** the yogurt and allow it to **cool** for 2 hours.

68°-85°F ⌚ 2 HOURS

- 6 Refrigerate** the yogurt for at least 6 hours. You can eat it at any time (*refrigerating helps set the yogurt*).

32°-40°F ⌚ 6+ HOURS

- 7** Don't forget to **save** 2-3 Tbsp. for culturing the next batch!

*What's next?* Eat your yogurt! Then make more and make it thicker, plus troubleshooting tips. ➔

## Instructions for Making Yogurt

Total time: up to 16 hours ★ Active time: 20 minutes + 1 minute every hour from hours 5-8

- 1 Heat** 1 quart of pasteurized milk to 160°F then **cool** to 110°F.
- 2 Pour** the cooled milk into a glass or plastic container. **Stir** in 2-3 Tbsp. of yogurt and mix thoroughly.
- 3 Cover** the mixture and **incubate** it at 110°F for 5-8 hours in a yogurt maker or similar appliance.



— / 110°F ① 5-8 HOURS —

### Make Thicker Homemade Yogurt

Yogurt may not thicken until cooled, and thickening may take up to 24 hours. Homemade yogurts are usually thinner than store-bought, which often contain additives. Here's how to thicken homemade yogurt:



→ **Choose milk with a higher fat content.** Yogurt made with reduced-fat milk will be thinner than yogurt made with whole milk. Many yogurt cultures perform well in half-and-half.

→ **Heat your milk longer.** Heat your milk to 160°-180°F and hold for 20-30 minutes before cooling.

→ **Strain the yogurt.** Our Greek Yogurt Maker, a cotton bag, or a tight-weave cloth are all effective tools for draining whey from yogurt. Strain for a few hours up to overnight for a thicker texture.

→ **Add thickeners.** Thickeners may interfere with reculturing, so set aside some yogurt for your next batch before adding them. Try using ½-1 cup powdered milk per 3-4 cups of finished yogurt, or see our website for tips on using other thickeners.

**4 Check** frequently by tilting the jar gently. If the yogurt moves away from the side of the jar in one mass instead of running up the side, it is finished culturing.

**5** Once it has set, **cover** the yogurt and allow it to **cool** for 2 hours.

— / 68°-85°F ① 2 HOURS —  
**6** After 2 hours, **refrigerate** it for at least 6 hours before eating.

— / 32°-40°F ① 6+ HOURS —  
**7** Don't forget to **save** 2-3 Tbsp. for culturing the next batch!

→ Try our tips for *flavoring your yogurt and other recipes:*  
[www.culturesforhealth.com/yogurt-recipes](http://www.culturesforhealth.com/yogurt-recipes)

### Questions? We can help!

**Q How do I know my yogurt is set?**

**A** You will notice a change in the milk's texture, and it will separate away from the sides of the container when it's tilted.

**Q How do I use raw milk to make yogurt?**

**A** If you wish to use raw milk to make yogurt, please visit the following URL for more detailed instructions:  
[www.culturesforhealth.com/raw-milk-yogurt](http://www.culturesforhealth.com/raw-milk-yogurt)

**If your starter isn't performing as expected, don't throw it away!** Put a tight lid on your culture, store it in the fridge, and contact customer support.  
[www.culturesforhealth.com](http://www.culturesforhealth.com)



**Q My activation batch doesn't seem to have set. What should I do?**

**A** Don't throw it away! Even if the activation batch doesn't set, if it smells pleasant, it's still cultured and can be used to make yogurt. Not to worry, you haven't failed!

**WANT MORE?**

We have dozens of recipes, how-to videos, and articles for beginners and yogurt pros on our website,  
[www.culturesforhealth.com/yogurt](http://www.culturesforhealth.com/yogurt)

Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

