Coconut Milk Yogurt

This delicious coconut milk yogurt recipe is a great option for coconut lovers or anyone avoiding traditional dairy.

Yield: This recipe makes eleven 8 oz / 250 ml servings of yogurt.

Timing: 1 hour preparation and about 3 hours culturing in the Folding Proofer.

Ingredients	By volume	By weight
Coconut milk in a carton (low-fat, unsweetened)	2 quarts / 2 L	2 kg / 71 oz
Coconut milk, canned	1⅔ C / 398 ml	398 ml / 13.5 oz
Sugar	½ C	100 g / 3.5 oz
Cornstarch	1 C, lightly spooned	120 g / 4.2 oz
Salt	⅓ tsp	2 g / 0.07 oz
Yogurt starter*	½ C + 2 T	151 g / 5.3 oz

This can be a store-bought coconut milk yogurt or a regular dairy yogurt with live cultures. You can also use a direct-set vegan yogurt according to package directions.

Equipment: Brød and Taylor Folding Proofer & Slow Cooker (without water tray), thermometer, large spoon or whisk, and glass mason jars or other heatproof containers with a capacity of 1 quart/liter or less. Everything that will touch the milk should be thoroughly clean and dry.

Note: When using the Folding Proofer to make yogurt, make sure there is no water in the water tray. The water tray is not needed for making yogurt; you can remove it from the Proofer or leave it empty. Do not add water because it will affect temperature settings.

Bringing the Coconut Mixture to a Boil. Mix the canned coconut milk with the sugar, cornstarch, and salt and then whisk until smooth. Next, whisk in the half gallon carton of low-fat coconut milk. Using either the microwave or stove top, bring the mixture to a boil, stirring occasionally to distribute the cornstarch and sugar and to prevent scorching. Simmer and stir just until thickened (mixture will still be pourable).

Cooling the Coconut Milk Mixture to 115 °F / 46 °C. Remove the coconut milk mixture from the heat and cover to prevent a skin from forming. Allow it to cool to at least 115 °F / 46 °C. For faster cooling, place the container of coconut milk in a pan or sink of cold tap water. While the coconut milk is cooling, set up the Proofer with the wire rack in place and the temperature at 120 °F / 49 °C.

Adding Live Culture Yogurt to the Coconut Mixture. To inoculate the milk, put the yogurt starter with live cultures into a small bowl. Gradually stir in enough warm coconut milk mixture to thin the yogurt and stir until smooth. Then pour the liquefied culture back into the large container of coconut milk mixture and stir gently to distribute. Finally, pour the milk into culturing jars, cover them, and place them in the Proofer.

Tip: For the best heat circulation and the most accurate culturing temperature, arrange the jars so that they are not directly over the center of the Proofer.

Culturing at 120 °F / 49 °C for 1 Hour, then Lowering the Heat to 86 °F / 30 °C. Set a kitchen timer for 1 hour and turn the Proofer down to 86 °F / 30 °C after that hour. It is important not to let the yogurt remain at 120 °F / 49 °C for more than 1 hour in order to avoid damaging the culture that may result from culturing at a too high temperature for too long.

Checking the Yogurt after 3 Hours. After 1 hour at 120 °F / 49 °C and 2 more hours at 86 °F / 30 °C, check the yogurt by gently tilting a jar to the side to see if the milk has set. Once set, the yogurt can be removed or, for more flavor, allowed to culture longer. When the yogurt is ready, put it in the refrigerator and allow it to chill thoroughly. Make sure to reserve enough yogurt to start your next batch.

Tip: It is convenient to include one small container among your larger culturing jars, so that it can be easily removed early to reserve in the refrigerator as the seed culture for your next batch of yogurt.