

Custard-Style & Greek-Style Yogurt

Our yogurt recipe makes thick custard-style and Greek-style yogurt without the need for additives like gelatin or powdered dry milk.

Two key techniques create this thick creamy yogurt:

1. Holding the temperature of the milk at 195 °F / 90 °C for 10 minutes creates a spoonable texture.
2. Culturing using our High-Low method. This method starts with a hot temperature 120 °F / 49 °C to speed culturing while providing the most food-safe conditions and then switches to a low temperature 86 °F / 30 °C to achieve a smooth, firm set.

Yield: See the chart below.

Timing: 1 hour preparation and about 3-4 hours culturing in the Folding Proofer.

Ingredients	By volume			
	Milk (whole, low-fat, or skim)	4 C / 1 L	2 quarts / 2 L	1 gal / 4 L
Plain yogurt starter*	2 T / 30 ml	¼ C / 60 ml	½ C / 120 ml	1 C / 240 ml
By weight				
Milk (whole, low-fat, or skim)	1 kg / 2.2 lbs	2 kg / 4.4 lbs	4 kg / 8.8 lbs	8 kg / 17.6 lbs
Plain yogurt starter*	30 g / 1 oz	60 g / 2 oz	120 g / 4 oz	240 g / 8 oz

*Either store-bought plain yogurt with live cultures or homemade yogurt reserved from a previous batch.

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.

Heating the Milk to 195 °F / 90 °C and Holding it for 10 Minutes. Heat the milk to 195 °F / 90 °C. Stir frequently to prevent scorching. Hold the temperature of the milk above 195 °F / 90 °C for 10 minutes. Depending on the batch size, it may be necessary to use low heat on the stovetop.

Tip: Stirring or whisking the milk to cover the surface with bubbles will prevent it from forming a skin during heating and cooling.

Cooling the Milk to 115 °F / 46 °C. Remove the milk from the heat and allow it to cool to at least 115 °F / 46 °C. For faster cooling, place the container of milk in a pan or sink of cold tap water. While the 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 Milk. To inoculate the milk, put the yogurt starter with live cultures into a small bowl. Gradually stir in enough warm milk to thin the mixture and stir until smooth. Then

pour the liquefied culture back into the large container of milk 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 whey separation and lumpy texture that result from culturing at a too high temperature for too long.

Checking the Yogurt after 2 Hours. Check the yogurt by gently tilting a jar to the side to see if the milk has set. If you have used higher protein milk or a fast-acting culture, it may be ready in just 2 hours (1 hour at 120 °F / 49 °C plus 1 hour at 86 °F / 30 °C). Most yogurts will take about 3-4 hours to set; however, the yogurt can also be cultured longer for more flavor and acidity. 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.

Greek-Style Yogurt can be made by straining our classic, custard-style, lactose-free, goat, or soy yogurt. To strain yogurt, line a colander or strainer with a large paper coffee filter or several layers of a cheese cloth. Set the strainer over a bowl and pour or spoon in the yogurt. Cover and refrigerate. Allow to strain for 3-4 hours for thick Greek-style yogurt, or overnight for the thickest possible texture.



Spoon or pour yogurt into lined strainer, keeping the level of the yogurt below the rim. Cover and refrigerate. After 12 hours, uncover, lift strainer from bowl, and refrigerate the whey for another use. Gently roll yogurt out of filter into a clean bowl.