

Soy Milk Yogurt

For a dairy-free alternative to yogurt with the nutritional benefits of soy, this soy milk yogurt recipe uses our custard-style method to make a wonderfully thick and creamy yogurt. Culturing soy milk adds beneficial probiotics and also helps neutralize phytic acid, a naturally-occurring compound in soybeans that can bond with minerals, making them less bioavailable. Our testers enjoyed this soy milk yogurt, slightly sweetened and with a drop or two of good lemon oil.

Yield: See the chart below.

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

Ingredients	By volume		
	Soy milk, plain and unsweetened	1 C / 250 ml	4 C / 1L
Sugar, optional	2 tsp	2 T + 2 tsp	¼ C + 4 tsp
Lemon oil/extract, optional	to taste	to taste	to taste
Yogurt starter*	1 T / 15 ml	4 T / 60 ml	½ C / 120 ml
By weight			
Soy milk, plain and unsweetened	250 g / 9 oz	1 kg / 36 oz	2 kg / 72 oz
Sugar, optional	8 g / 0.3 oz	32 g / 1.2	64 g / 2.4 oz
Lemon oil/extract, optional	to taste	to taste	to taste
Yogurt starter*	15 g / 0.5 oz	60 g / 2.1 oz	120 g / 4.2 oz

**This can be a store-bought soy yogurt or a regular dairy yogurt with live cultures. You can also use a direct-set vegan starter 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.

Heating the Soy Milk to 195 °F / 90 °C and Holding it for 10 Minutes. Using either a microwave or the stovetop, heat the soy milk to 195 °F / 90 °C. If using the stovetop, 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 or a short burst in the microwave to keep the milk hot.

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 Soy Milk to 115 °F / 46 °C. Remove the soy 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 and Flavorings to the Milk. To inoculate the milk, put the yogurt starter with live cultures into a small bowl. Gradually stir in enough warm soy milk to thin the mixture and stir until smooth. Then pour the liquefied culture back into the large container of soy milk and stir gently to distribute. Stir in optional sugar and flavorings. Finally, pour the soy 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 3 Hours. After 1 hour at 120 °F/49 °C and another 2 hours at 86 °F/30 °C, check the yogurt by gently tilting a jar to the side to see if the milk has set. Most yogurts will take about 3-4 hours to set; however, the yogurt can also be cultured longer more flavor and acidity. When the yogurt is ready, put it into 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.