



Instructions for Making Yogurt

YOGURT PLUS PROBIOTIC YOGURT STARTER

You'll need...	A yogurt maker
	32 fl oz - 42 fl oz (1 quart - 1.25 quarts/ 1 liter - 1.25 liters) of dairy milk (full fat, 2%, or skim), depending on your yogurt maker
	1 sachet of Yogurt Plus starter culture (or 2 tablespoons of yogurt made with Yogurt Plus)
	a thermometer
Step 1	Place the milk in a saucepan and gently heat to 180°F. Once the temperature is reached, remove from heat and let it cool to 100°F-110°F.
Step 2	Whisk in 1 sachet of Yogurt Plus starter culture. This distributes the good bacteria throughout the milk.

Step 3	Place the milk in yogurt jars without lids and incubate in your yogurt maker for 6- 8 hours. A consistent, lukewarm temperature is paradise for all the good bacteria, and promotes their growth.
Step 4	Remove the jars from the yogurt maker, close the lids, and place the jars in the fridge to cool and set for at least a couple of hours. As the yogurt cools it will get even thicker! Store in the fridge.
Reculture	To make a new batch, repeat these instructions but use 2 tablespoons of yogurt made with Yogurt Plus as your starter.

Note: Store the starter culture in the refrigerator until you're ready to use it.

FAQs

What kind of milk can I use to make yogurt at home? Any type of pasteurized dairy milk can be used with this starter culture, such as skim, 1%, 2%, whole milk, or half and half. Avoid ultra-pasteurized or UHT milk, as it can cause problems. For information regarding other kinds of dairy and non-dairy milks, please scan the QR code on this insert.

How can I make my yogurt thicker? There are several ways to improve the thickness of the yogurt. Whole milk or adding a little cream can make your yogurt thicker. But don't use all cream as this doesn't have enough lactose for the bacteria to form yogurt.

You can add a tablespoon of powdered milk for every 8 fluid ounces of milk to help make it thicker.

Heating the milk to high temperatures of 160-180°F and holding it there for 20 minutes denatures the proteins, allowing them to form a stronger curd. A higher temperature, held for a longer time, will give you a firmer yogurt.

How long will finished yogurt last in my refrigerator? In the refrigerator, it should last 7-10 days to allow you to re-culture another batch. It should stay edible for 2-3 weeks.



Can I use more than 1 sachet of starter culture to make yogurt? *Do not use more starter than recommended. When you use too much starter it can crowd the bacteria. The result is often a thinner, sometimes bitter, yogurt.*

Can I use my yogurt to revive another culture (such as milk kefir)? *No, combining different cultures leads to competition between bacteria. The different bacteria will want to dominate and can kill each other.*

Is the temperature important when culturing yogurt? *It's important to stay within the recommended range of 100°F to 110°F when culturing yogurt. Too warm and the bacteria will die. Too cool and the culturing will halt, and will likely not start again and your yogurt will be thin and not form a curd.*

Why do I have to heat pasteurized milk when using the culture? *Heating the milk to 180°F will kill any bacteria present in the milk that might compete with the bacteria in the culture. It will also help denature the protein to form a thicker curd. The goal is to destroy unwanted bacteria that could prevent the yogurt from setting or that could grow beside the good bacteria contained in the starter.*

Can I make yogurt without a starter culture? *No, either a yogurt starter culture or some previously-made live yogurt is required in order to make yogurt.*

What is a starter culture? *A starter culture is a blend of bacteria that starts the culturing process, lowers the pH of the milk, and gives the resulting yogurt its tangy taste and firmer texture.*

How long does an unopened sachet of starter culture keep in the refrigerator? *The Best By date is printed on each pouch and on each sachet. Please keep the starter culture refrigerated for optimal shelf life.*

Can I make yogurt without a yogurt maker? *You will need a reliable method of keeping the temperature at a constant temperature of 100°F to 110°F. You could try using a sous vide device or an Instant Pot.*

What should I do if the yogurt slightly curdles or if the whey separates from the curds? *No problem! The yogurt is still good, just stir it to achieve a more even consistency.*

How does the fat content of the milk affect the yogurt? *There's a direct correlation between the fat content of the milk that you use, and the creaminess of the resulting yogurt. Whole milk with a higher fat content will result in a rich, creamy yogurt; skim milk will produce a much less creamy texture.*

Should I add flavorings such as fruit, sweeteners etc during or after fermentation? *Add these after the yogurt is fermented.*

Note: Store the starter culture in the refrigerator until you're ready to use it.

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