

## Instructions for Making Yogurt

## YOGURT PLUS PROBIOTIC YOGURT STARTER

You'll Need	A yogurt maker	Step 3	Place the milk in yogurt jar(s) without lid(s) and incubate in your yogurt maker for 8 hours (devices with adjustable temperatures should be set to 110°F). If the yogurt hasn't firmed after 8 hours, leave it to ferment in the appliance for a couple of hours longer. The yogurt will also thicken once it cools down in the refrigerator.
	1 quart – 1.25 quarts (1 liter – 1.25 liters) pasteurized or ultra-pasteurized dairy milk (skim, 1%, 2%, or whole milk). Goat milk may yield a thin result.		
	1 sachet of Yogurt Plus starter culture.		
	A thermometer		
Step 1	<ul style="list-style-type: none"> <li>• <b>Pasteurized milk:</b> In a saucepan, gently heat the milk to 180°F, then remove from heat and let cool to 110°F.</li> <li>• <b>Ultra-pasteurized milk:</b> In a saucepan, gently heat the milk to 110°F.</li> </ul>	Step 4	Remove the jars from the yogurt maker, let cool, close the lids and place in the refrigerator to cool and set for at least a couple of hours. As the yogurt cools, it will get even thicker. Keep the finished yogurt in the refrigerator.
Step 2	Whisk in 1 sachet of Yogurt Plus starter culture.	Reculture	To make a new batch, repeat these instructions, except use 2 tablespoons of your finished yogurt per quart of dairy as your starter culture (instead of a sachet).



This starter culture is formulated to ship without refrigeration.  
Please store it in the refrigerator or the freezer until you're ready to use it.

### FAQs

**What kind of milk should I use?** Any type of pasteurized or ultra-pasteurized dairy milk, such as skim, 1%, 2%, or whole milk. Goat milk may yield thin results. This starter is primarily designed for dairy milks. For non-dairy options, please scan the QR code on this insert.

**How can I make my yogurt thicker?** Higher fat content will make a thicker yogurt. Use whole milk or add a little cream (but don't use all cream as this doesn't have enough lactose for the bacteria to form yogurt). You can also strain the yogurt (keep the whey). Other options are adding 4 tablespoons of powdered milk (or 1 tbsp. of prebiotic fiber) per quart, whisking well before fermentation. Heating the milk to 160–180°F and holding it there for 20 minutes (and then cooling it to 110°F before fermentation) may help denature the proteins, allowing them to form a stronger curd.

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

*(FAQs continued on other side)*

### Is the temperature important when culturing yogurt?

Yes. Stay with the recommended 110°F. Too warm and the bacteria will die. Too cool and the culturing will halt and likely not start again.

**Why do I have to heat pasteurized milk?** To kill any bacteria in the milk that might compete with the bacteria in the culture. It will also help denature the protein to form a thicker curd. Ultra-pasteurized milk should only be warmed up to 110°F (fermentation temperature).

**How many times can I reculture?** For as long as your batch thickens and comes out pleasantly yogurty.

**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 in the refrigerator or freezer until you're ready to use it.

**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.

**What should I do if the yogurt has not firmed after 8 hours?** You could leave it to ferment for a couple of hours longer. Do not poke or shake it while fermenting. Even if not fully firm, the yogurt will thicken when it cools down in the refrigerator. Remember that low-fat milk will yield thinner results than full-fat milk.

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

**When should I add flavorings such as fruit, sweeteners, etc.?** Add these after the yogurt is refrigerated, or before consumption.

**Can I use non-dairy beverages?** Our starter was primarily designed for dairy. Fermentation of non-dairy beverages is trickier. Some non-dairy suggestions are available from Cultured Food Life, see [culturedfoodlife.com](http://culturedfoodlife.com).

Scan for recipes!



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