

HOMEMADE YOGURT - QUART METHOD

Two Starters · Simple Method · A Working Kitchen Staple

INGREDIENTS (PER QUART)

- 1 1 quart milk (low-temp pasteurized preferred)
- 2 1 packet Bulgarian yogurt starter (optional)
- 3 2 tablespoons plain yogurt with live cultures (optional)

MILK NOTE

- 1 Low-temperature pasteurized milk is preferred
- 2 Regular pasteurized milk works well
- 3 Ultra-pasteurized milk may result in a softer set

METHOD

- 1 Heat milk to 180°F (improves thickness)
- 2 Cool to 110°F
- 3 Add starter
- 4 Incubate 8–10 hours at 100–105°F
- 5 Check for set (soft, slightly jiggly)
- 6 Refrigerate at least 4 hours before judging texture

STRAINING (OPTIONAL)

- 1 Butter muslin pouch: tie and hang over a bowl
- 2 Yogurt strainer: drain 2–6 hours in refrigerator
- 3 Longer draining = thicker yogurt

STORAGE

- 1 Store covered in refrigerator
- 2 Best used within 7–10 days

WHAT WE DO WITH IT

- 1 Smoothies
- 2 Marinades for tenderizing meat
- 3 Layered yogurt jars with fruit and honey
- 4 Strained yogurt with herbs, olive oil, and chilies
- 5 Serve as part of a full table with meats, vegetables, and bread