

YOGURT!!!

This one has been percolating for a while. Kinda more out of curiosity than anything else, but I gave it a chance and you know what? PRETTY F@#\$\$@#\$\$ FANTASTIC!!!. I drained it to make “Greek” style and it turned out nice and thick. So many uses too! This is also one of those things like sourdough it evolves over time the more you make it, the more you make it your own!!!

20210522 (Saturday):

I am now on Generation III! Let’s see how long we can keep this going!

INGREDIENTS

Qty.	Unit	Item
1	Gallon	Whole Milk
150	g	PLAIN Yogurt with Active Cultures
OR		
165	g	Yogurt from Previous Batch

They SAY you can use any type of milk, whole, 2%, skim, etc. The only restriction I have seen is that it cannot be ultra-high-temperature pasteurized; something about that process denatures the protein chains or something along those lines

The “plain yogurt with active cultures” is what kicks it all off. This is what provides the initial good bacteria to kick off the fermentation. For the first batch, you start off with your favorite store bought yogurt, but after that, you use a seed from your previous batch in each successive batch.

SPECIAL TOOLS

- Food Saver (or similar vacuum sealer) [i]
- Vacuum seal bags or bag rolls [i]
- Sous Vide machine[i]
- Vacuum seal bag holder[i]

PREPARATION – DAY 01

- 1) Heat one gallon of milk in a large pot over mediumish heat until it reaches 180 – 190 deg. F, stirring occasionally to prevent milk from sticking to bottom of pot. Check temperature every 5 – 10 minutes. It should take somewhere around 40 minutes to an hour
- 2) While the milk is heating, make (Qty. 4) 4-line vac seal bags
- 3) Heat Sous Vide machine to 110 deg. F
- 4) Once the milk has reached temperature, remove the heat and let cool to 110 – 115 deg. F
- 5) Remove 1 cup of the milk and mix with the yogurt starter in a mediumish glass bowl until smooth
- 6) Mix the yogurt / milk mix back into the pot with the rest of milk until well incorporated

- 7) Split into 4 equal portions into 1 quart measuring cups
- 8) For each portion
 - a. Place a bag in the vacuum seal bag holder
 - b. Pour one portion of the milk / yogurt mix into the bag
 - c. Remove the bag from the vacuum seal bag holder
 - d. Place bag in the vacuum sealer and pull vacuum just until the milk / yogurt mix starts to get pulled up
 - e. Double seal
 - f. Remove the bag and wipe out any milk / yogurt mix from the top of the bag
 - g. Place the bag back in the vacuum sealer to form a seal just above the first one
 - h. Double seal
- 9) Place the bags in the Sous Vide machine. Make sure to use a rack so that the bags remain vertical. Also make sure that the bags will stay submerged below the water [iii]
- 10) Once the Sous Vide machine recovers temperature, set timer for 12 to 24 hours [iv]

PREPARATION – DAY 02

- 1) Line a colander with two layers of cheese cloth placed at 90 deg. and secure with binder clips
- 2) Place the colander in a bowl
- 3) For each bag of yogurt
 - a. Pull bag from Sous Vide machine
 - b. Dry the bag with a towel
 - c. Hold back up from the top and let yogurt drain down sides of bag away from the seal
 - d. Cut the bag just below the seal and empty contents into the colander
 - e. With the open side pointing down over the colander, fold the bag in half along the top-to-bottom axis
 - f. Roll the bag and squeeze “toothpaste style” to get as much yogurt as possible into the colander
- 4) Place bowl in fridge to drain
- 5) Check every half hour or so and change out bowl as needed. GENTLY fold the yogurt from the sides / bottom of the colander to allow all of the yogurt to drain evenly. Collect the whey to save of other projects. Mine was where I wanted it after about 2 hours (turned out NICE and thick), but you may want to add or subtract time to achieve you desired consistency
- 6) Transfer yogurt to a glass or stainless steel bowl. Once the bulk of the yogurt has been transferred, spread the cheese cloth on a cutting board, one piece at a time, and scrape any remaining yogurt into the bowl
- 7) Gently stir the yogurt in the bowl
- 8) Measure out 165g servings into small Tupperware containers and put into the fridge. You should get around 10 or 11 servings

CLOSING THOUGHTS

My first batch of yogurt turned out REALLY nice and thick. It wasn't quite as tart as I would have liked, so for my next batch I am bumping up the incubation time up to 24 hours.

Is it easy? YES! Does it take time YES? Is it worth it? Well, if you are just looking for generic yogurt, probably not. However, if you are looking for something different than what you can get in the store, ABSOLUTLEY! Make it enough times and it will eventually turn into something totally unique. I especially like being able to make it as thick as I want

20210522 (Saturday):

So... I am now on Generation III. I really dig the THICK yogurt, Lets see how long I can keep this one going

NOTES

- i. OK... you don't REALLY need a Sous Vide machine BUT it is more precise, fire and forget method
- ii. ethod
- iii. A series of chop sticks interested through the rack and over the bags works well for this
- iv. The longer the incubation, the more tart it should become

PICTURES





















