
YOGURT

By: *RuthAnn Zimmerman*

3-4 quarts skim milk or whole milk

Heat milk to 181F, remove from heat and wait for temperature to drop to 112-118F.

When your milk has dropped to required temp Add:

$\frac{1}{4}$ cup plain yogurt (yogurt from a previous batch of homemade yogurt or store-bought yogurt that has 'live and active cultures' on the ingredient list.

Now it is time to incubate the yogurt, wrap in a towel and set into an oven that is still warm from making something. If using the Instapot select the amount of time for incubation and close the lid.

Yogurt will set up in 3-4 hours and you can call it done anytime after it sets. The longer you allow it to incubate the more tart it will be.

The more often you use your own homemade yogurt as a culture the more tart your yogurt will be because the cultures become more active and numerous.

We like a thick yogurt so we strain some from whey our warm yogurt through a cheese cloth before refrigerating it.

