

Dairy-Free Yogurt Know-How



Contains:

6 packets containing 1/8 tsp of starter culture

Usage:

1 packet for ½ gallon, 2 packets for 1 gallon, 3 packets for 2 gallons

Note: This culture is intended primarily for use in soy milk. If using in other non-dairy milks, a thickening agent must be used, such as cornstarch, pectin, or gelatin. A starting guideline for cornstarch is 1 tbsp per 1.5 cups of milk.

Instructions:

For Soy Milk

1. Sterilize your utensils (e.g., whisk) with boiling water or a sanitizing solution.
2. Using a heavy pan or double boiler, heat the milk to 180 °F.
3. Place pan in a sink of cool water to help cool the milk to 115 °F.
4. Add yogurt culture to the warm milk. Stir/whisk thoroughly.
5. Place the lid back on your heavy pot, wrap it in warm blankets and place it in a warm part of your house where it can remain undisturbed for 8 or more hours.
OR—to culture your yogurt in separate containers (which will each keep longer since they do not have to be exposed to air until you are ready to eat them): Pour warm milk into sanitized, warm glass containers and cover with lids. Insulate jars in a small cooler to hold the temperature at around 110 °F for approximately 8 hours. For the most effective heat retention, fill the cooler partway with water that is 115 to 125 °F before you place the jars inside, making sure the water does not reach above the neck of the jars.
6. After the culturing period, very carefully move the jars or pan to the refrigerator. The structure is still delicate until it chills.
7. Enjoy plain or mix with fruit, honey, sugar, jam, and/or a few drops of vanilla. It also makes a wonderful base for smoothies.

Greek (Strained) Yogurt Know-How

Preparation:

Follow the instructions for making yogurt, through step 6. Leave in refrigerator until thoroughly chilled. You may want to boil your cheesecloth to sanitize it.

Instructions:

1. Line a colander or bowl with the cheesecloth. Use several layers of regular cheesecloth or a single layer of butter muslin (fine-gauge cheesecloth).
2. Pour the chilled yogurt into the cheesecloth-lined colander. The liquid that drains through should be largely clear. If you see very much white (actual yogurt going through), you need to use an additional layer of cheesecloth.
3. Gather up the corners of the cloth, tie it closed, and hang it for approximately 6 hrs. One hanging method is to tie the cheesecloth around a wooden spoon that is lying crosswise over the top of a stockpot. The hanging can be done at room temperature or in the refrigerator. You can also leave the cheesecloth spread out in the colander, cover with a lid, and use a rubber scraper to "turn" it every hour or so. This is a simpler but slower method of straining.
4. While hanging, the yogurt will reduce in volume by about 50%.
5. Untie and open the cheesecloth. The outer layers should be quite firm and pull away from the cheesecloth, while the inner yogurt may be softer. "Dump" the yogurt ball into your desired container, scooping and scraping it off the cheesecloth. Stir to make the consistency uniform.
6. Refrigerate. As with regular yogurt, add fruit or sweeteners as desired.