

Raw Milk Yogurt – Greek Style

Ingredients/Utensils:

Clean, raw milk from grassfed cows or goats
Clean, stainless steel pot and large, long-handled spoon
Long knife for cutting yogurt curd
Yogurt culture of your choice (see my source below) or
plain, fresh yogurt (or yogurt whey) with active cultures

1. Heat milk to 110 degrees.

Precision is important here, the temperature at which the milk is heated and ripens greatly affects the texture of the yogurt. Do not exceed 115 degrees to avoid lumpy or grainy yogurt. 105-110 creates a very creamy, smooth yogurt.

2. Add culture or active fresh yogurt to the milk.

For dry, active cultures, follow instruction on box to determine amount of culture powder per gallon of milk. I use ¼ tsp of Yo-Mix ABY-2C yogurt culture (contents listed below) for up to 4 gallons of milk. Stir in culture well – stir at least one minute rapidly.

3. Let milk ripen at 110 degrees for 8-12 hours in covered pot.

You can use a yogurt maker if you have one. I have found a warmed oven (heated to ‘warm’ then turned off), with the oven light turned on, and a hot pad plugged in and placed in the oven with the pot holds the temperature well.

4. Cut the yogurt curd in about 1” cubes with a knife. Drain curds into another pot or jar and save yogurt whey or other uses and to use when blending yogurt later if needed. You can drain the curd in cheesecloth, tea towel, cheese-making drain bag, or even a fine colander. Length of time for draining depends on method used and firmness of the curd. As a rule of thumb, expect to drain half the amount of milk used out as whey, and the remaining half of the volume of milk will be yogurt curd. You may need to stir the curds to encourage draining. (You can continue draining for long periods of time for a yogurt cream cheese.)

5. Place drained curds in a blender and stir until smooth. You can add whey to desired consistency at this point. Consistency should be thin (not watery) but yogurt will thicken significantly as it cools. The thicker the yogurt at this point the thicker the final produce will be.

6. Pour into containers of your choice. Place containers in the fridge and cool completely. Use yogurt within 2-3 weeks. Stir yogurt before serving. Enjoy!

My yogurt culture source is Danlac.com, I buy Yo-Mix ABY-2C culture. This culture contains: Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus delbrueckii subsp. Bulgaricus, Lactobacillus delbrueckii subsp. Lactis, Streptococcus thermophilus