



# Greek Yogurt STARTER CULTURE INSTRUCTIONS



*You can make delicious Greek yogurt at home!*

**YOU  
CAN DO  
THIS**

Deliciously rich and tangy, our Greek Yogurt Starter can be re-cultured again and again to create thick, authentic Greek yogurt. You'll need a yogurt maker or some other appliance to hold the milk at the correct temperature for culturing.

## What You'll Need

- ➔ 1 packet of starter culture (store extras in the freezer)
- ➔ Stainless steel pot, enamel pot, or double boiler
- ➔ Pasteurized whole milk (avoid ultra-pasteurized or UHT milk)
- ➔ Culturing container (glass or plastic)
- ➔ Yogurt maker or similar appliance that will hold at 105°-112°F
- ➔ Non-aluminum mixing utensil (Stainless steel is OK)
- ➔ Thermometer

## Activating the Yogurt Starter

*Total time: up to 20 hours* ★ *Active time: 20 minutes + 1 minute every hour from hours 5-12*

- 1 Heat** 1 quart of pasteurized milk to 160°F then **cool** to 110°F.
- 2 Pour** the cooled milk into a glass or plastic container. **Add** one packet of yogurt starter and mix thoroughly.
- 3 Cover** the mixture and **incubate** it at 110°F for 5-12 hours in a yogurt maker or similar appliance.



———— / **110°F** ⌚ **5 HOURS** ————

- 4 Check** after 5 hours to see if it has set. If it has not set, **leave** it for up to 12 hours, checking every 30-60 minutes.

———— / **110°F** ⌚ **UP TO 12 HOURS** ————  
CHECK EVERY 30-60 MINUTES

- 5** Once it has set, or at the end of 12 hours, **cover** the yogurt and allow it to **cool** for 2 hours.

———— / **68°-85°F** ⌚ **2 HOURS** ————

- 6 Refrigerate** the yogurt for at least 6 hours. You can eat it at any time (*refrigerating helps set the yogurt*).

———— / **32°-40°F** ⌚ **6+ HOURS** ————

- 7** Don't forget to **save** 2-3 Tbsp. for culturing the next batch!

*Flip over for instructions for making more yogurt.* ➔

**DON'T  
TOSS  
IT!**

Liquidy activation batch? If it has a fresh, tangy aroma, it's cultured and can make yogurt. **It can take 2-3 batches for the flavor and texture to even out.**

**Make a new batch of yogurt at least once every 7 days** to keep your cultures strong. Always use the freshest batch.

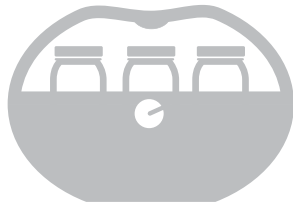
**EVERY  
7  
DAYS**

*What's next?* Eat your yogurt! Then make more and make it thicker, plus troubleshooting tips. ➔

## Instructions for Making Yogurt

**Total time:** up to 16 hours ★ **Active time:** 20 minutes + 1 minute every hour from hours 5-8

- 1 Heat** 1 quart of pasteurized milk to 160°F then **cool** to 110°F.
- 2 Pour** the cooled milk into a glass or plastic container. **Stir** in 2-3 Tbsp. of yogurt and mix thoroughly.
- 3 Cover** the mixture and **incubate** it at 110°F for 5-8 hours in a yogurt maker or similar appliance.
- 4 Check** frequently by tilting the jar gently. If the yogurt moves away from the side of the jar in one mass instead of running up the side, it is finished culturing.
- 5** Once it has set, **cover** the yogurt and allow it to **cool** for 2 hours.



————— / 110°F ⌚ 5-8 HOURS —————

- / 68°-85°F ⌚ 2 HOURS —————
- 6** After 2 hours, **refrigerate** it for at least 6 hours before eating.
  - / 32°-40°F ⌚ 6+ HOURS —————
  - 7** Don't forget to **save** 2-3 Tbsp. for culturing the next batch!

➔ Try our tips for flavoring your yogurt and other recipes:  
[www.culturesforhealth.com/yogurt-recipes](http://www.culturesforhealth.com/yogurt-recipes)

## Make Thicker Homemade Yogurt

Yogurt may not thicken until cooled, and thickening may take up to 24 hours. Homemade yogurts are usually thinner than store-bought, which often contain additives. Here's how to thicken homemade yogurt:



- ➔ **Choose milk with a higher fat content.** Yogurt made with reduced-fat milk will be thinner than yogurt made with whole milk. Many yogurt cultures perform well in half-and-half.

- ➔ **Heat your milk longer.** Heat your milk to 160°-180°F and hold for 20-30 minutes before cooling.
- ➔ **Strain the yogurt.** Our Greek Yogurt Maker, a cotton bag, or a tight-weave cloth are all effective tools for draining whey from yogurt. Strain for a few hours up to overnight for a thicker texture.
- ➔ **Add thickeners.** Thickeners may interfere with reculturing, so set aside some yogurt for your next batch before adding them. Try using ½-1 cup powdered milk per 3-4 cups of finished yogurt, or see our website for tips on using other thickeners.

## Questions? We can help!

Q *How do I know my yogurt is set?*

A You will notice a change in the milk's texture, and it will separate away from the sides of the container when it's tilted.

Q *How do I use raw milk to make yogurt?*

A If you wish to use raw milk to make yogurt, please visit the following URL for more detailed instructions:  
[www.culturesforhealth.com/raw-milk-yogurt](http://www.culturesforhealth.com/raw-milk-yogurt)

**If your starter isn't performing as expected, don't throw it away!** Put a tight lid on your culture, store it in the fridge, and contact customer support:  
[www.culturesforhealth.com](http://www.culturesforhealth.com)

LET US HELP

Q *My activation batch doesn't seem to have set. What should I do?*

A Don't throw it away! Even if the activation batch doesn't set, if it smells pleasant, it's still cultured and can be used to make yogurt. Not to worry, you haven't failed!

WANT MORE?

We have dozens of recipes, how-to videos, and articles for beginners and yogurt pros on our website,  
[www.culturesforhealth.com/yogurt](http://www.culturesforhealth.com/yogurt)

Fermented foods often have a sour but clean aroma and flavor. **Never consume anything that smells or tastes unpleasant.**

WHAT'S THAT SMELL?