Greek Yogurt
STARTER CULTURE
INSTRUCTIONS

You can make delicious Greek yogurt at home!

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.

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.*

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

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

Want more?

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

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

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

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

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!

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

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