

# Instant Pot - Instantly Sanitize

June 18th, 2018

Prep Time: 00:15

Cook Time: 00:00

Making cheeses or yogurts requires sterile tools. Your Instant Pot can be easily sterilized to limit the "bad" bacteria so that the "good" bacteria, which produces the desired flavors, can flourish and grow and will not be overrun by colonies of "bad" bacteria.

Always use unspoiled milk products when making yogurts and cheeses.

## Ingredients:

## Directions:

Add 3 cups of tap water to the Instant Pot, or enough water to cover the "minimum fill" line, based on your Instant Pot user manual.

Sanitize the pot by setting on "Steam" for 3 minutes.

Allow the cycle to complete and the pressure to release on its own (this should take about 15 - 20 minutes)

When it has cooled enough to easily open the lid, open the Instant Pot and drain the water.