

# Greek Yogurt (Instant Pot)

August 7th, 2018

Prep Time: 17:00

Cook Time: 00:00

This simple recipe provides a tangy yogurt that is great for tzatziki or to eat plain. You can use any fat content, from Skim to Whole Milk. I prefer a lower fat yogurt, with Skim Milk. This recipe yields about 4 Cups of Greek Yogurt.

## Ingredients:

1/2 Gallon Skim Milk

1/2 cup (about 4 ounces) PLAIN Active Culture Greek Yogurt (Like Fage)

OR

1/2 cup Greek Yogurt from the last batch

## Directions:

### Sanitize the Equipment

Sanatize the Instant Pot for 5 minutes.

Empty the water. Fill the pot with Skim Milk to just below the "max fill line"

### Pasteurize The Milk (again)

Although your milk has likely already been Pasteurized, it is possible that some bacteria may have been introduced into the Milk after the Pasteurization was completed.

In order to ensure growth of the proper bacteria (Specifically, a combination of s. Thermophilus, l. Bulgaricus, l. Acidophilus, bifidus and l. Casei), we must first remove any other bacterial colonies that may be present.

Use the Sauté function. Set the timer for 20 minutes. Use a food thermometer to monitor the temperature. Stir frequently to prevent the milk from scorching to the bottom of the pan.

Heat to 180° F. and maintain the temperature for no less than 4 minutes.

### DO NOT EXCEED 205 ° F.

Overheating the Milk will break the curds and effect the texture and consistency of the final Yogurt.

### Cool the Milk

Turn off the Instant Pot, cover the milk with a glass lid, and allow the milk to cool to 105° F or cooler. It may take an hour or more if you do not use refrigeration.

### Introduce and Incubate the Culture

Stir in the Greek Yogurt culture.

Set the Instant Pot to the "Yogurt" setting for 16 to 24 hours.

Do not pressurize the pot. Use a glass lid.

### Drain the Yogurt

Use coffee filters in a colander to strain the yogurt. Store up to 3 weeks in a sealed refrigerator dish.