How to Make Yogurt

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Know your milk!!!!

Fresh cow’s milk is the best to start your yogurt making adventure. Or, get the next best thing - pasteurized (avoid milk that has been Ultra High-Temperature pasteurized (UHT)). But not homogenized (hard to find).

However, any milk will do to make a good homemade yogurt. The more fat your milk contains, the more nutritious, higher protein and creamier yogurt.
How to Pasteurize raw milk?

In a heavy Dutch pan, bring the milk to a boil. Then, either turn to medium heat for 20 minutes and stir frequently, or place it in a preheated oven at 220 F for 30 minutes.
What Do you need?

Whole milk is the best, but you can use any fat derivative. Yogurt for starter (must contain Live Active Yogurt Culture), one cup per gallon.

Most common bacteria are L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei. The more bacteria, the thicker the yogurt.
What Equipment Do I Need?

Dutch oven
Any clean glass container, plastic is ok but do not reuse plastic for making yogurt.
My special gift to you: Health Solution’s Thermal bag!!!!
You certainly can use a yogurt maker
What Next?

Dry milk powder
Gelatin for extra thickness
You may choose to use a starter - you can purchase online or most health food stores
Instant-read or candy thermometer
Whisk
Instructions

Heat the milk. Pour the milk into the Dutch oven and set over medium to medium-high heat. Warm the milk to just below boiling (it starts to foam), about 200°F. Stir the milk gently as it heats to make sure the bottom doesn't scorch and the milk doesn't boil over. This heating step is necessary to change the protein structure in the milk so it sets solid instead of separating.
Cool the milk. Let the milk cool until it is just warm to the touch, 112°F to 115°F. You may stir occasionally to prevent a skin from forming.
Thin the yogurt with milk. Scoop out about a cup of warm milk with a measuring cup and add to the starter yogurt. Using a fork, mix the milk with starter yogurt, DO NOT over stir!!
Mix the thinned yogurt into the milk. Mix gently. This inoculates the milk with the yogurt culture.
Transfer the mix into jars or the yogurt maker cups. Place a coffee filter over the jar mouth and put the lid on loosely, wrap a towel around the jars to keep the milk warm as it sets (around 110°F), and place the jars in the thermal bag.
Wait for the yogurt to set. Let the yogurt set for at least 7 hours or as long as overnight, depending on the cultures used, the temperature of the yogurt, and your preferences. The longer yogurt sits, the thicker and more tart it becomes.
Cool the yogurt in the refrigerator for a few hours before spooning out any. This will minimize the watery whey formation. Homemade yogurt will keep for about 2-3 weeks in the refrigerator.
Kefir

Kefir is tangy, about as thick and creamy as a smoothie. Full of the GOOD Bacteria, probiotics.
How They're Made

Milk kefir is a fermented dairy product similar in many ways to yogurt and buttermilk. It is because of the way kefir is cultured that makes it really unique — instead of heating the milk, adding a culture, and keeping it warm as you do with yogurt, all you need to make milk kefir are kefir grains or just yogurt added to cold milk. Let it sit for a day, and you have Kefir.
Greek yogurt

Is basically yogurt strained to desired thickness

Take your homemade, yogurt strain it in a multi layer cheese clot (I use lady’s pantyhose, of course a new, clean one dedicated to this purpose!!) to remove liquid whey and lactose, producing a thicker-textured yogurt.
What Are The Differences?

Of course texture, and other differences between regular and Greek yogurt are:
Protein - Greek yogurt has almost double the protein of regular yogurt, simply because it is condensed.
Fat - Greek yogurt has about three times the saturated fat than regular yogurt, again because it is condensed.
Sodium - Greek yogurt contains about half the sodium of regular yogurt, because the whey is removed. However the sodium in whey is a “good” sodium.
Carbohydrates - Greek yogurt contains roughly half the carbohydrates of regular yogurt, because the lactose is removed by whey. But adding any sweeteners will increase the carbohydrate count.
Calcium - Greek yogurt has less Calcium than regular yogurt, again because the calcium is removed by draining the whey.

Because of its thicker texture and tangier flavor, Greek yogurt is often used as a healthier substitute for sour cream or mayonnaise.
Tips to make yogurt thicker

Higher fat - the higher the fat content, the thicker the yogurt
Longer Initial Heating - try holding the milk at 200°F for 20 minutes or longer. This allows some of the moisture in the milk to evaporate and concentrates the solids.
Let the Yogurt Sit - The longer the yogurt has to set, the thicker it will become. The trade-off is that it also gets more sour the longer it sits.
Strain the Yogurt - I do not advise you to do this.
Add Nonfat Dry Milk Powder - Try adding 1/2 cup of dry milk powder per quart of milk. Mix it into the milk before you start heating it. This is especially helpful for making thicker yogurt from non-fat milk.
Add Gelatin - A little gelatin helps make yogurt creamy and thick, and the glucosamine in it is very good for your joints!! Too much gelatin, you get yogurt jello! I use one packet of knox per gallon of milk. Mix it in a bowl with a little milk and let it bloom. Then stir into the pot of milk as it starts to heat. I have heard that apple pectin also works, but have never used it myself.