

Laura's Yogurt



½ gallon (8 cups) milk. Whole is best but 2% is fine.

- 1. Heat to 180 degrees for 2 ½ to 3 hours** I use a crock pot with the lid on. You could heat it on the stove too, but you don't want it scorched.
- 2. After three hours, turn off the crock pot and let the temperature drop to 110 degrees.** That takes my pot about 20 minutes. Use a fever thermometer to measure it--it is about the heat of a very hot person.
- 3. Stir in ½ cup plain Greek yogurt.** Look for the freshest date on the yogurt cup.
- 4. Cover and let sit 8 hours at or near 110°.** It should look at least as thick as cheap store yogurt. Sitting up to 16 hours is fine, but if you are near 110°, it is unnecessary. You can measure the setting on the crock pot to find where 110° really is. You can also use a hot pad or electric blanket, or wrap your pot up in a towel and set it on the radiator or on the stovetop above a pilot light. On a hot day you can set the covered pot in the sun. Yogurt will thicken at cooler temperatures, say 100°, but it will take longer.
- 5. Pour off any excess water and refrigerate.** That 'water' is whey and it is full of protein. Dump it in some soup or something. If you really like thick yogurt, you can drain off even more whey. Just tip the pot up against your clean hand and let the whey trickle slowly out. You can get yogurt as thick as soft cheese. The yogurt will get a bit thicker as it ages in the fridge. It may keep for a month before it starts to taste sour.

In things like cornbread or cake, you can use this yogurt for half of the fat and it will taste better and be less fatty. You can also use it where you would use sour cream.