

How to make homemade yogurt

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You will need:

Half gallon of 2% or whole milk*

Yogurt with active cultures (homemade or store-bought)

A large pot

Glass jars (can be repurposed, but clean)

Whisk or large spoon

Kitchen thermometer is not required but desirable

*Zero waste pro tip: buy your milk in returnable glass bottles and pour your prepared yogurt into reusable glass jars.

Directions:

Raise milk to 190 – 200 degrees. Stir with a whisk every couple minutes to keep milk from scalding. Once 190 is reached, remove from heat and allow to cool (can use ice water bath in sink to bring temperature down more quickly).

Lower temperature to 100-110 degrees. Add yogurt (approximately 3 TBSP per 1 quart milk), whisk in well (do a small pour of milk and whisk until yogurt is incorporated, then add the rest of the milk and whisk well).

Pour into glass jars with lids. Keep mixture at 100 - 115 degrees for 4-6 hours in a yogurt maker or dehydrator. Without a dehydrator or yogurt maker, try these methods:

<https://www.thespruceeats.com/make-yogurt-without-yogurt-maker-recipe1807114>

Lasts about 2-3 weeks in the fridge