

Instant Pot Greek Yogurt

Note: This recipe is written using the InstantPot brand pressure cooker.

Ingredients

- 1/2 gallon of milk
- 2-4 tablespoons of high quality cows milk plain greek yogurt, room temp

Equipment

- Instant Pot
- Thermometer
- Flour sack towel
- Colander
- Bowl
- Glass Jars with lids

Optional add ins

- Honey
- Jelly/Jam
- Fresh Fruit

Instructions

1. Sterilize your instant pot. Add 1-2 cups of water to your Instant Pot. Turn the steam release handle to sealed, hit the steam button and set the time for 1 minute. Your Instant Pot will take a few minutes to come to pressure and then will steam the water for one minute.
2. Dry out the instant pot well and add your milk. Seal lid.
3. Click the yogurt button several times or until the display reads "boil". Alternately, click the yogurt button and then hit "adjust" until the display reads "boil"
4. It will take 30-45 minutes for the milk to boil. When it's done, your display will read "yogt".
5. Remove the lid and inner pot from the instant pot and set on a trivet. Monitor the temperature of the milk until it hits 110-115 (this could take 1-2 hours).
6. Once to temp, whisk in your room temp yogurt starter until smooth. You can premix your starter in a smaller amount of milk previous to putting the whole thing in the pot. The smoother you can get this mixture, the smoother your yogurt.
7. Replace lid and push the "yogurt" button (or push yogurt then adjust again) to set the pot to your desired time. 8:00 hours minimum (for mild) or 16:00 hours max (for tangier). You can ferment it up to 24:00.
8. After the time is up, the pot will read "yogt" and it's ready to get into containers and cool.
9. If you are making greek yogurt, put a colander inside of a bowl and cover with a flour sack towel. Pour the yogurt into the towel and fold the towel over the top. Allow the to drain in the refrigerator for 3-6 hours or until it's reached optimum consistency desired.
10. Place jam, honey, or fresh fruit in the bottom of clean 8oz jars. Scoop yogurt onto the top. Seal and refrigerate.
11. Yogurt will keep 2 weeks.