

YOGURT — INSTANT POT

Makes about 3½ cups.

By Dennis W. Viau; modified from several recipes.

Making yogurt in an Instant Pot involves a few steps, but the process is easy because the Pot takes care of itself. It will monitor the internal temperature and its own time. I use a pot-in-pot method with a stainless steel bowl.



Ingredients:

8 cups (1.9 liters) water

1 quart (about 1 liter) milk (whole, 2%, 1%, skim)*

2 tablespoons plain, unsweetened yogurt with live active cultures

Directions:

PREP

Sterilize the Instant Pot (IP): Pour 1 cup of the water into the pot. Place a stainless steel bowl inside the IP's inner pot. Secure the lid on the pot and set the pressure-release valve to Sealing. Select STEAM and adjust cooking time to 5 minutes. When cooking time is complete press CANCEL and use the quick-release method to depressurize the pot. Remove the lid and the stainless bowl. Allow the bowl to cool.

While the pot is sterilizing, pour the milk into a pan and heat to at least 185°F (85°C). Then cool to 110°F (43°C). The pan can be placed in a sink of cold water to speed cooling.

CULTIVATE

Place the trivet in the IP and add the remaining 7 cups of water (using hot water will reduce heating time).

Pour the cooled milk into the stainless steel bowl. Whisk the yogurt into this bowl, mixing it thoroughly. Then place the bowl in the instant pot. If it floats on the water rather than resting on the trivet it will be okay. Secure the lid on the pot. Set the pressure-release valve to Venting (or use the optional glass lid). Select YOGURT and adjust incubation time to 10 to 12 hours, making sure the display says NORMAL. The pot will maintain the inner temperature between 100°F and 110°F (38 to 43°C).

When the incubation time is complete, transfer the inner pot to the refrigerator to cool the yogurt, covered and undisturbed, for at least 6 hours or overnight.

Place a colander or strainer lined with a double layer of cheesecloth or a large coffee filter in a large bowl. Transfer the yogurt to the lined strainer and cover the bowl and strainer with plastic wrap. Let strain in the refrigerator for about 1 to 2 hours for regular yogurt or at least 8 hours or overnight for Greek-style yogurt.

Transfer the strained yogurt to a tightly sealed container and store in the refrigerator.

SERVE

Enjoy yogurt plain or with fruit, preserves, nuts, or granola. Or flavor with vanilla and honey.

*NOTE: Milk that is higher in fat will produce thicker, creamier yogurt than 1% or skim milk—but you can also thicken yogurt by straining it for a longer period of time.

The **Step By Step** guide begins on the following page.

STEP-BY-STEP

1



Making yogurt in an Instant Pot is almost too simple. I prefer to make small amounts (1 quart/1 liter) of milk, using a pot-in-pot method. I put the cultured milk in a stainless steel bowl. With about 8 cups (1.9 liters) hot water (115°F/46°C) in the pot, I rest the bowl in the water. Cultivating the yogurt in the water bath heats the mixture from the sides and the bottom, rather than the bottom alone. I like the result.

2



Blend the starter into the prepared milk, distributing it well. You can use yogurt from your last batch or start anew with good yogurt from the grocery store. I usually blend the mixture again every hour during the first few hours of cultivation to make certain the culture isn't on the bottom.

3



Press the Pot's YOGURT button, make sure the panel says "Normal" and then set the time to 12 hours. A longer cultivation time will make a tarter yogurt. After the incubation period the milk will have thickened into the yogurt you see pictured above. You might not see thickening for several hours, but be patient. Remove the stainless bowl, cover with plastic wrap, and place in the refrigerator to cool for at least 6 hours, or overnight.

4



Set a small colander or strainer over a bowl and line with several layers of cheese cloth or a large coffee filter (or a clean piece of cotton muslin). Spoon the yogurt into the filter and allow to drain. Cover with plastic wrap, refrigerate, and let drain 1 to 2 hours for regular yogurt or 8 hours for Greek-style yogurt.

5



After 8 hours the yogurt will be firm enough to lift out of the strainer and peel off the filter. Store the yogurt in the refrigerator in an air tight container.

6



Conclusion

With the Instant Pot the process of making your own yogurt is almost effortless and fool proof. The pot takes care of the time and temperature. You can set it up and walk away. The result is a creamy yogurt this is made without gelatin or other additives. You can flavor it any way you like.