

Instant Pot Greek Yogurt (PressureCookRecipes.com)

½ gallon 3.8% Organic Whole Milk

32 grams Dannon 4% Plain Greek Yogurt with Active Bacterial Cultures

Step 1 – Heat Milk to 180°F – 200°F to Denature the Protein

- First, pour 2L (1/2 gallon) of Organic 3.8% whole milk in the inner pot. Close lid (venting knob position doesn't matter).
- Use the **Yogurt More function** to boil the milk to at least **180°F**. It will say “**boil**” on the screen. It will take roughly 35 minutes – 40 minutes. The Instant Pot screen will change to “**yogt**” when the boiling is done.

Step 2 – Check Milk Temperature

- Open the lid. Check the milk temperature immediately in a few spots and make sure the milk is over 180°F.
- Stir with a silicone spatula and check the temperature again to make sure the milk is over 180°F.
- ***Pro Tip 1:** If the milk is not over 180°F, close the lid and heat the milk with the **Slow Cook Less function** for another 15 minutes.
- ***Pro Tip 2:** Skim away & discard the milk skin on top of the heated milk.

Step 3 – Prepare Yogurt Starter

- After the milk is heated over 180°F, place 32g (a little more than 2 tbsp) Dannon/Danone 4% Plain Greek Yogurt with Active Bacterial Cultures **into the Pyrex glass measuring cup. Do not add the yogurt starter to the hot milk, as it will kill the bacterial cultures.**
- ***Pro Tip:** If you sterilized the measuring cup, make sure it has cooled to the touch.

Step 4 – Cool Milk to 111°F

- You can leave the pot on counter-top and wait until the milk cools to 111°F.
- Alternative method to quickly cool down the milk temperature: Fill a larger pot or kitchen sink with cold tap water. Partially submerge the inner pot with heated milk into the cold tap water. Stir the milk in a circular motion with a silicone spatula and frequently measure the

temperature. It will take 2 – 4 minutes to cool the milk to 111°F. Remove the pot from cold water immediately.

- **Pro Tip:** Try not to touch the bottom of the pot with the spatula as it may have some milk solid stuck to the bottom of the pot.

Step 5 – Add Yogurt Starter

- Add ½ cup of 111°F milk to the Pyrex glass filled with yogurt starter.
- Gently mix it with the tablespoon measuring spoon.
- Pour the yogurt milk mixture in the inner pot and give it a few gentle stirs with the silicone spatula.

Step 6 – Yogurt Incubation

- **Instant Pot Function:** Press the Yogurt Button & use the **Yogurt Normal Function** to incubate the yogurt.
- **Time:** Adjust the time to **8:00 hours – 12:00 hours** depending on how tangy you like your yogurt.
- **Pro Tip 1:** longer incubating time = tangier yogurt
- **Pro Tip 2:** The timer will count up instead of count down when the incubating process begins (as shown in above photo).
- You can open the lid for a taste test once the yogurt is set (roughly 6 hours).
- **Pro Tip 3:** Don't disrupt the fermentation process by moving the Instant Pot or opening the lid. Wait until it is set (roughly 6 hours) before opening the lid.

Step 7 – Strain Yogurt & Stop Incubating Process

- Once the yogurt has reached the desired tangy level, pour the yogurt into the Greek Yogurt Maker to separate the whey from the yogurt.
- Place the Greek Yogurt Maker into the fridge to stop the incubating process.
- **Straining Time:** Greek yogurt will be ready to serve in 3 hours – overnight depending on how thick you like it. The more whey you separate from the yogurt, the thicker your yogurt will be. Thus, the longer you strain = the thicker it becomes.