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Frieda loves bread yogurt

From Yogurt Cookery, by Sophie Kay
INGREDIENTS 1 quart (4 cups) 2% milk (skimmed milk can be used) 1/2 c. instant dry milk 3 T. plain yogurt, room temperature (I used Greek style yoplait)
INSTRUCTIONS Place a cup of milk in medium saucepan. Add the dry milk and stir until dissolved. Pour the remaining 3 cups of milk. Mix well. Fix thermometer and heat the milk over low heat to 190°- 210° F. Remove from heat and cool until the milk reaches 110°F. Remove the protein film (skin on top) with a spoon. Discard the film. In a small bowl, mix the yogurt until creamy. Mix about 1/3 c. of heated milk in yogurt. Mix until smooth. Mix the milk in the remaining milk. Mix well. Pour into a 1 liter container or individual containers. Place lid on container(s). Incubate for 3 to 4 hours at a constant temperature of about 110°F. Do not disturb during incubation. After 3-4 hours, insert spoon to see if yogurt is set. If you want a pie yogurt, let it sit for up to 10 hours. If it is not firm, stay another hour and check again. Yogurt in the fridge as soon as it's firm. For thicker yogurt, place several layers of white paper towels on top of chilled yogurt to absorb moisture. It's about a liter. It looks good in the fridge for about 2 weeks.
Book 3 T. for your next batch of yogurt. friedalovesbread.blogspot.com Sign in to Very Good Recipes to save your favorite recipes in your cookbook. Connect with Facebook : Or sign in with your account very good recipes: Still don't have an account? Register to discover and share recipes with other bloggers and readers passionate about cooking. There are several pressure cookers that have a yogurt function. GoWise, Instant Pot Duo, and Instant Pot Smart are just a few I've heard people use to make yogurt. So if you have a yogurt maker or a pressure cooker with a yogurt function, let's get started! Update! Now I have a full instant pot yogurt for the Beginner Reference Guide! That includes everyone. Only. Thing. you would never want to know about yogurt! I spent several months helping to answer many, many questions, and now I have all the answers in one place at your fingertips! Check this page and consult it with any questions you have. Enjoy! If you want an even easier method to make yogurt that has fewer steps (pour milk/add the entry button/press the yogurt) you may want to check out this Cold Start Method that uses ultra pasteurized milks such as Fairlife milk. Here's a video I made that shows how easy it is from start to finish! You can see me in a bathrobe... First, it is useful to have a digital thermometer. I currently have the thermometer Javelin Digital and a Digital Thermometer Thermapen. Both work accurately and read temperatures within 3-4 seconds. I use this to measure the temperatures of all my cooked meats and check the temperature of my yogurt. You can use any thermometer you have, as long as that accurate and reads the temperatures of 90°F-190°F. There are 2 important temperatures to make yogurt and it is useful to know and measure with an accurate thermometer to ensure a successful batch of yogurt. Then find some yogurt. Yes, it takes yogurt to make yogurt! You can use any brand, or yogurt style, just look for one that says CONTAINS LIVE AND ACTIVE CULTURES. *made with live/active cultures will NOT work. Your yogurt needs to say contains or lists VIVAs cultures in the ingredients. - Fat content doesn't matter. - Sugar content DOESN'T matter. If you are using a flavored yogurt, look for one that has 9 grams of sugar or less per served. Excess sugar can inhibit or slow down the cultivation process. - Make sure it's OPEN - once opened, active crops will die in less than 7 days, even if your yogurt is still good to eat. Here is a list of companies that have yogurt with live cultures. I'm using good-value Greek yogurt from Walmart. It comes in a small 4 pack and has worked well for my yogurt. Fresh yogurt works best! You don't have to buy yogurt at the store. You can also get frozen dried starters online or after your first batch, set aside a few tablespoons for your next yogurt. You can reserve some yogurt from your own yogurt as an starter, but it only lasts 5-6 generations. Some people make a batch of yogurt and freeze on trays of ice cubes or silicone cups and let it thaw before use. Milk. I made yogurt using whole meal, 2%, and 1% cow's milk from the store. I found that the final yogurt yields more and is creamier with whole milk. I still get great results with 2% and prefer more than 1% or skim. You can use low-fat, skimmed milks; the yield will be lower if you shard. You can use raw milk - it may be a little thinner than pasteurized milk, but it will work. For the first time making yogurt, you will want to avoid using ultra pasteurized milk. Ultra pasteurized milks are heated to 280° for a few seconds, killing 99.9% of the bacteria in the milk, making it too sterile to grow yogurt properly. Organic milks are often ultra pasteurized. If all you can find is ultra pasteurized milk in your area, start with half a gallon and see if it works for you. Some ultra pasteurized milks work, others do not. It's hit and miss to make yogurt. After making a successful yogurt with regular and pasteurized milk and are familiar with the process, try your favorite organic or ultra pasteurized milk and see if it works. Lactose-free milk can be used. Lactaide and fairlife milks have been used successfully. If you are highly lactose intolerant, you may want to try one of these. If you are lactose intolerant but can tolerate Greek-style yogurt, you will want to shard your yogurt. Stretching the yogurt removes much of the lactose along with the serum. Another option is to incubate your for 15 or more hours, in which all lactose is consumed by crops and results in a tangy yogurt, lactose free. If you can't have dairy products or want to make a vegan yogurt, by all means you can! People used coconut milk, soy, almond milk, among others. Herbal milks need a thickening agent to help make yogurt, so an additional ingredient is required. This is a traditional method of heating/cooling/adding and incubating. If you want a simple, no heat, no temporary taking, pouring and getting the method of using Fairlife milk to make yogurt, check it out here! This cold start method is for UHT/UP milks only. (Some UP milks work, others don't. Fairlife milk worked). Are you ready? I like to get my yogurt about 45 minutes before going to bed. This includes heating time, cooling time and stirring at yogurt inlet. 1. Set aside 1 tablespoon of yogurt in a small bowl. Make sure all your tools and equipment are clean and ready to use. Use a clean liner, free of any soap residue. **If your liner/pan is hot from previously cooked food, be sure to use a COLD liner and pot. If it is still hot, the heat sensor at the bottom of the pressure cooker will not record the temperature of your milk correctly and it will be more difficult to reach the temperature in a boiling cycle. TIP: Put some ice cubes in your pan and let it sit for a few minutes. Pour the ice water, but do not dry the pan. This tip also helps prevent cooked milk from sticking to the bottom of your pan! I spilled the heated milk just to show how small solid milk is cooked in the pan. It really works! 2. Pour 8 cups (half a gallon) of milk into the pressure cooker. I've done a full gallon before, but it's easier to make/sing smaller batches and it doesn't take as long to warm up or cool. 3. Move the pressure valve to the SEAL configuration. Make sure your sealing ring is inside! If you are worried about a stinking ring transfer, you can use a glass lid of your pans or even a glass pie

plate lid for the whole process. I use a separate sealing ring for yogurt/cheesecakes/rice. 4. Duo & Smart Models: Push the YOGURT and push quickly FIT. At first, your screen will read 8:00, but if you push SETTING within 5 seconds, it should say BOIL. **If you accidentally press ADJUST twice, your screen will say 24:00 you will have a lower temperature that will not work for your yogurt. Push Keep warm/cancel and repeat step 4 until you see the words BOIL and MORE on the display. ULTRA MODEL: Turn the DISPLAY to YOGURT Press the dial to Turn the dial to TEMP Push the dial to select Select HIGH temperature for BOIL Push START and the milk will warm up. When the boil cycle is over, the display will show YOGT. MODEL DUO PLUS or VIVA: Select the YOGURT program Press the YOGURT key repeatedly until you see MORE on the display In 10 seconds, the warm-up will begin. When the boiling cycle is over, the IP will beep 3 3 and display YOGT. MAX MODEL: 1. Select the yogurt. 2. Tap the temperature field repeatedly to switch between Boil, Yogurt and Custom. 3. Select Boil. 4. Tap Match. Yogurt + The Adjust button will heat your milk Half a gallon will take about 25 minutes to reach 180°F or more. The full gallon of milk will need to whisking every 10 minutes and it will take 50 minutes to reach 180°F. This is where you test with the thermometer. If you don't reach 180°F, you'll be fine. 180°F is only if you want a cream-style yogurt. You can still make a great yogurt without reaching this temperature. The IP was tested to reach a temperature of 180°F with half a gallon of milk. If your Instant Pot is not reaching the 180°F temperature for the first time in the boiling cycle, try the following tips: Take your milk out 30 minutes before you start. Start with a cold pan - place some ice cubes to cool quickly. Beat every 10 minutes during the boiling cycle. Use a well-seated glass cover or ip cover/closed seal/ventilation. After following the tips above, you can carefully use the Saute LOW adjustment, while constantly beating your milk, until it reaches 180°F. Do you really need to heat up your yogurt? First, heating the milk will kill any wild bacteria you may encounter, especially if you are using raw milk. These bacteria can compete with your yogurt-loving bacteria strains and affect your end result. Secondly, whey, an abundant protein in milk, is completely denatured at 180°F and results in firmer, thicker yogurt and cream style. 5. Then take your heated milk down to a reasonable 110°F. This temperature is important. Too hot, and it's going to kill your yogurt intake. Very cold, and your intake will not work fast enough to overcome the bacteria that can spoil your milk. If the milk temperature drops below 90°F, heat it back to 110°F. It is good to add your match in the 90°F-110°F range. Shave any skin from above if you want a plain yogurt. You can let it sit at room temperature for a while naturally (it takes an hour for a gallon of milk) to lower the temperature, but I prefer to set the heated milk liner into a larger bowl filled with ice water. You can use your sink full of cold water or ice gel blocks to help cool your milk quickly. The rapid cooling method does not harm your yogurt in any way. FAST COOLING: It takes only 5 minutes for half a gallon of milk, 10 minutes for a full gallon. Stir gently and constantly, WITHOUT SCRAPING THE BOTTOM, until the temperature reaches the 110°F zone. There are solid milk cooked at the bottom of your pan and you don't want small pieces of milk cooked in your creamy and smooth yogurt. While it is cooling will avoid hot spots in your milk and give you a more accurate temperature. Use a bath of ICE WATER to quickly lower the temperature. Cool to 110°F Remove the liner from the cold water and wipe the outside of the liner with a kitchen towel. Season your yogurt 6. Take some cold milk and stir in your tablespoon of 1 tablespoon yogurt starter. Mix until smooth. Pour the heated starter back into the pan and give it a quick whisk. Don't shave the bottom. Place the liner in the Instant Pot. This is the screen you want to see to make successful yogurt. 8:00 and the word NORMAL. 7. Duo & Smart Models: Press the YOGURT button. It will say 8:00, and NORMAL means that your yogurt will incubate for 8 hours. Your yogurt will start setting around 5-6 hours and will be light. If you want a tangier yogurt, you can push the button (+) and increase your time to 10 hours or more..... 8 o'clock is a good place to start. That's what I'm saying! Go to bed. Say good night to your yogurt. ** If your IP keeps going back to the BOIL cycle, it has a memory of your last setup. Continue pressing the adjustment button until you see 8:00 am and normal on your display. The Adjust button will switch between the MORE/NORMAL/LESS settings and the FERV/8:00/24:00. Stop when you see 8:00 and NORMAL. 1 min video that shows how to find the Normal Yogurt Cycle in Duo: ULTRA MODEL: (update 2018: if you have the newest model of Ultra, there is no average setting for yogurt. You will need to use the Custom setting) Turn the dial to YOGURT Press to select Press the dial again to set TIME (5-24 hours, depending on how much pie you like your yogurt) Press the dial to confirm The turn dial to TEMP (LOW, MED, HIGH, Custom) Select MEDIUM (107°F) or CUSTOM (you can choose between 100°F-110°F) Press the press button to confirm the START button. Incubation will begin. When the cycle is over, the display will show YOGT. DUO PLUS MODEL: Select YOGURT NORMAL Press +/- to set the incubation time When finished, the IP beeps and displays the YOGT MAX 1 MODEL. Select Yogurt 2. Tap the temperature field repeatedly to switch between Boil, Yogurt, Custom. 3. Select the yogurt. 4. Yogurt setting will be standard for 8 hours. To change the time, - Tap the Hours field - Rotate the center display to adjust 5. Tap Start to start. Ta Da! Here's my yogurt at the 8-hour mark. But... If you stir, the yogurt will be thin. Because? Serum. There's liquid whey floating in the yogurt and when stirred, it'll get thin. It's not soupy, but slim - more like a traditional style yogurt. I like to use coffee filters as I have a lot... Er.... hundreds of them in hand. Use and discard. Easy. Cover the yogurt with plastic or a large dinner plate and sly immediately for 2-3 hours in the fridge. Four hours will give me a cream cheese as a texture. I end up with approximately 4-5 cups of thick, creamy yogurt and about 4 cups of serum. If you feel your yogurt is too thick, you can always add some serum back in Don't throw away the serum! I like to freeze my serum to use as STARTERS for my yogurt. Yes, it contains the cultures that your yogurt has - IMMEDIATELY FREEZE for best results. Here are 18 ways to use whey. 36 Uses for Whey 9. Beat your soft yogurt and savor your yogurt. Now is the time to sweeten or taste your yogurt. Try some. You can enjoy it simple with some fruits. I like to put aside some thick yogurt to use as STARTERS for my next batch - immediately freeze in tablespoon servings on a tray of ice cubes. They will last up to 6 months! Take the cube at the beginning of the boiling cycle at room temperature and it will be thawed enough to knead when your milk has cooled. Take some thick skimming yogurt to use as a sub mayonnaise or sour cream. Works great on sandwiches, or other recipes. For the rest of my yogurt, I like to put 1/4 cup granulated sugar (or 2-4 tablespoons of heated honey) and 1 tablespoon vanilla extract and beat gently before scooping into individual jars of jam. You can use any sweetener you want, dear, Stevia, Truvia, etc. I found the reusable plastic covers at Walmart. You can also find them on Amazon or Target in the canned goods section. Having a space above yogurt allows my family to choose any topping, mix-ins or flavorings of their choice. Honey, brown sugar, granola, fruits, etc. My mom likes to sprinkle some light crystal lemon blend mixture into her. Whey protein powder, chocolate syrup and chocolate mixing drinks are also favorites. Try it and have fun with different flavors! Making yogurt is simple and you will be easily doing weekly for your family. 10. Enjoy! Enjoy! Print recipe Ingredients HALF GALLON LOT 8 cups Whole, 2%, 1% or SkimMilk 1 Tablespoon Plain Yogurt, ROOM TEMPERATURE FULL GALLON LOT 1 gallon (16 cups) Whole, 2%, 1% or Skim Milk 2 Tablespoons Plain Yogurt, Room temperature various ice cubes FUEL MODULE - test for accuracy before starting Large mixing bowl with ice water Geldle Whisk Strainer, colander or sieve Stress material: coffee filters, heavy paper towels, flour bag towel, or several layers of cheese cloth If you make a gallon of yogurt, you may need 2 sets of filters or a large milk bag Place 1-2 tablespoons of plain yogurt in a small bowl. Book. OPTIONAL: Place multiple ice cubes in the Instant Pot liner. Let the ice sit for a few minutes; swish to coat the bottom of the pan, and pour the ice/water. Do not clean the pan. 2. Pour your milk into the instant pot liner. Cover, set the ventilation to seal. You can choose to use a glass lid or lid of your pans, pie dish, dinner plate or flat silicone suction cap for the whole process.3. Select the Yogurt Plus/Boil setting, according to the model. Check my instructions. If you have Ultra, HIGH is the configuration you need. The cycle will take from 20 to 25 minutes to half a gallon; 50 minutes for a gallon full of milk.4. At the end of the boiling cycle, beat the and take the temperature with a thermometer. You should read 180°F or more. If there is a skin on top of the milk, carefully remove it with the beater.5. Remove the hot milk pot and place it over the bowl of cold water. Every two minutes, stir the milk gently with a whisk, taking care not to scrape the bottom of the pan. Take the temperature until the milk reaches 100°-110°F. Remove the pan from the cold water. Clean the outside of the pan and place it in the Instant Pot. 6. Shell 1 cup of cold milk in a small bowl. Stir the yogurt at room temperature until completely dissolved. Pour this mixture into the milk pan into the Instant Pot.7. Cover, close the pressure valve (Seal) or use alternative cover as described above. 8. Incubate the yogurt by selecting the Normal Yogurt setting according to the Instant Pot model. For Ultra, Medium is the configuration you need.9. Incubation time: Yogurt setup is automatically standard for 8 hours. You can use the +/- buttons to increase/decrease time. You can incubate for only 5-6 hours (light yogurt) or up to 24 hours (very crooked yogurt). 8-10 hours is the average incubation time. The display timer will count UP.10. When the incubation cycle is over, the instant pot beeps and displays the YOGT. Your yogurt should look set, like a soft jelly. You can immediately pour your hot yogurt into your lined coador, put over a larger bowl to pick up the serum, cover and put in the fridge for 4-6 hours. Larger batches of yogurt will take 8 to 10 hours to cool completely. If your yogurt is too thick, you can take a little whey back, a little at a time, until you reach the desired consistency. Flavor: Add 1 teaspoon of vanilla extract and 2-4 tablespoons of heated honey or granulated sugar. Check out my IP Yogurt Guide for Newtos for many other flavor ideas! Store your yogurt in a glass or plastic container with a well-suited lid. Yogurt's going to stay for at least two weeks. Serum: Clean serum will keep in the refrigerator for up to 6 months. Unsweetened yogurt and whey can be frozen to use as input for future batches of yogurt. Freeze in tablespoon scans just after cooling/stretching the yogurt. When frozen, they will remain viable in the freezer for up to 6 months. Details Preparation time: 10 minutes Cooking time: 8 hours 30 minutes Total time: 12 hours 40 minutes Yield: Varies Varies

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