



Greek Yogurt

Make a half gallon

½ gallon Whole Organic Milk (preferably raw)

1 tbsp. Great Lakes brand gelatin (optional)

4 oz. Of your favorite plain yogurt

You are going to need a Pyrex or ceramic container that can hold the milk, a thermometer, a whisk, a bowl, a spoon and a 1 tbsp measuring spoon. WIPE EVERYTHING DOWN WITH ISOPROPYL ALCOHOL AND LET IT EVAPORATE COMPLETELY!

Watch the video on YouTube:

<https://youtu.be/w0NfJlI6yMc>

Bring milk to 110 deg F. At this point you can choose to add the gelatin. If you do so, the yogurt will become relatively thick and does not need straining.

Continue heating to 180 deg F, stirring occasionally with the whisk.

Remove from the stove and transfer the milk to your Pyrex or ceramic container. Let it cool to a 110 deg F. With a spoon, remove some of the milk and add it to your favorite yogurt. Whatever yogurt you choose will determine the texture, consistency and general flavor of the yogurt.

Whisk the milk together with the starter yogurt until smooth and then whisk it back into warm milk.

Let it sit in an environment that will consistently remain at 110 deg F for the next twelve hours.

If you choose you can strain the yogurt for up to 36 hours. Otherwise, keep it in the refrigerator until it gets cold then cover it with plastic wrap or a lid.

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