

frieda loves bread

I love this simple recipe. I am only going to share the version I love and make twice a week. For more ideas, details and additions please go to her website: <https://bit.ly/2Gpi6qt>

Frieda's Easy Instant Pot Cold Start™ Yogurt

By Frieda Franchina

Making yogurt is so simple and easy with this revolutionary Cold Start method! No heating, no cooling, no temperature taking and most likely, no straining! You must have a yogurt setting for this method to work and use ultra pasteurized milk*.

1. Make sure your Instant Pot & utensils are clean and free of soap residue. Pour the contents of your milk into your Instant Pot insert. Stir in your optional ingredient milk**, if desired, making sure it is whisked in very well.
2. Whisk in your 1-2 Tablespoons of fresh plain yogurt***, dissolving it well.
3. Cover your Instant Pot, with the IP lid in the locked position and the pressure valve closed. If you have an IP seal that smells, you can remove it. You can also use a dinner plate or pie plate as a lid.
4. Select Yogurt Normal, according to your model. If you have the ULTRA model, this can be Medium or a customized setting of any temp in the 100°F-110°F range.
5. Select the incubation time for 8 hours****. You can choose a longer time, up to 24 hours, by pushing the (+) button for more tang to your yogurt.
6. The IP will beep, and begin counting UP. When finished, the IP will beep and your display will show YOGT.
7. Remove your pot of yogurt, cover, and chill it in the fridge for at least 4-6 hours.
8. If you want to transfer your yogurt or strain it, you can slowly pour your yogurt into another container or strainer.***** Do not stir your yogurt until fully chilled or strained.
9. After chilling, Do the thickness test. Take a spoonful of your chilled yogurt and stir it into a bowl. It will thin out. If you want it thicker, you will need to strain.

* You must use Ultrasturized milk. Otherwise you will need to boil it-you can find instructions at Frieda's website. Fairlife is good. Trader Joes has a Ultrasturized Organic Grass Fed Milk.

** I use one can of Sweetened Condensed milk. So good! But you don't have to sweeten it before you make it.

*** After your first batch, you can use your own yogurt for your "starter." I always use at least 2 TBS.

**** 8 hours give me the perfect "tang." But I'm not a fan of really tangy yogurt.

***** If you like Greek Style Yogurt, you have to strain it. I tried using coffee filters (as suggested on websites) and it was a mess, plus I wasted a lot of yogurt.

I bought this strainer and it works great: <https://amzn.to/2INtU8z>