



By Pamela Frost Dennis

I love this simple recipe. For more ideas, details and additions please go to website: <https://bit.ly/2Gpi6qt>

Frieda's Easy Instant Pot Cold Start™ Yogurt

By Frieda Franchina

Ingredients:

1/2 Ultra Pasteurized Milk. I prefer whole milk, but you can use a lowfat milk.

1 Can Sweetened Condensed Milk (optional)

2 Tablespoons of fresh plain yogurt

- 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 sweetened condensed milk, if desired, making sure it is whisked in very well.
- Whisk in your 2 Tablespoons of fresh plain yogurt, dissolving it well.
- Cover your Instant Pot, with the IP lid in the locked position and the pressure valve can be open or closed.
- Select Yogurt Normal, according to your model.
- Select the incubation time for 7 hours. You can choose a longer time, up to 24 hours, by pushing the (+) button for more tang to your yogurt.
- The IP will beep, and begin counting UP. When finished, the IP will beep and your display will show YOGT.
- Remove your pot of yogurt, cover, and chill it in the fridge for at least 4-6 hours.
- 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. If you do, it will be like Kefir.
- After chilling - you can 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.

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You must use Ultrapasturized milk. Otherwise you will need to boil it. You can find instructions at Frieda's website.

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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.

7 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 a Yogurt Strainer and it works great: <https://amzn.to/2INtU8z>

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