

## Greek Yogurt

Heat 1 gallon of milk to 185 deg. in a stainless steel pot while stirring constantly. Keep it at 185 deg. for 15 min. Remove pot and place it in cold water to reduce the temp. to 110 deg. Remove ~ ½ cup of the warm milk and stir in a couple of tablespoons of good quality Greek Yogurt. Check the label to make sure it has live cultures. I've found Costco Greek Yogurt works great. Pour this mixture back into the pot of milk and stir gently. Place a lid on the pot and place it in the oven with the light on (to provide a little warmth). Leave this in the oven about 12 or more hours. When you see that a nice thick curd has formed spoon the curd into a buttercloth lined colander placed over a bowl or pot. Cover this and place in the fridge for 6-8 hours to drain out the whey. I usually heat the milk in the morning first thing and take it out just before bedtime and put it in the fridge overnight. Spoon the finished yogurt into plastic containers and refrigerate but don't freeze. We like ours plain but you can add flavors to your liking.