Yogurt Recipes

For your first few batches, we recommend treating yourself to whole milk, because it produces a naturally thick final product. However, yogurt can be made with skim or low-fat milk—it just will probably be a bit thinner than store-bought varieties, which often contain thickeners.

### Basic Yogurt

4 cups = 1 quart

**Ingredients:**

- 4 cups whole or low-fat milk
- 1/2 cup non-pasteurized whole milk or low-fat plain yogurt containing active yogurt cultures, at room temperature or powdered yogurt starter (amount specified on package)

**Directions:**

1. In a saucepan over medium heat, bring the milk to a boil. Immediately remove the pan from the heat.
2. Place the end of an instant-read thermometer in the pan of milk. When the milk has cooled to lukewarm (110°F), in a bowl, combine about 1 cup of the milk and the yogurt and stir until smooth. Then, stirring constantly, slowly pour the mixture back into the pan of warm milk.
3. Pour the milk-yogurt mixture into the yogurt maker and process overnight (8-10 hrs.) according to the manufacturer’s instructions. Serve warm the next morning, or cover and refrigerate before serving. Store the yogurt, tightly covered, in the refrigerator for up to 1 week. Reserve some of the homemade yogurt to begin making your next batch, if desired.

**Note:** To speed the cooling process, place the pan in the prepared ice bath and stir the milk occasionally. If the milk temperature drops too low, return it to heat.

**Note:** As yogurt ages, it becomes more tart. If more whey separates out of the yogurt, just stir before serving.

Optional: Stir any flavorings such as jam, honey, dulce de leche, molasses, fresh or dried fruit, garlic, herbs, etc. into the yogurt just before serving.

For thicker, Greek-style yogurt, after incubation, spoon the yogurt into a cheesecloth-lined colander set over a bowl and let it drain, covered in the refrigerator, for at least 1 hour or overnight. Discard the whey that drains out of the yogurt or reserve it for another use.

Makes about 4 cups.

### Tart Yogurt Ice Cream

**Ingredients:**

- 1 quart of full-fat plain yogurt
- 1 cup of sugar
- a pinch of salt

**Directions:**

1. Combine all ingredients
2. Place the mixture in the ice cream maker following the manufacturer’s instructions. Enjoy immediately or ripen in the freezer for a firmer consistency.
3. Add toppings such as: fresh berries or fruit, nuts, granola, cereal, cookie and candy pieces.

### Honey and Pecan Yogurt Ice Cream

**Ingredients:**

- 2 1/4 cup Yogurt
- 1 cup honey
- 5 egg yolks
- 1/2 cup sugar
- 1 cup pecans, chopped
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Directions:
1. Combine egg yolks, sugar and honey and whisk slightly.
2. Bring yogurt gently to a boil.
3. Pour yogurt into the egg mix and return to low heat.
4. Bring yogurt mixture to simmer, stirring frequently. The mixture should then thicken, do not boil.
5. Remove the mixture from heat and chill.
6. When cool, add the mixture to the ice cream maker following the manufacture's instructions.
7. When the mixture is at the desired consistency, add the pecans.
8. Enjoy immediately or ripen in the freezer for a firmer consistency.

Honey or Maple Yogurt Ice Cream
Ingredients:
3/4 cup of high quality honey or maple syrup
1 cup heavy cream
3 cups plain whole milk yogurt
Directions:
1. Heat honey/ maple syrup and cream in a saucepan over low heat. Stir frequently to combine and prevent scorching, just until warm.
2. Place the yogurt in a large bowl, and slowly combine using a wire whisk, the honey mixture.
3. Place the mixture in the ice cream maker following the manufacture's instructions. Enjoy immediately or ripen in the freezer for a firmer consistency.

Vanilla Bean & Honey Yogurt Ice Cream
Ingredients:
4 ounces plain whole milk yogurt
1 vanilla bean scraped
1/3 cup honey
Directions:
1. Heat the honey slightly on the stove.
2. Mix the yogurt and honey a bowl until combined.
3. Slice the vanilla bean down the length of the pod. Open the bean and scrape the seeds out using a dull knife and add them to the yogurt and honey.
4. Mix well and pour mixture into the ice cream maker following the manufacture's instructions. Enjoy immediately or ripen in the freezer for a firmer consistency.

Strawberry Yogurt Ice Cream
Ingredients:
3 cups washed, quartered strawberries (about 1 1/2 pints)
Zest of one lemon
3/4 cup sugar
1/4 teaspoon kosher salt
2 cups Greek (strained) yogurt
Lemon juice to taste
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Directions:
1. Combine berries, lemon zest, sugar, and salt in a saucepan over medium heat. Cook, stirring occasionally, until juices leave the berries and begin to simmer, then reduce to low heat. Continue to cook, stirring occasionally, until slightly thickened and berries are tender (about 6 minutes).

2. Add to a food processor and purée until smooth. Strain using a fine mesh strainer. Yields approximately 2 cups of purée.

3. In a bowl and whisk in yogurt and purée until well combined. Add lemon juice to taste.

4. Place the mixture in the ice cream maker following the manufacture's instructions. Enjoy immediately or ripen in the freezer for a firmer consistency.

Chocolate Yogurt Ice Cream

Ingredients:
2 cups whole milk
4 egg yolks
2/3 cup sugar
4 ounces bittersweet or semisweet chocolate, melted and cooled
1 1/2 teaspoons vanilla extract
2 cups full-fat plain yogurt

Directions:
1. In a medium saucepan over medium heat, heat the milk until just under a boil (you will see tiny bubbles around the edges and steam rising from the surface). Remove the milk from the heat.

2. While the milk is heating, whisk the egg yolks and sugar in a bowl. Gradually, add 1/4 cup of the hot milk into the egg yolks, whisking constantly, then add the egg yolks back to the saucepan with the rest of the milk and cook over medium heat, stirring constantly, until the mixture has thickened enough to coat the back of a spoon (170°F via a candy thermometer).

3. Stir in the melted chocolate and the vanilla extract. Strain the mixture through a fine mesh strainer into a large bowl and allow to cool to room temperature.

4. Mix the yogurt and chocolate mixture.

5. Place the mixture in the ice cream maker following the manufacture's instructions. Enjoy immediately or ripen in the freezer for a firmer consistency.