

Instant Pot Greek Yogurt

Prep time

5 mins

Cook time

10 hours

Total time

10 hours 5 mins

Thick Instant Pot Greek Yogurt is so simple to make. This creamy and smooth Greek Yogurt will save you so much money. Goat Milk works great too!

Author: This Old Gal

Recipe type: Breakfast

Serves: 3.5 Quarts

Ingredients

- 1 Gallon Milk (Whole, 2%, 1% or Fat Free) or Goats Milk
- 2 Tablespoons Yogurt Starter (Yogurt, Greek or regular) made with just milk and live cultures

Instructions

1. Add three cups of water to the Instant Pot cooking pot, lock on lid and close Pressure Valve.
2. Push the Steam button and adjust to 5 minutes. When Beep is heard, open Pressure Valve (Quick Release). When all pressure has been released, remove lid and dump out the water. Place cooking pot into the refrigerator for 5 minutes, to dry and become cold.
3. Pour in all the milk.
4. Place lid on Instant Pot and close the Pressure Valve.
5. Push the Yogurt button and then the Adjust button, until it says "boil."
6. When Beep is heard, open lid and remove cooking pot and check temperature. If the temperature is not 180 degrees, repeat the last step.
7. When 180-185 degrees is reached, remove the cooking pot and allow to cool down to 110 degrees, or place cooking pot in sink filled with cold water to bring the temperature down quicker.
8. When 110 degrees is reached, remove a cup of the milk and add starter to the cup and whisk in well. Then add that cup back into the cooking pot and whisk in thoroughly.
9. Place cooking pot into the Instant Pot and replace lid or use a glass lid.
10. Press the Yogurt button and the display screen will say 8:00. Move it up to 10:00, if desired.
11. The program will end 8 hours, unless you have adjusted the time up for a longer incubation time.
12. When the Beep is heard, remove the cooking pot and place covered in the refrigerator to cool.
13. Do not touch the yogurt until it is completely cool.
14. For Greek Yogurt, strain the yogurt in the refrigerator for at least two hours.

Notes

Greek Yogurt is simple yogurt made from milk and a live culture starter and then strained for at least two hours.

Whole Milk works best and give the most creamy and thick consistency.

Featured photo courtesy of Beth Braznell.