



# HOMEMADE VANILLA YOGURT

INTERMEDIATE RECIPE ●●○

**PREP:** 5 MINUTES | **INCUBATE:** 8 HOURS | **CHILL:** 8-12 HOURS | **MAKES:** 4-6 SERVINGS

## INGREDIENTS

1/2 gallon whole milk	1/2 tablespoon vanilla extract
3 tablespoons plain yogurt with live active cultures	1/2 cup honey (optional)

## DIRECTIONS

- 1 Pour the milk into the pot. Assemble the pressure lid, making sure the pressure release valve is in the VENT position. Press SLOW COOK / YOGURT twice so YGRT appears on the display. Set time to 8 hours and select START/STOP to begin.
- 2 After the milk has boiled, the display will read COOL. Note that this process can take several hours.
- 3 Once cooled, the unit will beep and display ADD AND STIR. Remove pressure lid. Add plain yogurt and whisk until fully incorporated. Install the pressure lid (valve may be in VENT or SEAL position) and press START/STOP to begin incubation process.
- 4 After incubating is complete (8 hours later), transfer the yogurt to a glass container or bowl, cover, and chill for a minimum of 8 hours in the refrigerator.
- 5 Once yogurt has cooled, add the vanilla and honey (if using) and stir until well combined. Cover and place the glass bowl back in the refrigerator or divide the yogurt among airtight glass jars. Yogurt may be refrigerated up to 2 weeks.

**TIP** If you prefer a thicker, Greek-style yogurt, strain the yogurt through a cheesecloth overnight in the fridge (be sure to place it over large mixing bowl while draining).

# MAKING YOGURT WITH YOUR FOODI™ TENDERCRISP™ PRESSURE COOKER

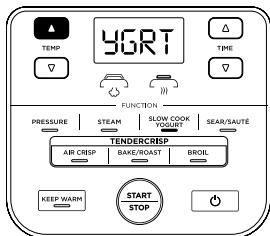
- 1 Add desired amount of milk to the pot.

**NOTE:** If you prefer to pasteurize, cool, and add cultures not using the unit, skip steps 1-9. Instead press the TEMP up arrow to select FMNT, press the TIME arrows to select desired incubation time, then press START/STOP to begin.

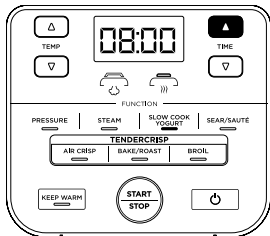
- 2 Install the pressure lid and turn the pressure release valve to the VENT position.



- 3 Press SLOW COOK / YOGURT twice until YGRT appears on the screen. Press the TEMP arrows up or down to select YGRT or FMNT.

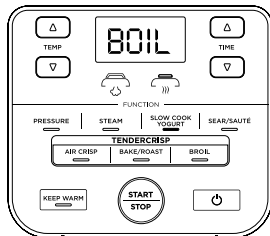


- 4 Press the TIME arrows to adjust the incubation time in 30-minute increments between 8 and 12 hours.

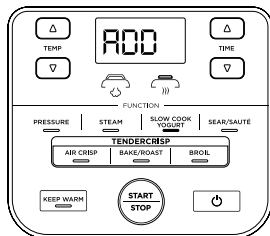


**NOTE:** Selecting a longer time will lead to tangier yogurt with a thicker consistency. Use 12 hours to achieve Greek-style yogurt.

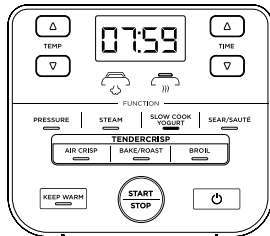
- 5 Press START/STOP to begin pasteurization.
- 6 Unit will display BOIL while pasteurizing. When pasteurization temperature is reached, the unit will beep and display COOL.



- 7 Once the milk has cooled, the unit will display ADD AND STIR in succession.



- 8 Remove the pressure lid and skim the top of the milk.
- 9 Add yogurt cultures to milk and stir to combine. Install the pressure lid (valve may be in VENT or SEAL position) and press START/STOP to begin incubation process.



- 10 The display will begin counting down. When incubation time is complete, the unit will beep and display DONE.
- 11 Chill yogurt up to 12 hours before serving.

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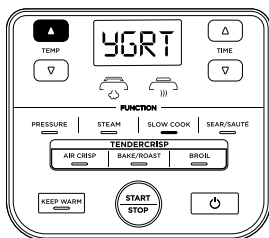
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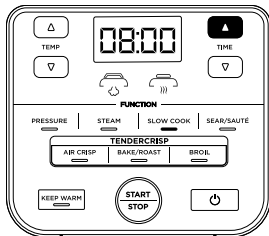
- 2 Install the pressure lid and turn the pressure release valve to the VENT position.



- 3 Press SLOW COOK twice until YGRT appears on the screen. Press the TEMP arrows up or down to select YGRT or FMNT.

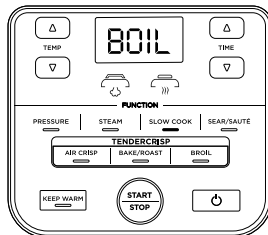


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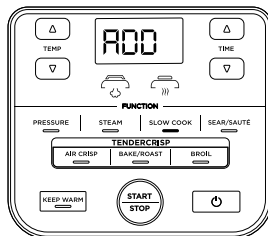


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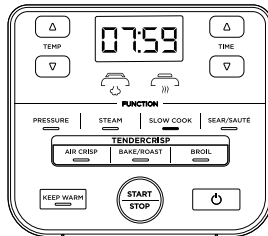
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