

Easy, Delicious Sous Vide Yogurt

Ingredients

800 g *Milk, whole*
40 g *Live-culture yogurt, we use Nancy's*

Equipment

Silicone spatula
Digital instant-read thermometer
Sous vide setup
Canning jars

Timing

12 hr total; 30 min active

Yield

840 g yogurt, about 5 servings

1 Preheat Joule to 109 °F / 43 °C

ChefSteps cooks sous vide with Joule, the sous vide tool created by our in-house team of chefs, designers, and engineers. Compact and gorgeous, Joule is a WiFi-connected device you control easily with your smartphone. [Learn more about Joule and sous vide](#), and you'll be whipping up amazing feasts like this in no time.

800 g *Milk, whole*

2 Heat milk

In a pot over low heat, warm milk to 180 °F / 82 °C. As it heats, run a spatula along the bottom of the pot to ensure there's no scalding on the bottom, but don't worry too much about overheating. Everything's going to work out fine.

OPTIONAL: Before you begin, prepare an ice bath. Filling a bowl with ice or very cold water will help your milk cool down quickly after you remove it from the heat. But you can let it cool down at room temp too. It'll just take a while longer.

3 Cool it down

Remove milk from the stove and transfer to ice bath or leave at room temp to cool. You want it to wind up at or below 110 °F / 43 °C.

40 g *Live-culture yogurt* 🛒

4 Add that 'gurt!

Spoon yogurt into a bowl or pitcher.

Add some of the milk to the yogurt and mix until smooth.

Add the rest of the milk to the mixture and continue stirring until combined.

5 **Transfer to jars**

Carefully pour mixture into a large (1 L) canning jar or a bunch of small ones.

Screw on lids.

NOTE: If you've made our *sous vide crème brûlée*, you'll remember screwing the lids on "fingertip tight" so they won't crack in the water. Because the water is much cooler for *sous vide yogurt*, this doesn't matter. You can just screw the lids on as tightly as you normally would.

6 **Incubate**

Transfer jars to preheated water.

Allow to incubate for at least five hours. You can leave the jars there for a little longer if you get busy. Nothing bad will happen.

7 **Chill**

Transfer yogurt to the fridge and leave overnight to set.

8 **Eat it!**

Serve it with granola and fruit. Mix equal parts yogurt and mango purée for a yummy, Creamsicle-colored lassi. Add cucumber, lemon, spices, and salt for a savory raita. It's homemade yogurt, man. Enjoy it.

Level Up: Make it Your-Gurt

Strain

Straining the whey from your yogurt will result in a firmer, less acidic product. Here's what to do: Transfer yogurt to a container covered with a coffee filter, cheesecloth, or towel. Gently stir from time to time to help things along. Allow to strain at least one to two hours and as long as overnight.

After a couple hours, the yogurt should have the thickness of your typical store-bought stuff. Leave it overnight, and it will have an even thicker texture similar to that of mascarpone. Keep in mind that with straining, you will end up with about 40–50 percent of your starting volume.

Play With Temperatures

In the video, we show you that you need only two temperatures to make amazing yogurt. But if you want to go pro on it and customize your texture further, you can play with different incubation temperatures within the range where fermentation can occur. Here's more on how to do that.

In order for the bacteria to ferment the milk, we need to set the temperature no higher than 113 °F / 45 °C. Incubate at this temperature for about three hours, and you'll wind up with a delicious but coarser yogurt that has a tendency to leak whey, the watery byproduct left over after coagulation occurs.

If you can't deal with liquidy 'gurt, go for a lower temp. You can go as low as 86 °F / 30 °C, in fact, though you'll need to leave your yogurt in the water for about 18 hours. In the end, you'll wind up with a delicate texture and a product that's far less likely to leak whey.

We ran a bunch of trials in the kitchen and found our favorite result—thick but not too thick—at 109 °F / 43 °C. Made with whole milk and our favorite live-culture leftover (Nancy's Yogurt), this tart treat is neither super thick nor super thin but instead falls somewhere in between, right where we like it. We think you'll like it too.

Make Yogurty Treats

RAITA

Combine yogurt, shaved cucumber, lemon, garlic, cumin, salt, and black pepper (amounts as needed) for a flavorful, cool raita you can pour over curry, lamb, and other rich or spicy dishes.

MANGO LASSI

For four tall glasses of mango lassi, use 32 fl oz yogurt and 32 fl oz mango purée or equal parts in any amount.

Other Things You Can Cook Sous Vide in Glass Jars

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