

Soy Yogurt

Pastor Barnes

Total Vegetarian (Basic—with carrageenan¹)

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6 c KIRKLAND soy milk², divided

4½ TBS arrowroot powder³

1½ TBS liquid pectin

1 packet vegan yogurt culture or ½ cup starter whey (or yogurt) from the previous batch⁴

- ✓ Make a slurry with ¾ c of the soy milk and the arrowroot. Reserve.
- ✓ **Heat 2¼ cups of the milk in small to medium saucepan set over medium-low heat.** Once the milk is steaming (NOT boiling – **about 180 deg. F**) **whisk in the slurry**. Remove from heat and **stir in the remaining milk (3 c) and the pectin**. **Cool to 110 deg. F**, then **stir in the vegan culture** until completely incorporated.
- ✓ Pour ingredients into container(s). **Incubate 6 hours. It should have a smooth creamy texture.** (Stop immediately if the whey begins to separate.) Do not stir while incubating.⁵
- ✓ **Leave at room temperature for 2 hours and then transfer the yogurt to the refrigerator for at least 12 hours.** Yogurt may look broken after cooling, so you may whisk together until smooth. If you want thicker “Greek style” yogurt, you can put it into a strainer to refrigerate. Strain through a coffee filter or cheesecloth at least overnight, but for the *best* Greek style yogurt, strain for at least 24 hours. (You may save the whey to use in other recipes, if you like.)
- ✓ Serve immediately or store in refrigerator until ready to eat.
- ✓ Best if eaten within 3 days, but will keep for up to 8 days.

SOY YOGURT (Lemon)

After cooling at least 12 hours (and after straining, if you do that), modify the basic recipe as follows. (We like our lemon a little more tart than some people do, so feel free to adjust to your own taste.):

- ✓ **Stir in 4-6 TBS. Maple Syrup** to taste (100% pure; organic preferred)
- ✓ **Stir in ⅓ to ½ cup Lemon Juice** to taste (I use lemon juice that has been fresh-squeezed and frozen. Freeze fresh-squeezed juice in a zip-lock bag, and when you need some juice, run hot water over the outside of the sealed bag until the correct amount of juice has separated from the frozen block.)
- ✓ If desired, add fruit to individual servings. Lemon enhances the flavors of many fruits.

1 If you have an antipathy for carrageenan, try our other yogurt recipe.

2 The brand of soymilk that works with this recipe is Kirkwood Original, sold by Costco. You can expect to experiment with others. (This brand has some carrageenan.)

3 I reluctantly “allow” you to substitute corn starch.

4 If you desire to re-use a starter from a previous batch, **subtract ¼ cup of soymilk.** (optional)

5 If you do not have a yogurt maker, you can put the yogurt mixture into a Dutch oven and place it in an oven on the warm setting for 4 to 6 hours, place it into an insulated thermos for 8 hours (transfer the mixture to a clean container for cooling in the next step), or place it into a sealed crock pot that you have warmed but unplugged for 8 hours. **My regular oven will hold a temperature of 110 degrees, which works perfectly. After 6-9 hours in the oven, I leave it on the counter at room temperature for two ours and then transfer it to the refrigerator for at least 12 hours.**