

Thick Raw Milk Yogurt



Hi and Welcome!

I'm Wardee from [Traditional Cooking School at GNOWFGLINS](#). I'm the author of **The Complete Idiot's Guide to Fermenting Foods** and I grew up around cultured foods from the Middle East, like cheese and yogurt. That's probably why these are my favorite foods even today!



I'm also a raw milk lover (so is my family). I can remember when I first started making yogurt. I didn't want to pasteurize my milk like all the recipes called for. Yet I didn't want to end up with runny yogurt, as everyone said I would if I didn't heat my milk up and pasteurize it first .

I tested making yogurt with raw milk anyway. I guess I had to see it for myself! Yep, runny. And I was sooooo disappointed, even though I should have expected it. My family really wanted thick and creamy like you can get at the store!

Why *doesn't* raw milk yogurt thicken up like store-bought or homemade yogurt that's made from pasteurized milk?

It could be two things (I will let you know for sure when I get to the bottom of it!). First, maybe it's that the yogurt culture doesn't like competition from the organisms in raw milk. And in the presence of competing organisms, your yogurt culture just won't set up as well. Yes, it's yogurt. But it's not thick.

Second, maybe it's that pasteurizing milk denatures proteins, exposing them to the culture so it can create a stronger network (thus thicker yogurt).

Whichever the case (or maybe both factors), raw milk doesn't level up and you will end up with runny yogurt. So no matter which it is... raw milk yogurt has deservedly earned the reputation of runny.

However... it is possible to make *thick* raw milk yogurt. That's the recipe I'm going to share with you in a bit. How can this possibly work, though? After all, I just told you why it *can't* work, right?

The answer is: I add gelatin to make sure it sets up nice and thick — in spite of the internal organism competition! It really works! And it's really yummy!

You'll see the recipe on the next page. Let me first tell you a few things about the recipe and method:

- ▶ The culture I like best is [Danisco ABY-2C](#). This is a thermophilic culture, which means it likes warmer temperatures for culturing, rather than room temperature. You can also use store-bought plain yogurt as your culture. Although it might work for a batch or 2, using yogurt from a previous batch of this recipe is not a good choice because the yogurt culture will get more and more diluted by the raw milk organisms.
- ▶ This recipe is written for culturing your yogurt in a cube dehydrator such as the 9-tray Excalibur. Remove all the shelves to fit 1/2 gallon jars, or remove several trays to fit quart size jars. I can fit 14 quarts of yogurt at a time in this dehydrator all while it maintains the right temperature of 100 to 110 degrees Fahrenheit. (A substitute is putting a pot of hot water inside a cooler with your jars. [My friend Katie has instructions here](#) — follow the part of the recipe that has to do with keeping the jars warm in a cooler. Another substitute is to [use the Instant Pot as I describe here.](#))
- ▶ You generally culture yogurt for 6 to 8 hours. If you culture it for 24 hours+, you'll completely reduce the sugar content and create yogurt that's suitable for gut-healing diets like GAPS or for the Trim Healthy Mama diet (S or FP — check out [my Trim Healthy Mama articles](#) for more info).
- ▶ Don't have raw milk? You can use pasteurized with this method, too. :)
- ▶ If you're used to dripping your yogurt through cheesecloth to make yogurt cheese (or to collect whey for fermenting), you won't be able to do that with this yogurt. The gelatin thickens even the whey so it doesn't drip out.

FYI — I include this recipe inside Traditional Cooking School's premium membership and in a couple of our eBooks. I've pulled it out here to share with you for free. Enjoy!
— Wardee

The Recipe: Thick Raw Milk Yogurt

Here's what you need:

- ▶ raw milk, in quart multiples (i.e. 2 quarts, 3 quarts, 4 quarts, etc.) — or high-quality pasteurized milk
- ▶ **gelatin** (2 to 3 teaspoons per quart)
- ▶ yogurt starter (I use **Danisco ABY-2C** at 1/32nd teaspoon per quart; see * for using yogurt as starter)
- ▶ clean **quart-size jars** (wide-mouth preferable, with lids)
- ▶ **cube dehydrator**

**Use yogurt from a batch where the milk was pasteurized first to ensure a pure culture and a good set. Use 1 to 2 tablespoons per quart jar of yogurt you're making.*

Yield varies.

For each quart of yogurt you're making, put 1/2 cup of raw milk in a blender. Sprinkle the gelatin (2 to 3 teaspoons per quart of yogurt) on top. Blend well. Transfer to a saucepan and heat over medium-low until the gelatin dissolves.

Put the rest of the raw milk in a big pot or bowl. Add the gelatin-milk mixture and stir very, very well. While stirring (very important so gelatin stays evenly distributed!), dip a measuring cup into the milk and transfer to jars, filling to within 1/2 inch of rim. Add yogurt culture to each jar. Stir contents of each jar gently. Put lids on jars.

Set dehydrator temperature to 100 to 110 degrees Fahrenheit (I do 105). Leave jars to culture, undisturbed for the culturing time. Culture for 6 to 8 hours for normal yogurt, or 24 hours for GAPS/THM yogurt. Before serving, chill thoroughly so the yogurt will set up. This takes at least 12 hours, but 24 hours is even better for a good set.

Enjoy!

Variation: Make your raw milk yogurt in the Instant Pot as I share here:

<https://traditionalcookingschool.com/food-preparation/raw-milk-yogurt-instant-pot/>



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Wardee

—Wardee Harmon from Traditional Cooking School by GNOWFGLINS

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