

## Soy Yogurt

Pastor Barnes

Total Vegetarian (Basic—no carrageenan)

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**6 cups** soy milk<sup>1</sup>, divided

**1 TBS** dehydrated cane juice

**4½ TBS** arrowroot powder<sup>2</sup>

**1½ TBS** liquid pectin

**1 packet** vegan yogurt culture or **½ cup** starter whey (or yogurt) from the previous batch<sup>3</sup>

- ✓ Make a slurry with ¾ cup of the soy milk and the arrowroot. Reserve.
- ✓ **Heat 2¾ cups of the milk and the dehydrated cane juice in small to medium saucepan set over medium-low heat.** Once the milk is steaming (NOT boiling—at least **180 degrees F**) **whisk in the slurry.** Remove from heat and **stir in the remaining milk (2¾ to 3 cups) and the pectin.** Cool to **110 deg. F**, then **stir in the vegan culture** until completely incorporated.
- ✓ Pour ingredients into container(s). **Incubate up to 9 hours. It should have a smooth creamy texture.** (To not have lumps, stop when the whey begins to separate.) Do not stir while incubating.<sup>4</sup>
- ✓ **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 2-3 oz 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.

<sup>1</sup> The brand of soymilk that works with this recipe is Silk Unsweetened Original. You can expect to experiment with others.

<sup>2</sup> I reluctantly “allow” you to substitute corn starch.

<sup>3</sup> If you desire to re-use a starter from a previous batch, **subtract ¼ cup of soymilk.** (optional)

<sup>4</sup> 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.**