

# Rick's Creamy Cardamom Yogurt (05-2023)

05/2023

Start with 3 cups of milk in the inner pot. Mix in 5 teaspoons of Carnation milk powder and stir thoroughly to dissolve the milk powder. Then mix in 1/2 teaspoon cardamom and 3 tablespoons of sugar. To dissolve the sugar, let mixture sit for 5 minutes – then stir.

The next step is to scald the milk in the Instant Pot. It is not necessary to pasteurize the milk, but this will denature the proteins and improve the texture of the yogurt.

Select the Yogurt cycle, then the Pasteurize function. Once the process is over, use the “Natural Release” method (takes about 15 minutes). Wait about 35 minutes for the milk to cool down to 110F (faster to insert pot with yogurt inside a large pasta pan and add ice water). Check the temperature with an instant read thermometer (like the ThermaPen).

Add to the milk mixture and blend thoroughly:

1/2 cup plus 2 tablespoons of cream

3 tablespoons plus 1 tsp yogurt (with active cultures)

I used five of the one cup jars and filled each with 155 grams of the milk mixture. You don't need to be that precise if all the jars are the same size - just fill each to about the same level. Cover each jar with a “cap” of aluminum foil. Clean and rinse out the base of the Instant Pot.

Add 1 cup of water in the inner pot, then put in the steam rack. Place the jars on the wire rack (the fifth one goes on top of the others). BE CAREFUL when placing the first two jars - must put them in the middle of the rack. Otherwise, the rack tips over, and spills the milk!

Now start the yogurt cycle - I prefer to use 9.5 hours. When the yogurt is done, remove the jars from the IP, and place them on a wire cooling rack. It takes about two hours to cool to room temperature. Then put the lids on and place the jars in the refrigerator to cool thoroughly. Afterwards, you should tighten the lids (to prevent spills).

Don't stir the yogurt at the end - that way it retains a nice thick texture.

## NOTES

- I decided to mix some ingredients before portioning the ingredients between the five jars. I had to reduce the cardamom a bit, because the new Penzey's cardamom I bought was so intense.
- 04-2020 another Ball jar developed a cracked bottom after the 1-minute steam cycle - after adding layers of paper towels at the bottom of the steam rack.
- 06-2020 tried a new idea – simpler to heat the milk / cardamom / sugar in bulk, then pour into smaller jars for the yogurt cycle. Results were better than the prior technique!
- 04-2022 tried an idea from Rita – simpler to add cream and yogurt to cooled milk mixture, instead of measuring ingredients separately for the smaller jars
- 03-2023 Tried using ultra-pasteurized milk, to skip first step of cooking the milk. This works, but \$\$\$\$\$
- 05-2023 Decided to increase milk powder to 5 teaspoons, which gives better texture

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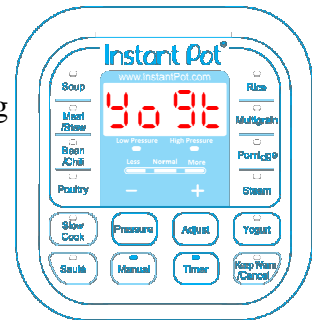
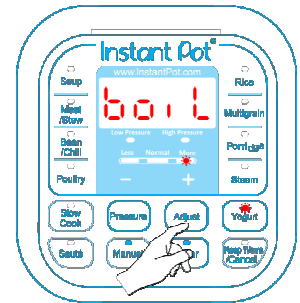
## Making Yogurt (from Instant Pot Manual)

You can make yogurt either with the inner pot or use glass bottles. The process to make yogurt involves two steps. The first step is to pasteurize the milk by heating it to 180° F/83° C. This serves two purposes: (1) killing pathogens and harmful bacteria which can grow during the fermentation period, and (2) denaturing milk proteins, which prevents curdling of milk and makes the proteins easier to absorb.

Instant Pot® provides two convenient ways to heat your milk. If you use the inner pot to make yogurt, press “Yogurt” then “Adjust” to “More” mode with the word “boil” on the display. Instant Pot® will then boil the milk to 180° F/83° C. When it's done, it beeps and displays “yogt”.

If you use containers or bottles to make yogurt, you can steam the milk by: adding 1 cup of water in the inner pot, putting in the steam rack and placing your containers or bottles on top of the rack. Select the “Steam” function and set the time for 1 minute. Once the process is over, use the “Natural Release” method to release the steam.

The second step after heating the milk is to let it cool to below 115°F/46°C, then add an adequate amount of yogurt starter or fresh yogurt. If you use containers or bottles, you can place them in the inner pot without adding any additional water. Press the “Yogurt” function key, press “Adjust” to “Normal” mode and then adjust the time using the “+” and “-” keys based on the instructions of the yogurt starter. The program automatically starts in 10 seconds. When the program completes, Instant Pot® beeps, displays “yogt” and goes to standby state.



# Elaichi Dahi CREAMY CARDAMOM YOGURT

Original recipe (from page 131 of the Indian Instant Pot cookbook)

PREP TIME: 15 minutes

YOGURT: 8 hours

TOTAL TIME: 8 hours 15 minutes, plus 6 hours to chill

This base recipe for a smooth and creamy yogurt can be adapted to your spice preference. It's a perfect beginner's recipe, as the gelatin in the yogurt helps it set. You can substitute your choice of sweetener. The creamy texture will appeal to picky eaters who are used to overly sweet store-bought yogurts. Once you have the process down, try swapping the cardamom for apple pie spice, pumpkin spice, or cinnamon for variety.

SERVES 8

2 cups whole milk, divided  
1/2 cup heavy (whipping) cream  
1 1/2 teaspoons unflavored gelatin  
2 to 3 tablespoons plain unsweetened yogurt (any type with live cultures)  
1/2 teaspoon ground cardamom  
5 tablespoons sugar or honey  
1 1/2 teaspoons honey, plus more as needed (optional)

## DIRECTIONS

1. In a microwave-safe bowl, heat the milk and cream in the microwave for 2 minutes. Using a thermometer, make sure the temperature is between 98°F and 110°F.
2. In a small bowl, put 1/4 cup of the warm milk in the gelatin and mix until smooth, then add this mixture to the milk and cream.
3. Add the starter yogurt, sugar (or honey), and cardamom and whisk until everything is well incorporated. Pour the yogurt into 8 to 10 small (6-ounce) glass jars and twist on the lids.
4. On the Instant Pot, select Yogurt and set the timer to 8 hours. Place a trivet on the bottom of the inner cooking pot, and place the jars on the trivet.
5. Once the Yogurt cycle is done, take out the jars. Stir the yogurt, and add the honey (if using). Taste for sweetness and adjust as desired.
6. Place the jars in the refrigerator and let them chill for 6 to 8 hours so the gelatin has a chance to set.

Tip: You can either buy powdered cardamom, buy the seeds and grind them yourself in a coffee grinder. Or peel the green cardamom pods, remove the seeds, and then grind those. I buy seeds and grind them fresh each time.

# **Elaichi Dahi CREAMY CARDAMOM YOGURT**

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