



DR. SINATRA'S **GREEK YOGURT**

- 1 quart 2% milk, organic, from pasture-fed cows
- ¼ cup plain yogurt (container should read “contains active cultures”)

In a saucepan over medium heat, scald the milk (bring almost to a boil, about 170°F). Transfer it to a nonreactive bowl, and let cool to 110° to 120°F. Gently stir in the plain yogurt. Set the bowl in a warm place, such as next to a heater or warm oven and surround with kitchen towels to create a nest to keep the bowl warm. You may also use an electric yogurt tray. Drape a towel over the bowl. Let the milk sit out overnight or for 8 to 12 hours. The yogurt should be left completely alone until it is thick. If, at the end of 12 hours, the yogurt isn't thick, set it atop a stove set to 200°F for 2 hours (alternatives are to place it on top of a heater or a warm place in the house). If the yogurt is still very runny after letting it sit on the stove, the yogurt simply needs more time to set. To make thick Greek yogurt, transfer the yogurt to a cheesecloth-lined colander and drain for at least 2 hours. I like to suspend the cheesecloth from a wooden spoon laid over a medium bowl, as quite a bit of liquid will drain off. Scrape the Greek yogurt from the cloth into a bowl and refrigerate up to one week. Makes 12 ounces.