GLOBAL · BREAKFAST · SNACK

Homemade Greek Yoghurt (Stovetop and Oven Method)

45 min · plus 6 h culturing and 6–8 h straining · Makes 4 × ½ cup (120 g) · 116 kcal a portion

Video 8:11 · Bigger Bolder Baking with Gemma Stafford

Carnivore · Vegetarian · Gluten-free ingredients · No nuts listed

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Just milk and live cultures, with no added sugar: each ½-cup serve is about 115 kcal with a third of a day's vitamin B12 and only about 5 g carbs.

Diet notes: Low carb (4.8 g net carbs) but not keto: 46% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 2 · MAKES 4 × ½ CUP (120 G)

- [ ] 960 ml whole **milk**, scalded, cultured and strained (with the starter it makes about 490 g)
- [ ] 2 tbsp **plain yoghurt** with live active cultures (the starter)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Warm 950 ml whole milk in a heavy saucepan over low–medium heat, stirring with a wooden spoon so it doesn't catch, until it steams and foams just below a simmer (about 82°C). Hold it there for 5 minutes, stirring; this makes a thicker yoghurt. 0:20
2. Pour into a clean glass bowl and let it cool, stirring now and then and lifting off any skin, to about 38°C, when you can hold a finger in it for 5–10 seconds. 2:11
3. Whisk 2 tbsp plain yoghurt with live active cultures (the starter) with a few spoonfuls of the warm milk, then whisk it into the bowl. Cover with a plate and wrap snugly in tea towels. 3:47
4. Keep it warm and undisturbed for about 6 hours until set: in an oven on its proof setting, or one switched on for 1–2 minutes and then off (warm it again briefly if it cools). 8–12 hours gives a tangier yoghurt. 4:34
5. Line a sieve with 2–4 layers of cheesecloth over a bowl, spoon in the yoghurt and refrigerate for 6–8 hours (Gemma leaves hers up to 24) until thick, then squeeze out the last of the whey. 6:25
6. Spoon into a lidded container and keep in the fridge for up to a week.

> **Tip** Gemma serves it with raspberries and a drizzle of honey. Keep 2 tbsp as the starter for your next batch; use the whey in smoothies or to cook grains. Throw it out if it grows mould, turns grey or smells off.

The method is a summary in our words — the video shows every step.

One portion, ½ cup (120 g), gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
116 kcal 490 kJ	11 g 21% of a day	4.8 g 4.8 g net · 4.5 g sugars 2% of a day	0 g 0% of a day	6 g 4.2 g saturated 8% of a day	40 mg 2% of a day

Energy from net carbs 16% · protein 38% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 37% · Selenium 21%

Source of (10–19%) Calcium 10%

Recipe and video: Bigger Bolder Baking with Gemma Stafford (@biggerbolderbaking) on YouTube — youtube.com/watch?v=Z2P8kDNoE-g, published 17 April 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/homemade-greek-yoghurt-stovetop