

Greek Yogurt (strained from natural yogurt)



Prep time	12 hours
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Moderate Chemical
Meal type	Ingredient , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold
Website	The Shiska in the Kitchen

Ingredients

- Plain natural yogurt
- A thin clean tea towel (or piece of cheesecloth or muslin)
- Colander or strainer
- Bowl (large enough to sit the colander/strainer in)
- String

Directions

1. Get all your equipment together.
2. Line the colander or strainer with the tea towel cheesecloth / muslin and place the colander/strainer over the bowl. Place the yogurt into the middle of the cloth
3. Bundle up the sides, tying it off with string at the top.
4. Place the bowl into the fridge and check after one hour to make sure the liquid that is dripping into the bowl is thin and not too white. It should be slightly milky, with no chunks of white in it. If it has chunks of white the cloth is too thin.
5. The longer you leave the yogurt to strain the thicker it will be. To make Greek yogurt from plain yogurt, strain 12 to 48 hours. Check the consistency every 12 hours and stop straining when you reach a consistency you like.
6. Once the yogurt has strained enough, tip it from the cloth into a bowl or container. Store in an airtight container in the fridge. The liquid in the bowl (whey) can be saved and used in baking when milk is called for. Store it in a sealed glass jar for up to 6 months, but get rid of it if it smells off.



Note

Moderate Amines, Low Salicylates, Low Glutamates

I use Easiyo Natural Skimmers yogurt to make my plain natural yogurt. The quantity of the yogurt reduces due to the straining, 400 ml of yogurt strained for 24 hours gave me 200 ml Greek yogurt.

"Fresh yogurt, natural, plain or vanilla" is listed in the 2011 version of the RPAH Elimination Diet Handbook as low chemical. The previous 2009 version listed "Yogurt" as moderate in Amines. The definition of "fresh yogurt" in the 2011 version is not clear. All recipes on this site use the moderate amines rating for yogurt. If you are using fresh yogurt then the amine level may be low.