




Types of Yogurts

	Set Yogurts	Stirred Yogurts	Greek Yogurts
			
Description	<ul style="list-style-type: none"> • Also known as Balkan-style yogurt. • Thick texture. 	<ul style="list-style-type: none"> • Also known as European-style yogurt. • Creamy and smooth texture 	<ul style="list-style-type: none"> • Also known as Mediterranean-style yogurt. • Thick texture. • Tends to hold up better upon heat than regular yogurts. • Available in full fat or low fat versions. • Greek style yogurt contains a high fat content as high as 10%.
Processing Method	<ul style="list-style-type: none"> • Is allowed to set after pouring the warm cultured mix into containers following by incubation without any stirring for over 12 hours or more until the desired thickness and creaminess is attained. 	<ul style="list-style-type: none"> • Made by incubating the yogurt mixture in a large vat instead of individual cups, followed by cooling and then stirring in order to obtain a creamy texture and most often added with fruits and flavors. 	<ul style="list-style-type: none"> • Made from either partially condensed milk or by straining whey from plain yogurt to make it thicker and creamier.

References

Weerathilake, W. A. D. V., Rasika, D. M. D., Ruwanmali, J. K. U. & Munasinghe, M. A. D. D. (2014). The evolution, processing, varieties and health benefits of yogurt. *International Journal of Scientific and Research Publications*, 4(4). ISSN 2250-3153.