

If you're having trouble with your yogurt consistency, here are a few things you might want to check or try to troubleshoot the problem:

1) **Check the Starter Cultures:**

Ensure that your starter cultures (L. Reuteri and L. Gasseri) are fresh and active. Over time, probiotics can lose their potency. Consider replacing them if they are old or have been improperly stored. If you've been using a saved batch of yogurt as a starter, try using a fresh batch of commercial yogurt that contains live cultures as a test. This can help determine if the issue is with the saved starter.

2) **Verify Temperature Settings:**

Double-check that your yogurt maker is maintaining the correct temperature for fermentation. For L. Reuteri and L. Gasseri, you might need a slightly different temperature than what's typical for yogurt cultures. Verify the optimal temperature range for these specific strains. Yogurt needs to be incubated at a consistent temperature, usually around 110°F (43°C). If the temperature is too high or too low, it can affect the setting. Make sure your yogurt maker is maintaining the right temperature.

3) **Review Inulin Usage:**

While chicory root inulin can be beneficial as a prebiotic, make sure the amount you're using is appropriate for your recipe. Excessive inulin can sometimes affect the consistency of the yogurt. Try reducing the amount or temporarily omitting it to see if it makes a difference.

4) **Examine Milk Quality:**

Ultra-pasteurized milk can sometimes have additives or be treated in a way that affects fermentation. If possible, try using pasteurized milk instead of ultra-pasteurized and see if that helps.

5) **Inspect Equipment:**

Even though you clean your equipment thoroughly, ensure that it's not introducing any contaminants. Sometimes, residual cleaning agents or improper rinsing can impact fermentation. Consider doing a more thorough cleaning or using a different cleaning method. Ensure that your yogurt maker is functioning properly and that it's clean. Sometimes, equipment issues can affect the outcome

6) **Check pH Levels:**

The pH level of the milk should be around 6.7 before adding cultures. If the milk is too acidic or alkaline, it can hinder proper fermentation.

7) **Fermentation Time:**

Ensure you're allowing enough time for fermentation. Sometimes, extending the fermentation period can help if the cultures are slower to grow.

8) **Avoid Cross-Contamination:**

Make sure that all utensils and containers are thoroughly cleaned and free from any potential contaminants that could inhibit the cultures.

9) **Proper Ratio of Milk to Starter:**

Too much starter can cause a thin consistency. Typically, you need about 2-3 tablespoons of yogurt per quart of milk.

10) **Milk Quality and Preparation:** Use fresh milk and consider heating it to 180°F (82°C) and then cooling it to 110°F (43°C) before adding the starter. This process helps to denature the proteins, which can help the yogurt thicken properly.