

Yoghurt - adding value to your milk

After good rainfall, it is common for there to be an abundance of milk. There's lots of fodder to feed to your dairy cows and the milk production increases. However some of the processors are unable to accept all your milk due to the high increase of milk for sale.

What to do with your spare milk? If you belong to a dairy co-operative why not look into the possibilities of making yoghurt. The shelf life of yoghurt is longer if kept chilled and the benefits can be rewarding. Yoghurt can have many flavours, including natural fruits and vanilla added to it to appeal to a discerning Kenya market.

Yoghurt or yogurt is a dairy product produced by bacterial fermentation of milk.

Fermentation of lactose produces lactic acid, which acts on milk protein to give yoghurt its texture and its characteristic tang. Dairy yoghurt is produced using a culture of *Lactobacillus delbrueckii* subsp. *bulgaricus* and *Streptococcus salivarius* subsp. *thermophilus* bacteria.

The milk is heated to kill any undesirable bacteria and to change the milk proteins so that they set together rather than form curds. It is then

cooled to about 45 °C. The bacteria culture is added, and this temperature is maintained for 4 to 6 hours for fermentation.

It is very important that the milk is of good quality and is hygienic and that all the utensils have been well cleaned before milking and milk placed in a sterile container.

People have been making and eating yogurt for at least 5,400 years. The earliest yoghurts were probably spontaneously fermented by wild bacteria. Until the 1900s, yoghurt was a staple in diets of people in the Russian Empire (and especially Central Asia and the Caucasus), Western Asia, South Eastern Europe/Balkans, Central Europe, and India. Today, it is a common food item throughout the world.

A nutritious food with unique health benefits. Yoghurt is nutritionally rich in protein, calcium, riboflavin, vitamin B6 and vitamin B12.

It has nutritional benefits beyond those of milk. People who are **moderately** lactose-intolerant can consume yoghurt without ill effects, because much of the lactose in the milk precursor is converted to lactic acid by the bacterial culture.

Yoghurt may also be used in preventing antibiotic-associated diarrhea.

Yoghurt is believed to promote good gum health, possibly because of the effect of lactic acid present in yoghurt.

A study published in the International Journal of Obesity (11 January 2005) also found that the consumption of low-fat yoghurt can promote weight loss, especially due to the calcium in the yoghurt.

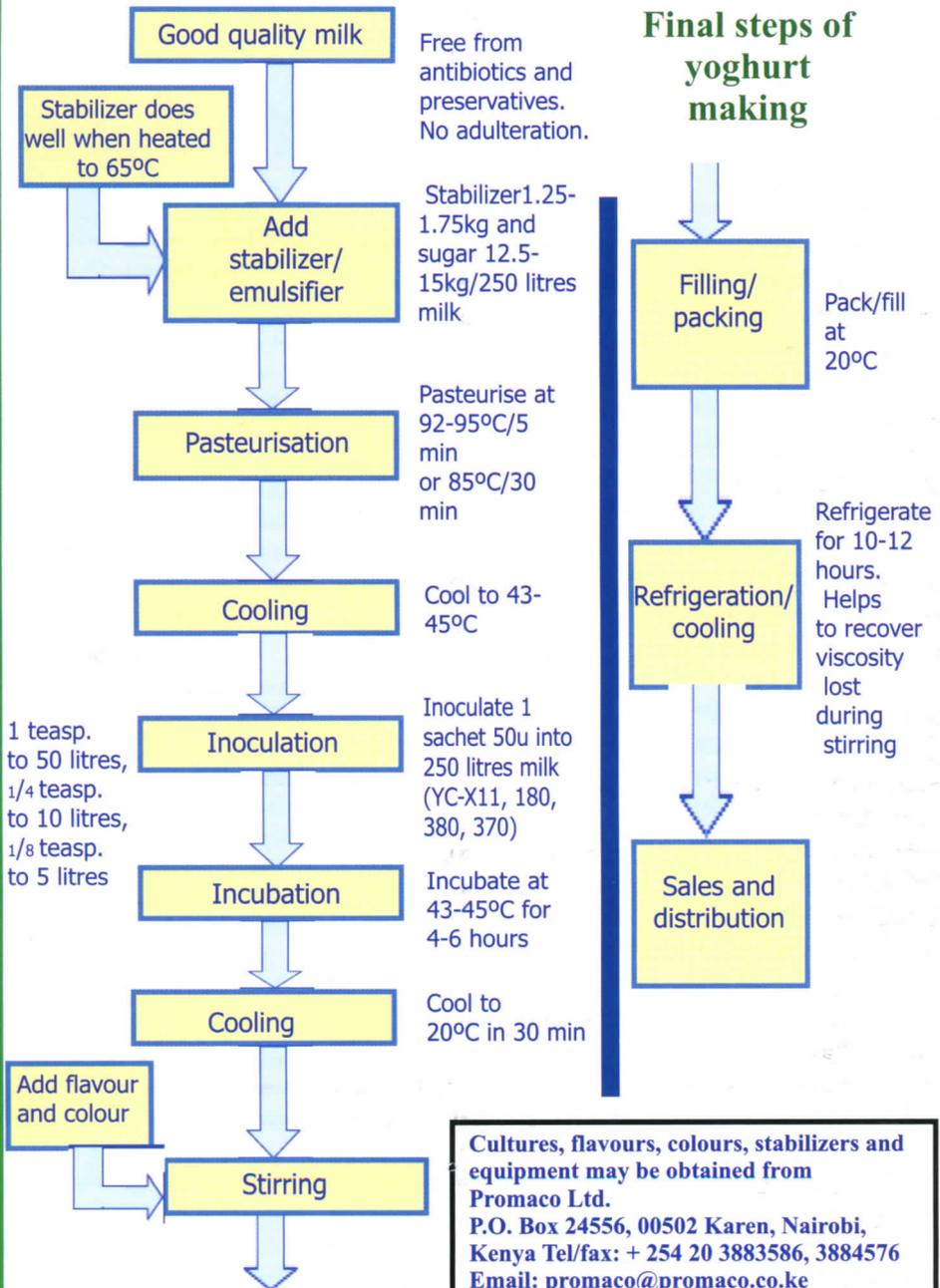
It is also possible for individual dairy farmers to make yoghurt, primarily for their own family consumption. However, if you have all the facilities available including being able to pasteurise the milk (heat it to **95°C/5 min** or **85°C/30 min**) and to cool it in a refrigerator (**20°C**) after **incubation** and have a ready market to buy it - why not go ahead and try.

Good luck with your Yoghurt making.

Part of this article has been reproduced from Wikipedia web site.

Follow the instructions on the chart on the next page.

The Yoghurt-making Process



Cultures, flavours, colours, stabilizers and equipment may be obtained from **Promaco Ltd.**
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