



TECHNOLOGICAL NOTE No.1

Home – made yoghurt production (sour milk product)



COMPONENTS

fresh cow milk, yogurt culture or 5 spoons of yogurt with live cultures, flavouring components

Nutritional value: fat min. 3,5%

TECHNIQUE

1. Warm up 2, 5 litres of milk to 85 – 95° C (in water bath) for 5 minutes (to destroy pathogen microorganisms and change the structure of milk proteins which is important for the final yogurt consistence).
2. Cool it down to 45 - 48 °C, which means optimal temperature for yogurt culture growth and add yogurt culture (one pack) or five spoons of yogurt with live cultures (white yogurt in glass and without flavouring). By microorganisms activities milk sugar changes into milk acid and its consistence changes too.
3. Mix it properly until the cultures melt.
4. Put it in clean jars and leave it fermentate for 8 – 10 hours at the temperature of 45°C, do not mix it any more (in the case of home production set the oven at 45°C or use a yogurt maker or warm it up under the duvet in bed). During the fermentation present proteins coagulate and milk acid is created.
5. Cool it down in the fridge for 12 hours at 4 - 8 °C. Yogurt becomes stiffer in the fridge and we will gain yogurt of nice taste and smell. The yogurt is proper for its consumption now.
6. Store it at +4°C to +8°C.

PACKAGING

jars closed with tops

weight: 110 g, 350 g and 570 g



DISTRIBUTION

in paper boxes, packed in ten- unit packing, transported in cooled devices at +4°C

USE

Yogurt makes our digestion better and is used during various diets. We can mix yogurt with different cereals according to our taste. The most common combination is sweet yogurt with jam, marmalade or fresh fruit. But we can also make some salt combination (e.g. salad from grated cucumber, yogurt with salt, dill and squishy garlic). In hot summer months we can mix the yogurt with sour cream and make a yogurt drink which is sweeter than the yogurt itself. With fresh fruit it is an ideal drink for children and can help to improve our mood.



EXAMPLES OF NATIONAL RECIPE

Chocen yogurt – regional foodstuff



Composition

cream, 16% flavouring components, live yogurt cultures, 8% fat

Packaging

plastic cups or jars closed with tops

Weight

150 g

Average nutritional values for 100ml of product

566 kJ/136 kcal, fat 8,4 g, saccharides 12g, proteins 3g, salt 0,1g

Producer

Chocen dairy s.r.o. is all-Czech dairy with more than 80 - year tradition of milk products production. It profiles firstly on the market by segments of spread butter, cream spreads, cream yogurts and cottage cheese. Nowadays the production comprises ranges of the brand "Chocen dairy 1928" and the production for private brands of some retail chains..

Awards

Regional foodstuff of 2012 – Chocen cream yogurt with cranberries

RECIPE

YOGURT MARBLE CAKE

Ingredients:

fine flour 150 g, granulated sugar 200 g, vegetable oil 100 g, baking powder 1 piece, eggs 3 pieces, vanilla sugar 1 piece, white yogurt 200 g



Procedure and preparation:

Put sugar and eggs into a bowl and whip it. Mix baking powder into flour and then mix it with sugar and eggs. Add oil and yogurt. Pour it into the form and bake for 10 minutes in a preheated oven at 180° C. Then turn down the temperature to 150° C and bake it further 15 - 25 minutes.