

WARM UP

1 What is yoghurt and how do you make it?

## Lactic acid fermentation and yoghurt-making recipes

Yoghurt is a by-product of cow, goat, sheep or soy milk. This occurs thanks to the acidification of two lactic acid bacteria, *Streptococcus thermophilus* and *Lactobacillus bulgaricus*, which break down a part of the lactose into lactic acid and acidify the milk. This reaction takes place at a temperature of 40-50°C and once there is sufficient lactic acid present, it curdles the milk turning it into yoghurt. Afterwards the product is cooled to a temperature of 4°C, which reduces bacterial growth and provides it with a month-long shelf-life.

There are many varieties of yoghurt, which include: compact yoghurt, similar to gelatin in texture; processed yoghurt, which is smooth and even; liquid yoghurt, essentially a drink because of its fluid texture or frozen yoghurt, which contains additives and colorants.

Through the same process of milk fermentation, other products can also be made such as: curdled milk, the result of lactic bacterial action; kefir, a fermented product obtained with yeasts and bacteria, lightly alcoholic and sparkling, with a bitter taste, and koumiss, originally from the Middle-East like kefir, but more alcoholic and similar to white wine in taste.

Nutritionally, yoghurt is rich in calcium, phosphorus, potassium proteins and vitamins A and B. It is supposed to have a beneficial effect on the digestive system, restoring the intestinal bacterial flora, and is more digestible than milk, but people who suffer from diabetes or obesity should choose skimmed or low-fat varieties.

Yoghurt is extremely versatile as you can eat it plain or add it to soups or sauces, use it to dress salads, or to make drinks or sweets and it is widely used as a low-fat substitute for cream.

You should store yoghurt in a refrigerator to avoid over-fermentation which can lead to food poisoning. Discard it immediately if you notice mould, bubbles or an acrid smell.



ACTIVITIES

READING COMPREHENSION

2 Read the text about yoghurt and tick (✓) the true sentences.

- 1  You can only make yoghurt from cow's milk.
- 2  Yoghurt is produced when milk reacts to bacteria.
- 3  Cooling and keeping yoghurt cool preserves it.
- 4  Yoghurt can be liquid or solid or frozen.
- 5  Some yoghurts taste of wine.
- 6  Low-fat yoghurt is beneficial to health.
- 7  People suffering from obesity or diabetes should not consume yoghurt.
- 8  Yoghurt cannot be used as a substitute for cream.
- 9  You should keep yoghurt refrigerated.
- 10  The presence of bubbles, mould or an acrid smell does not mean yoghurt is gone off.

## READING COMPREHENSION

3 Complete this recipe for making yoghurt with the words from the box.

overnight • transfer • test • warm • cover • room temperature • whisk • chill

## YOGHURT RECIPE

### Ingredients

2 heaped tbsp organic yoghurt  
500 ml organic milk  
3 tbsp milk powder

### Method

Bring the yoghurt to (1) \_\_\_\_\_ to stop it cooling the milk too quickly.

(2) \_\_\_\_\_ the milk to no higher a temperature than 46°C.

(3) \_\_\_\_\_ it with a thermometer, or with your finger to see if it feels comfortably warm.

(4) \_\_\_\_\_ in the milk powder and then pour on to the yoghurt.

Immediately (5) \_\_\_\_\_ the dish in Clingfilm, wrap it up in a thick towel or put it next to a hot water bottle and leave it in a warm place (6) \_\_\_\_\_.

The next day, (7) \_\_\_\_\_ to the fridge and let it (8) \_\_\_\_\_ thoroughly.



## WRITING

4 Write your favourite recipe using yoghurt. It can be a starter, main course or dessert and you can use the yoghurt to substitute cream if you like. When you finish, display your recipe for the rest of the class to see and decide which your favourite recipe is.

## MY YOGHURT RECIPE