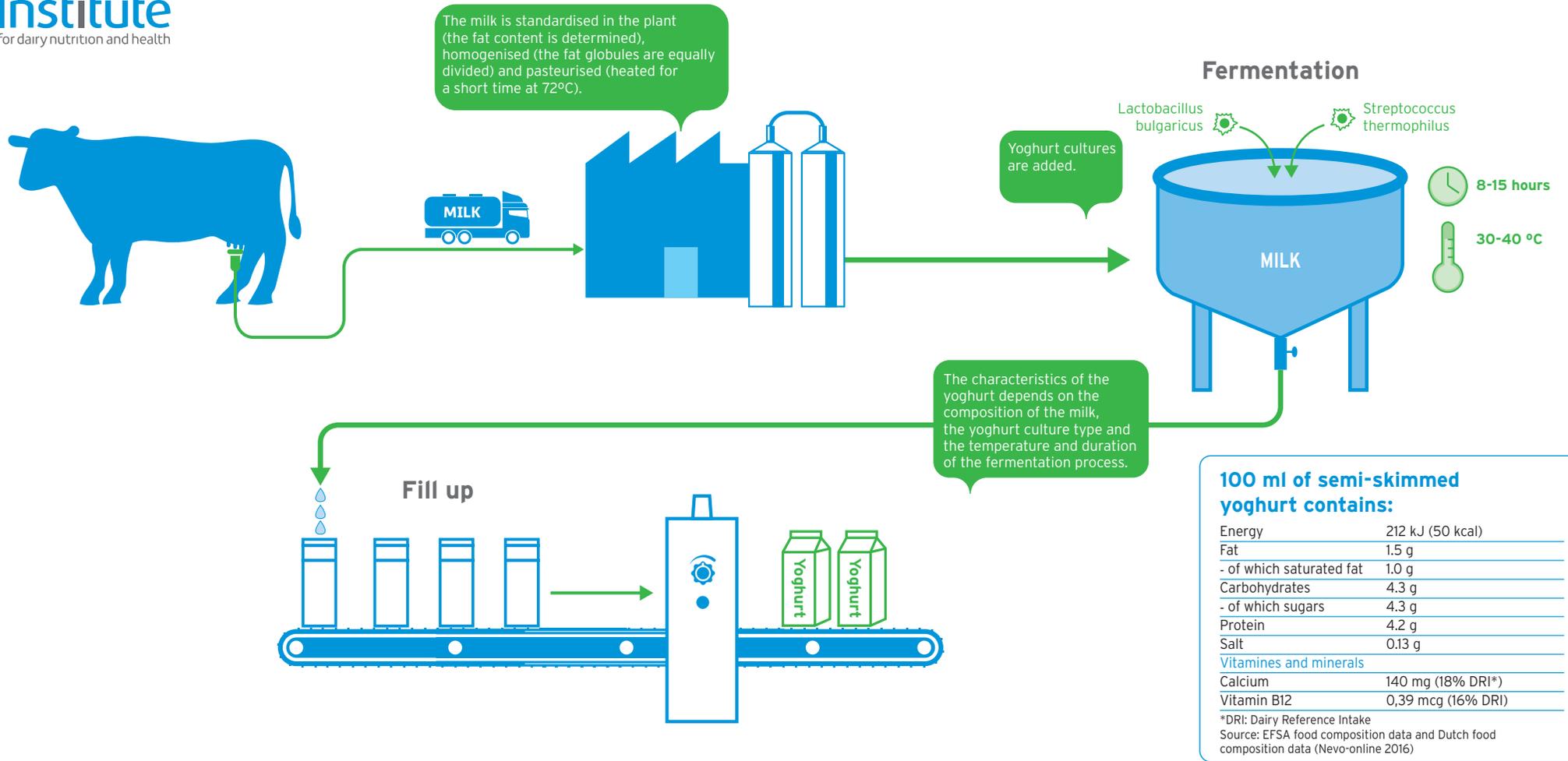


How is yoghurt made?



Why is yoghurt thick and buttermilk is not?

The milk acid bacteria in buttermilk and yoghurt are different. The milk acid bacteria used for making yoghurt form a kind of gel, together with the milk proteins. Therefore, the name yoghurt has been derived from the Turkish word yoğun, which means 'thick'. The lactic acid bacteria used in buttermilk do not have this effect.

Did you know that



Fermented milk products have been made for about 4000 years. Making yoghurt and cheese from milk also had the advantage of keeping the milk for a longer period. Milk was kept in leather bags or wooden barrels and with the presence of bacteria and a high temperature, the milk started to ferment, resulting in yoghurt.



Fermented milk products will keep for a longer time than non-fermented dairy products as the acid in fermented dairy products inhibits the growth of bacteria that can cause decomposition.



Greek yoghurt is really made in Greece? When a product looks like Greek yoghurt, but it is not produced in Greece, it will have a different name. For instance, Greek style yoghurt.