

# Production of Yoghurt

## Introduction

Yoghurt is a fermented milk, which has its origins in Eastern Europe, but is now consumed throughout the world. The French called it 'la lait de la vie eternelle' - the milk of eternity as it was believed to have therapeutic powers and gave long life to those who consumed it.

The Irish market for yoghurt is quite small relative to our European counterparts, yet we consumed over 30,000 tonnes of yoghurt and pot type desserts in 2004 with a total value of over €100m. There has however been a marked increase in the consumption of yoghurt with levels increasing dramatically over the past decade by, to a per capita consumption of >6 kgs which is still well behind European levels. The diversity of the product range and the advent of healthy 'Bio' products has helped to expand the market.

## Market

The market for yoghurt is essentially domestic and is an ideal product for the increasing snack market where there is a trend away from mainstream meals. Dairy products are also valuable contributors to the vegetarian markets. The promotion of health 'Bio' products have also aided the increased consumption of yoghurt. Traditionally the market has been dominated by Yoplait, Sno etc., but in recent years indigenous companies such as Glenisk and Irish Yoghurts have made significant inroads to this market.

## Production Method

The production of yoghurt is a relatively simple procedure where milk which can be fortified with milk powder to give a thicker product, is pasteurised then cooled and inoculated with starter bacteria, which ferment the milk causing it to clot or gel.

**Set Yoghurt** - is packed immediately after inoculation and is incubated in the package.



## Fact Sheet No. 15 June 2006

This is one of a series of fact sheets on potential income generating activities.

All fact sheets are available in the Advisory Section of the Teagasc Website  
<http://www.teagasc.ie/>

### Edited by:

**John Whiriskey**  
**Paul Mc Carthy**  
Teagasc  
Mellows Development Centre  
Athenry, Co. Galway.  
☎+353 (0) 91 845200

Teagasc Fact Sheets present a brief overview of a topic. Further detailed advice should always be sought from relevant sources

---

**Stirred Yoghurt** - after setting, fruit and other condiments can be added with a gentle stirring motion.

**Drinking Yoghurt** - fruit juice and other flavouring compounds are added and mixed to a thick liquid using high speed mixers.

**Frozen Yoghurt** - set yoghurt is combined with sugar and stabilisers before being pasteurised and frozen.

The equipment required is much more extensive than that used for cheese manufacture and comprises

- A mixing or blending vat
- A high speed mixer
- A pasteuriser and homogeniser
- Fermentation vats
- Fruit feeder/mixer
- Pot filler
- Chilled storage area
- Packaging store

As with all food products the adherence to strict hygiene controls is of paramount importance if a good quality product is to be produced. It is recommended that individuals with aspirations toward a food enterprise would attend the Basic Food Hygiene Course run by the Health Boards.

### **Establishment Costs**

For a medium 1500 sq. ft. premises, the capital costs for the construction of a new building and equipping the same would be in the order of €250,000 This outlay would give the capacity to produce between 50,000 and 500,000 pots (125 gram) of assorted yoghurts.

However, you can start on a much smaller scale and use outlets such as farmer's markets to test the product and gain direct consumer feedback. For individual enterprise costing's please consult the undersigned.

**Produced by: Eddie O'Neill, Teagasc, Moorepark, Fermoy, Co. Cork.**  
Email: [eddie.oneill@teagasc.ie](mailto:eddie.oneill@teagasc.ie) ☎ +353 (0) 25 42222