

Holder Pasteurisation at home



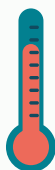
Place milk in glass milk bottles or canning jars. Fill only four-fifths full to allow for expansion of milk when heated.

Place the bottles or jars on a rack inside a large canner. Fill canner with warm water until water level is slightly above milk level in the jars.



Start heating. Stir milk in each container with a long-handled spoon to achieve uniform distribution of heat. Monitor temperature with an accurate, metal-stem thermometer. As temperature approaches 145°F, stop stirring, and loosely cover all jars but one with lids. Cover remaining jar with aluminum foil. Punch a hole in center of foil and insert thermometer.

Continue heating until the temperature is 145°F or slightly above. Adjust the heat to maintain the temperature at 145°F for 30 minutes. If at any time the temperature drops below 145°F, reheat and hold at 145°F or above for 30 minutes.



After 30 minutes, gradually replace the hot water with cold water to cool the milk. If this is not done gradually, the bottles or jars may break.

Continue cooling until the milk temperature is 80°F or less. At this temperature, ice water can be used for cooling. Cool milk to 40°F or colder. Tighten the covers and store in the refrigerator at 40°F or colder until used.

