

# HOLDER PASTEURIZATION AT HOME



1

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



2

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



3

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



4

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.



5

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.



6

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.

*from Ohio State University*