

Contents

Contributors, vii

Preface, ix

Part I Basic Background

1. History and Consumption Trends, 3
Ramesh C. Chandan
2. Milk Composition, Physical and Processing Characteristics, 17
Ramesh C. Chandan
3. Regulatory Requirements for Milk Production, Transportation, and Processing, 41
Cary P. Frye
4. Regulations for Product Standards and Labeling, 57
Cary P. Frye
5. Basic Dairy Processing Principles, 73
Arun Kilara
6. Starter Cultures for Yogurt and Fermented Milks, 89
Ebenezer R. Vedamuthu
7. Laboratory Analysis of Fermented Milks, 117
Robert T. Marshall
8. Fermented Dairy Packaging Materials, 129
Aaron L. Brody

Part II Manufacture of Yogurt

9. Yogurt: Fruit Preparations and Flavoring Materials, 151
Kevin R. O'Rell and Ramesh C. Chandan
10. Milk and Milk-Based Dairy Ingredients, 167
Isabelle Sodini and Phillip S. Tong
11. Ingredients for Yogurt Manufacture, 179
Ramesh C. Chandan and Kevin R. O'Rell
12. Principles of Yogurt Processing, 195
Ramesh C. Chandan and Kevin R. O'Rell
13. Manufacture of Various Types of Yogurt, 211
Ramesh C. Chandan and Kevin R. O'Rell
14. Plant Cleaning and Sanitizing, 237
Dennis Bogart

15. Yogurt Plant: Quality Assurance, 247
Ramesh C. Chandan and Kevin R. O'Rell
16. Sensory Analysis of Yogurt, 265
Yonca Karagül-Yüceer and MaryAnne Drake

Part III Manufacture of Fermented Milks

17. Cultured Buttermilk, 279
Charles H. White
18. Cultured/Sour Cream, 285
Bill Born
19. Other Fermented and Culture-Containing Milks, 295
Ebenezer R. Vedamuthu

Part IV Health Benefits

20. Functional Foods and Disease Prevention, 311
Ramesh C. Chandan and Nagendra P. Shah
21. Health Benefits of Yogurt and Fermented Milks, 327
Nagendra P. Shah
22. Probiotics and Fermented Milks, 341
Nagendra P. Shah

Index, 355