

# 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 éternelle' - 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 20,000 tonnes of yoghurt and pot type desserts in 1996 with a total value of over £52 million. There has however been a marked increase in the consumption of yoghurt with levels increasing by 45% from 1992-1996, to a per capita consumption of 5.7 kgs. The diversity of the product range and the advent of healthy 'Bio' products has helped to expand the market. The yoghurt and desert market is forecast to show a considerable increase over the coming years (Table 1).

## Retail Market Forecast

Table 1: Market forecast for yoghurts and deserts

	1998	1999	2000	2001
	<i>£ million</i>			
Yoghurt and Deserts	63	69	74	80

Source: Minet1 1998

## Market

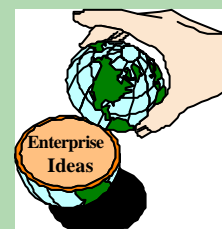
The market for yoghurt is essentially domestic and is an ideal product for the increasing snack market where there is a trend away from mainstream meals. Dairy products are also valuable contributors to the vegetarian markets. The promotion of health 'Bio' products have also aided the increased consumption 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.



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

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## Production Method

The production of yoghurt is a relatively simple procedure where milk is 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.

**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 Teagasc Enterprise Establishment Food Programme and also 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 £100,000. This outlay would give the capacity to produce between 50,000 and 500,000 pots (125 gram) of assorted yoghurts.

Table 2: Estimated costs – 0.4 million units at 125 gm per unit natural yoghurt

Ingredients and packaging £25,000

Sales @ 20p is £80,000

Does not include cost of labour.

Initial work can be carried out on a very small scale and for individual costings, the local Teagasc office should be consulted.