**Experiment no 10: Preparation of Dahi**

**Introduction**

 Fermentation is one of the simplest ways of preserving milk constituents for human consumption. Fermentation gives an acid taste to milk which is particularly refreshing in worm climate and also imparts certain therapeutic benefits originally absent in milk. Fermented dairy products have assumed prominent position in human diet in many regions of the world. Fermentation leads to partial breakdown of milk constituents and increases the digestibility of cultured milk products.

**Procedure: Traditional method**

In traditional method of dahi preparation, milk is heated intensively to boil for 5 to 10 min and then it is cooled to room temperature. cooled milk is added with previous days curd or buttermilk, stirred and allowed to set undisturbed usually for overnight.

At halwais shop milk is considerably concentrated before being inoculated with starter culture. So that the total solid content of milk gets increased, particularly increase in the protein content of milk. Concentration of milk results in custard like consistency of dahi and keeps the product from wheying off.

