Experiment no 11: Preparation of Lassi

Introduction:

Lassi is a sweetened, flavored, fermented milk product consumed by large sections of the

population throughout the country. It is an excellent refreshing beverage for quenching

thirst. There is a large variation in the quality characteristics of lassi sold in the different

parts of the country. In rural India, lassi is also known as butter milk. Lassi is a creamy

viscous fluid with rich aroma and mildly acidic in taste. It is prepared by mixing a

calculated quantity of sugar and flavor with dahi by agitation. Sugar is added in the form

of syrup. It is desirable to homogenize the product for improved body and texture. Lassi

contains 70 per cent water, 3 per cent fat, 2.8 per cent protein, 4.5 per cent lactose, and 12

per cent sugar. Lassi is filled in sterilized containers and stored at 4-6o

C until consumed.

Requirements

i) Stainless steel (SS) kettle/ vat/ degchi. 15

ii) Multipurpose vat

iii) Dahi

Procedure:

1. Preparation of sugar syrup: Take sugar and water equally i.e., 1:1 ratio and mix thoroughly.

Heat the mixture up to 70o C/ 15 min and cool to 5-10o C.

2. Preparation of dahi

i) Obtain good quality fresh cow/ buffalo milk and determine its fat, SNF and acidity

content.

ii) Standardize milk to the required fat and SNF level.

iii) Start heating milk in a vat/ kettle over a smokeless flame or by steam with continuous

stirring. Raise the temperature of the milk up to 90o C and maintain it for about 10 minutes.

iv) Cool the milk with running tap or chilled water to 30-35 degree C

v) Add a well-mixed starter culture at the rate of 1.0 per cent of the milk and mix it

thoroughly.

vi) Transfer the inoculated milk to an incubator maintained at 30 degree C and

keep it for 8-10 hours. Dahi is set normally in about 6-8 hours

3. Blending of dahi with sugar syrup

i) Dahi/ curd is passed through the centrifugal pump in order to break the curd and get

uniform consistency of the product.

ii) Add sugar syrup (normally sugar is added at the rate of 15 per cent of milk). The desired

flavour may be added at the rate of 1 ml/ kg dahi.

iv) Pack lassi in bottles or pouches. Preparation of Lassi

v) Store the product at 5–6-degree C.