

Greek yoghurt production enriched with citri-fi and its product development

Miss SO Hoi Man Joely, BSc (Hons) in Food Science and Safety, Faculty of Science and Technology

Supervisor: Dr FONG Lai Ying Vicki, Associate Professor

Background

Greek yoghurt is a popular milk product in the market, containing different benefits to human body. But there are only a few products to choose from in the market, so there is still space to develop different Greek yoghurt products. Due to most people's eating habit of consuming different food with sauce, the new product Greek yoghurt sauce maybe a healthier choice for the public. And flavouring the Greek yoghurt sauce with four different spices can match multi-types of dish in daily life.

Objectives

- Create Greek yoghurt enriched with Citri-fi recipe for making a Greek yoghurt base for developing a Greek yoghurt sauce.
- Develop different flavours of Greek yoghurt sauce for meeting different preferences of people and matching with different types of food.
- Research the internet and acceptability of public of Greek yoghurt sauce by surveying different gender and age groups.

Methodology

- **Literature review**
 - Greek Yoghurt
 - Citri-fi
 - Spices
- **Laboratory experiment**
 - Trial production to use different types of milk to make Greek yoghurt base
 - Trial production which type of Citri-fi enriched Greek yoghurt is good to make sauce
 - Trial production the amount of flavoring for the sauce
- **Survey**
 - Acceptability and interest of the public

Results

- 1 **Trial production to use different types of milk to make Greek yoghurt base** including pasteurized skimmed milk, UHT full cream milk and pasteurized full cream milk.



As I will add the stabilizer Citri-fi, so I am going to choose the **pasteurized skimmed milk** for making the Greek yoghurt sauce base for easy control of the texture of the final product so that it is not too sticky. And Greek yoghurt made from skimmed milk will be healthier as it contains no fat. Also there is less milk flavour which is a better choice for a plain base to make a sauce.

- 2 **Trial production which type of Citri-fi enriched Greek yoghurt is good to make sauce** by Citri-fi 100FG, 100FG40 and 200FG.

100FG40



(Before drain)



(After drained)

200FG

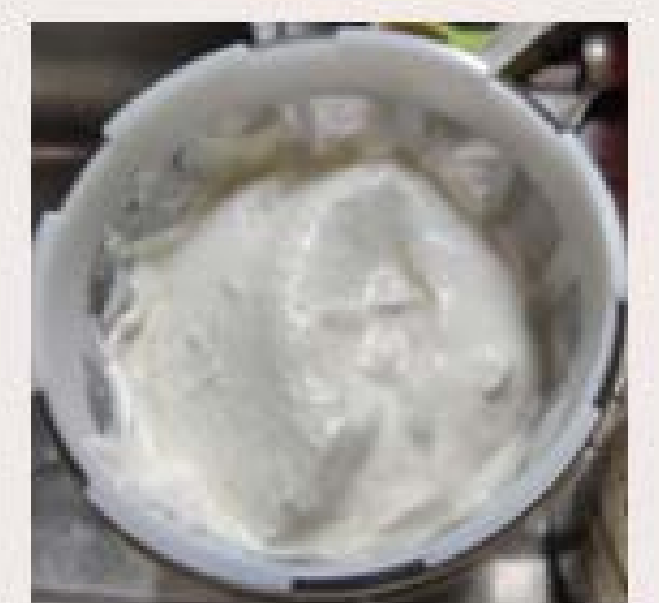


(Before drain)



(After drained)

100FG



(Before drain)



(After drained)

As the Citri-fi needs to be a stabilizer and thickener for Greek yoghurt sauce, and the sauce should stick on the food and be easy to handle during preparation, therefore, the **100FG40** will be an ideal choice of stabilizer and thickener for the yoghurt sauce. It can stick on the food perfectly and is easy to handle .

- 3 **Final version of the amount of flavouring for the sauce:**
Garlic flavour: 1.5g of garlic salt mix with 100g of yoghurt base
Onion flavour: 2g of onion powder mix with 100g of yoghurt base
Chili flavour: 1g of chili powder mix with 100g of yoghurt base
Black Pepper flavour: 1g black pepper with 100g of yoghurt base

- 4 **Acceptability and interest of the public:**
Among the 129 participants, 100% of them want the black pepper Greek yoghurt sauce and onion Greek yoghurt sauce. For the garlic Greek yoghurt sauce, 96.12% of the participants are interested to try. 96.9% of the participants are going to try the chili Greek yoghurt sauce. **Therefore, most of the people accept and are interested in Greek yoghurt sauce.**

Conclusion

- Greek yoghurt is a popular, healthy milk product but there are only a few products in the market
- Developing a healthy Greek yoghurt sauce provides a new way for people to enjoy Greek yoghurt
- Using Citri-fi to adjust the ideal texture of sauce
- 4 flavours of Greek yoghurt sauce, each has its benefit and can match with different food products
- Most of the people accept and are interested in this sauce
- Feasible to release in the retail market