COMPARATIVE STUDY OF THE YOGHURTS PREPARED FROM COW MILK, BUFFALO MILK, SOY MILK AND GOAT MILK

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ABSTRACT

Yoghurt is a fermented and coagulated milk product with a smooth texture having mild sour taste and pleasant flavor. It is one of most important dairy product consumed throughout the world. The nutritional and health benefits of yoghurt are numerous. It is a good source of proteins, energy (calories), vitamins and minerals. Yoghurt has traditionally being made from animal milk especially cow milk. However, over the years, milk from other sources has been used to make yoghurt.

This study was conducted to assess the quality of yoghurts prepared from cow, buffalo, soy and goat milk. The four types of yoghurt samples were analyzed during the experiment. The parameters used to monitor the quality of yoghurt samples were Organoleptic (Colour, Aroma, Taste, Texture and Overall Acceptability) and Chemical (Titrable acidity, pH, Moisture, Ash, Lactose, Protein and Fat). Seven points hedonic scale ranking method was used to evaluate organoleptic characters. According to the results of the organoleptic parameters using Tukey's test, it was concluded that yoghurt prepared from cow milk superior than yoghurt prepared from buffalo, soy and goat milk. Nutritional point of view it was concluded that yoghurt made from buffalo, soy and goat milk was also good.

The yoghurt made from cow milk was stored for 4 weeks and analyzed for the change of nutritional parameters (Tirable acidity, pH, Moisture, Ash, Lactose, Protein and Fat) during the storage period. Quality parameters of yoghurt Vz-Titrable acidity, pH, Ash, Moisture, Lactose, Fat and Protein were significantly ($p<0.05$) affected during the storage period.

Final study was conducted to compare the organoleptic quality of yoghurts prepared in this research study with the locally available yoghurt in the Batticaloa market. Eight

TABLE OF CONTENTS