

FERMENTED MILK HAVING ENHANCED LACTOBACILLUS BULGARICUS GROWTH AND METHOD FOR PRODUCING THE SAME

ABSTRACT

[Problem] To enhance the growth of *Lactobacillus bulgaricus* and minimize the growth of *Streptococcus thermophilus* relative to each other.

[Solution] A method for producing fermented milk, said method comprising: a sterilization step in which a starting milk is sterilized; a cooling step in which the starting milk is cooled after heat sterilization thereof; a starter addition step in which a lactic acid bacteria starter containing *Lactobacillus bulgaricus* and *Streptococcus thermophilus* is added to the starting milk during the cooling step or after the cooling step in order to obtain a fermented milk base material; a low temperature holding step in which, after the starter addition step, the fermented milk base material is held at a temperature that is lower than a temperature that promotes the fermentation thereof; a heating step in which, after the low temperature holding step, the fermented milk base material is heated to a temperature that promotes the fermentation thereof; and a fermentation step in which, after the heating step, the fermented milk base material is fermented in order to obtain fermented milk.

Fig. 1