

Pasteurizing

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Pasteurizing

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1. What is Pasteurization?

Pasteurization heats food to a specific temperature (below boiling) to kill harmful pathogens while preserving flavor and texture. Unlike canning, it's typically used for short-term preservation or pre-treatment.

Common Uses:

- [Dairy \(milk, cheese\)](#) [1](#)
- [Juices/ciders](#) [2](#)

- Eggs (for recipes like mayo) [3](#)
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2. Methods

A. Liquid Foods (Milk, Juice)

1. Stovetop Method:

- Heat to **161°F (72°C)** for **15 seconds** (or **145°F/63°C** for 30 mins for milder taste) [4](#).
- Use a thermometer; stir to avoid scorching.
- Cool rapidly in an ice bath.

2. Microwave Pasteurization (for small batches):

- Heat juice to **160°F (71°C)**, hold for **6 seconds** [5](#).

B. Eggs (In-Shell)

- Submerge in **140°F (60°C)** water for **3.5 minutes** to kill Salmonella [6](#).

C. Beer/Wine (Home Brewing)

- Heat to **145–160°F (63–71°C)** for **30 minutes** [7](#).

3. Safety Notes

- **Not a Substitute for Canning:** Pasteurized foods must be refrigerated and used within days (unless further processed) [8](#).
- **Acidify Juices** (pH <= 4.6) for longer shelf life [9](#).

4. Troubleshooting

- **Off Flavors:** Overheating dairy can cause caramelization.
- **Spoilage:** Discard if cloudy, bubbly, or foul-smelling [10](#).

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