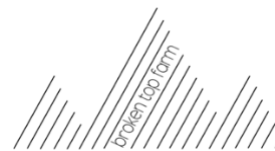


# How-To Pasteurize Milk



## Supplies:

- stainless steel pail
- FightBac (or similar)
- unscented baby wipes (or some udder cleanser)
- glass jars
- double boiler
- strainer (wire mesh or cloth)
- funnel
- kitchen thermometer
- stainless steel ladle

\*confirm all supplies are clean and sanitary, as well as your workspace\*

## 1. Milk your goats

- You may want to shave the udder and rear legs to avoid excess hair in your milk.
- Clean udders before milking with an unscented baby wipe or similar.
- Preferably use a stainless steel pail.
- Use an antibacterial spray like FightBac after milking.

## 2. Strain the milk

- Ensure your milk is kept from direct fluorescent lights, direct sunlight, and buck exposure, these may cause an off flavor.
- Using your funnel and a mesh or fabric strainer, pour your milk into the glass jars.

## 3. Chill to store **\*skip this step is you are pasteurizing immediately after straining\***

- Once in jars and strained, immediately put your milk in the fridge to chill.
- If you don't want to pasteurize, consider chilling it in the freezer before putting it in the fridge to reduce bacteria growth.

## 4. Start boiling and the pasteurization process

- Put water in the bottom of your double boiler, about ½ full.
- Pour milk into the top boiler and place on top of the water boiler.
- Very slowly increase the temperature, to not scald.
- Using your thermometer, monitor the milk temperature and stir slowly.
- Ensure your thermometer isn't resting on the sides or bottom of the boiler, this will cause inaccurate temperature readings.
- Once 165° F is obtained, hold the temperature of the milk for 15 seconds.
- \*if the temperature wavers, restabilize and restart your timer\*

## 5. Speed chill the milk

- While the milk pasteurizes, gather a sink or large bowl of ice water, get your jars ready, and a funnel on hand.
- Place the top boiler of milk directly into the ice bath, ensure no water gets into the milk, and stir constantly.
- Once chilled to 40° F, funnel into jars.

## 6. Store your pasteurized milk

- Ensure you are checking on the milk in the freezer, once it is consistently cold you may move it to the fridge, or let it freeze for later use.
- Remember to learn and understand local or state laws if you plan to sell your milk.

### Oregon Raw Milk Sales Law:

- The fluid milk (pasteurized or unpasteurized) from these animals may be sold for human or other consumption only if the milk is sold directly to the consumer at the premises where produced.
- Retail sale of raw goat or sheep milk (not cow milk) is allowed.