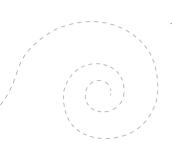
THE COMPLETE HISTORY **OF YOGURT-MAKING**

Yogurt is a very ancient food. The first traces of it have been found between 10 000 and 5 000 BCE in the Neolithic period. It has gone down in the history of human nutrition as a traditional product. It enables milk to be preserved and also has numerous health benefits





TIMELINE

5000 BCE



Rock art of domesticated cattle. dated to between 5000 and 8000 years old, Wadi Imha, Libyan Sahara (Roberto Ceccacci)



A traditional way to preserve milk

2000 BCE

Herdsmen in the Middle East kept milk in gogtskin bags hung across their camels' backs. After travelling in the hot sun, the milk was transformed into tangy custard. Intestinal juices coming from the bag, and the warmth and agitation caused by the camel's movements were

ideal for making the first yogurt¹



(William Robert Shepherd)

Humans understood that yogurt could be used to preserve milk. At this time India and Persia (Iran) already regularly used "yogurt" as an ingredient²

A discovery by chance?



The oldest writings mentioning "yogurt" are attributed to Pliny the Elder, who remarked that certain nomadic tribes knew how to "thicken the milk into a substance with an agreeable acidity".

However, in the Bible and more precisely in the Book of Job, written between 600 BCE and 400 BCE, the phrase "Land of Milk and Honey" is interpreted by some historians as a reference to vogurt³



"Yoğurmak" and its medicinal uses

1208

1542

1072 CE



Yogurt comes from the Turkish word "Yoğurmak". The Turks were the first to evaluate its medicinal use for a variety of illnesses and symptoms - such as diarrhea and sunburned skin - in a comprehensive dictionary, Diwan Lughat al-Turk, by Mahmud Kashgari. Yogurt was also used as a cleaning product and beauty lotion4

The legend of Genghis Khan's army



Genghis Khan, Mongolian

Yogurt comes to Europe thanks to King Francis I

Francis I, King of France (François Clouet)

Traditionally used in the Balkans and many regions of Asia (Russian Empire and India), yogurt was later brought to Europe by the French King Francis I after yogurt cured him from suffering severe diarrhea

Genghis Khan, the founder of the Mongol Empire, is reputed to have fed his army on yogurt, a staple of the Mongolian diet, based on the

belief that it instilled strength and bravery in his warriors





Elie Metchnikoff (The Library of Congress)

Metchnikoff's theory on yogurt's life-extending properties

Elie Metchnikoff* developed a theory that aging is caused by toxic bacteria in the gut and that lactic acid could prolong life. One of his three books, *The Prolongation of Life: Optimistic Studies*, investigates the potential **life-extending properties** of *Lactobacillus bulgaricus*, a component of yogurt

* Elie Metchnikoff (1845-1916) was a Ukrainian biologist, zoologist and protozoologist, best known for his pioneering research into the immune system. He received the Nobel Prize in Medicine in 1908, shared with Paul Ehrlich, for his work on phagocytosis



Yogurt is now a product defined by the FAO (Food and Agriculture Organization of the United Nations). It is also widely recognized as a **healthy food**. European countries, including Russia, consume the largest quantity of traditional yogurts. Research in 15 countries also shows that the biggest consumers of yogurt in the world are the Netherlands, Turkey, France, Spain and Germany. Yogurt is nowadays deeply **rooted in our eating behaviour** and, worldwide, yogurt consumers generally adopt healthier nutrition and lifestyle behaviour.

Lactobacillus bulgaricus, responsible for milk fermentation, is discovered



Stamen Grigoro

At the age of 27, a Bulgarian student called Stamen Grigorov* discovered a certain **strain** of bacillus, **responsible for milk fermentation**, which is the cause of yogurt. The strain is now called *Lactobacillus bulgaricus* by the scientific community and is still used in yogurt cultures

 Stamen Grigorov (1878–1945) was a prominent Bulgarian physician and microbiologist, who was the creator of the anti-tuberculosis vaccine

Yogurt first commercialized through pharmacies



In the center, 7th from the left, Isaac Carasso (Gaudiclub)

Isaac Carasso* was inspired by the work of Elie Metchnikoff, who had **popularized sour milk** as a healthy food. Since yogurt was not well known in Western Europe at the time, he initially sold it as a medicine through pharmacies

Isaac Carasso (1874–1939) was a member of the prominent Sephardic Jewish Carasso family
of Ottoman Salonica (modern Thessaloniki, Greece). After immigrating to Barcelona, he
started a yogurt factory which later became Groupe Danone

To see an interactive timeline of the history of yogurt, click here







Learn more about yogurt at www.yogurtinnutrition.com

1905

1919

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Sources:

- 1. The Yogurt Council, The History of Yogurt, 2013.
- 2. Batmanglij N., A Taste of Persia: An Introduction to Persian Cooking, Mage Publishers, 2007
- $3. \quad \text{The Natural History of Pliny, tr. John Bostock, Henry Thomas Riley, London: Bell, 1856-93, Vol. 3, p. 84}\\$
- 4. Encyclopaedia Britannica, Mahmud-Kashgari. Islam Etkisindeki Türk Edebiyatı