

Culture of Eating Milk (I)

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Summary

The domestication of bovine animals to obtain milk for human food started in the Middle East region, centered around Mesopotamia about BC7000. Small dairy animals like goats and sheep were domesticated first, and the cow only became the primary dairy stock later. It is presumed that human beings experienced drinking milk by chance when feeding orphaned infant animals.

Milk is a food which is easily Spoiled. It was therefore necessary to develop a specific technology to extract milk solid for preservation. Furthermore, lactic acid bacteria which multiply in association with milk guaranteed the wholesomeness of milk-drinking by the presence of lactic acid and nisin, an anti-bacterial protein. The utility of fermented lacto-bacillary milk and cultural aspects are described with reference to dahi in India.