

Context: Yoghurt

Dates: 4,000 years ago

Origin: accidentally discovered, when nomadic tribes roamed the land

Nature: Not only is the history of yoghurt tied to Bulgaria, but Bulgaria's history and identity can be traced through its production.

Quote: "We put yoghurt on everything"



General information:



Yogurt has a number of healing properties. It slows down the aging of the body and is probably the best source of easily digestible calcium. Lactic acid bacteria limit mutations and the formation of cancer cells. Regular consumption of yogurt strengthens the immune system, prevent cardiovascular disease. Yogurt also has an antitoxic effect.

Main highlights of the period: Yoghurt has a long history in this country. Many Bulgarians claim it was accidentally discovered here around 4,000 years ago. The nomads carried their milk in animal skins creating a ripe environment for bacteria to grow and cause fermentation, producing yoghurt. The Greek historian Herodotus (484-425 BC) described that "sheep's yoghurt was a gift from the Thracians" who inhabited our lands.

Economical context: Bulgarian yoghurt made its first appearance in Western Europe as a medicine. It cured King Francois I of France of an upset stomach. Until the middle of the twentieth century in France, as in other Western European countries, yoghurt was sold only in pharmacies in small doses as a remedy for stomach problems. Bulgarian yoghurt is more popular than Coca Cola in Japan. Every second Japanese associates our country with yoghurt. Yogurt has a number of healing properties. It slows down the aging of the body and is probably the best source of easily digestible calcium.

Context: Yoghurt

Significant people: Dr. Stamen Grigorov

is the discoverer of the lactic acid bacterium, which causes the fermentation necessary for obtaining the Bulgarian yoghurt - *Lactobacillus bulgaricus*. In honour of his discovery, the Trun village of Studen Izvor, where Grigorov was born, now houses **the only yoghurt museum in the world**



Big inventions: Dr. Stamen Grigorov discovered the microorganism in 1905, when in the authoritative French scientific journal "Review Medical de la Suis Romand" his publication was published with detailed information about the cause of the fermentation of Bulgarian yogurt

STEAM connections:

Lactobacillus bulgaricus causes the fermentation of milk and contributes to its excellent taste - Microbiology, Chemistry, Technology



Traditions:

At the beginning of the XX century Bulgaria was in first place in Europe in the number of centenarians. According to the scientists of the time, led by Professor Ilya Mechnikov this fact can be explained only by the phenomenon of Bulgarian yogurt.

