VDRC "Normal" Fly Food Media Recipe (updated Dec 2018)

This recipe is used to cook a total volume of approximately 65L fly food.
All water is measured so that a total volume of 57.8L is used. This volume may need to be increased if the food is too dry.

Agar*	Gewürzmühle Brecht	494	grams
Malt extract (Malzextrakt Bavarian Pilsner, unhopped)	Mich. Weyermann GmbH	1646	grams
Malt extract (Malzym Neu)	CSM Austria GmbH	3294	grams
Molasses (Zuckerruebensirrup)	Grafschafter Krautfabrik	1430	grams
Cornmeal (Maismehl)	Vollkraft-Helga Ungerböck	4940	grams
Soy flour (Sojamehl)	Vollkraft	618	grams
Dry yeast (Trockenhefe)	Lesaffre Austria AG	1112	grams
Propionic acid (Propionsauere) 99.5%	VWR International	525	milliliters
Phosphoric acid (O.Phosphosauere) 85%	Merck	31	milliliters
(Nipagin 15%)**	Herba Chemosan	741	milliliters
Water		57.8	Litres

*adjust agar concentration according to the gel strength of your agar
** optional - an antifungal and antibacterial agent used as a preservative.

Cooking instructions

1. Heat approximately 20L of the water (from the total measured amount) in the kettle.
2. When the water reaches 70°C, add the yeast and agar. Mix with constant stirring to avoid lumps.
3. Shortly after, add the malt extracts and molasses (pre-mixed with a little water from the measured amount).
4. Add cornmeal and soy flour straight after (pre-mixed with water from the measured amount).
5. Add the remaining water from the measured volume.
6. Increase the temperature and boil the mix at 100°C for 10 minutes with vigorous stirring.
7. Turn off the heat and allow the food to cool. To speed this up, we place a coiled stainless-steel tube in the food and pass cold water through the coil.
8. When the food mixture has cooled to 90°C or lower, add propionic acid, phosphoric acid and Nipagin (optional).
9. Dispense the medium once it has cooled to around 40°C. The food tends to separate at a higher temperature.
10. Cover with netting and allow to cool fully before plugging.