

## DIRECTIONS FOR MAKING FLY FOOD

Per R. Mancilla, S. Yee, & M. Andres, 2003

### PREP:

1. Calculate how many trays of food are needed.
2. Collect the appropriate number of clean trays.
3. Get clean cheesecloth.

### IN THE KITCHEN:

1. Begin adding ingredients.
  - a. Fill cooking kettle with the first measure of water.
  - b. Turn heater on.
  - c. Weigh **agar**. Add to water in cooking kettle. Stir to dissolve agar.
  - d. Weigh **yeast**. Pour yeast into a separate kettle or bowl. Add **water** (first of "2x" measures). Stir to dissolve.
  - e. Weigh **cornmeal**. Add cornmeal to yeast solution. Add some **water** (2nd of "2x" measures)(not all!... save some for rinse). Stir mixture.
  - f. Stir water in cooking kettle so that the water keeps moving.
  - g. Stir cornmeal-yeast mix furiously (but carefully) and quickly add to cooking kettle.
  - h. Use remaining cornmeal water to rinse small kettle and add remaining cornmeal-yeast mix to the cooking kettle. Stir. Bring to boil. Stir.
  - i. During boil, watch carefully and adjust heat to prevent overflow of foam.
2. Keep an eye on the food to maintain low boil for 45 minutes to 1 hour, depending on how large your order is.
3. Add molasses.
  - a. Measure **molasses**. Pour into cooking kettle. Add the final measure of **water** to rinse the beaker you used for the molasses. Add to cooking kettle.
  - b. Stir.
  - c. Bring to a boil to kill any contaminants in the molasses.
  - d. Turn off heat. Let sit for 1-2 hours to cool. Recommended to cool to approx. 70-90 degrees F, so that fungicidal solution does not get heat-inactivated.
4. Make fungicidal acid solution.
  - a. Combine **Tegosept, propionic acid**, and **phosphoric acid**.
  - b. Once the food is cooled to the appropriate temperature, pour acid mix into cooking kettle.
  - c. Stir acids into the food.
5. Pour food into bottles and vials.
6. Cover trays with cheesecloth to prevent flies or other contaminants from reaching the food.
7. Clean up.

## FINISH:

1. Arrange trays for cooling and drying to reduce condensation.
2. Leave trays to dry for 12-24 hours.
3. Cover trays with bags. Label each bag with the date food was made and refrigerate.

## INGREDIENTS

1 order (~ 22 trays)

22.5 L	water
324	gm agar
449	gm yeast
1800	gm cornmeal
(2x) 2400 ml	water
2400 ml	molasses
1774 ml	water
240 ml	Tegosept
86 ml	propionic acid
17 ml	phosphoric acid

1.5 orders (~ 32 trays)

33.75 L	water
484	gm agar
675	gm yeast
2700	gm cornmeal
(2x) 3600 ml	water
3600 ml	molasses
2662 ml	water
360 ml	Tegosept
108 ml	propionic acid
26 ml	phosphoric acid

2 orders (~ 43 trays)

45 L	water
646	gm agar
900	gm yeast
3600	gm cornmeal
(2x) 4800 ml	water
4800 ml	molasses
3549 ml	water
480 ml	Tegosept
173 ml	propionic acid
35 ml	phosphoric acid

To make Tegosept solution:

300 gm p-hydroxybenzoic acid  
1 L 200 proof ethanol

Place ethanol, beaker and magnetic stirbar onto an electric stirrer, activate, and pour in the p-hydroxybenzoic acid. Continue stirring for 15 min. or until all of the acid is completely dissolved.

1/13/06

Sources for ingredients:

**Molasses, homemade, 50 lb**

LSI North America Serve, Inc.

510-777-4700

*Cat# 12011*

**P-hydroxybenzoic acid methyl ester**

Sigma

*Cat# H 3647*

**Fine ground agar**

Moorhead and Co., Inc.

818-787-2510

*Cat# 0000*

**Inactive dry yeast, large flakes**

Lesaffre Yeast Corp.

433 E. Michigan Street

Milwaukee, WI 53202

1-800-558-7279

*Cat# 74631*