

## **FLY FOOD PREPARATION**

To provide fly food in standard preparation methods for researchers.

### **Apparatus / Items:**

Cooker  
Beaker 2 – 5 Lits (Plastic Jugs)  
Scoup metal  
Scoup wooden  
Balance (weigh)  
Magnetic stirrer and rod  
1 Lit bottle to autoclave DI water  
Aluminium Foil

### **Ingredients:**

Cornflour  
Dextrose  
Yeast Brewers  
Bacto Agar  
10% Nipagin Solution (Ethanol/Nipagin)

### **Preparation:**

Weigh each ingredient in 5 Lit Jug (without 10% Nipagin)  
Add DI water  
Stir thoroughly (3 – 5 mins)  
Pour into cooker at 90°C

### **Cooking Procedure:**

**ENSURE** to stir thoroughly every 15 mins till the cooking is completed.  
Estimated for 35 Lits about 45 mins at 90°C.

**LOOKOUT** for boiling point when stirring. To avoid over spillage.

**SWITCH OFF** cooker to 'O' when boiling begins. Clear initial food from the tap about 2 Lits and add it to the cooked food and stir.

Add required autoclaved DI water and stir.

**SWITCH ON** cooker to 30°C for about 15 mins.

### **Dispensing:**

**STIR** and dispense into 5 Lit jugs.

The collected food in jugs to stir for about 15 mins (to bring down the temperature to 60° - 70°). Cover the jug with aluminium foil.

Remove aluminium foil, the evaporated water on aluminium foil to be drained into the jug (to keep moist)

Add 10% Nipagin and stir thoroughly for about 3 mins. Ready for dispensing.

**Note:** Keep records of all preparation

	5L	6L
Cornmeal	290.93g	349g
Dextrose	254.5g	305.4g
Brewer's Yeast	118g	141.6g
Agar (0.8%)	40g	48g
10% Nipagen	150ml	180ml