

Fly Food Protocol – 1x
(yields 1500-1600 vials, 10 ml each)
Gaul lab, Rockefeller University, 2002

1. Pour 14.5 l of distilled water into kettle (depending on humidity/moisture conditions add more water; we currently add 25%, for a total of 18.125 l)
2. Bring mixture to a boil, stirring continually. While water is heating, add:
 (while water is still cold): 120 g agar
 (while water is warmer): 1050 g yellow corn meal
 440 g yeast

 Allow previous addition to dissolve completely before adding next ingredient. Increase stir speed while adding ingredients (avoid clumping).
3. Bring mixture at a boil, stirring continually, for 20 - 25 minutes to allow agar to dissolve completely
4. Add 1000 ml molasses
5. Bring mixture to a boil again, and continue to boil for 10 more minutes, stirring continually
6. Allow food to cool to 65° C
7. Add (in this order):
 100 ml 30% Tegosept solution (+ same percentage as added to water under 1., currently 25%, for total of 125 ml)
 [Tegosept = 100 ml ethanol + 30 g P-hydroxybenzoic acid methyl ester]
 107 ml propionic acid (+ same percentage as added to water under 1., currently 25%, for total of 133.75 ml)
7. Stir for 5 minutes to mix
8. Pour (while pouring, maintain temperature of 65° C (no less than 62° C))

Ingredients:

Item	Supplier	Tel.	Prod. No.	Product Description	Price	Unit
Agar	Moorhead & Corp.	323 873 6640	N/A	Agar	14.20	1 lb
Yeast	SAF Agri	800 641 4615	73050	Inactive dry yeast (Lavina)	76.50	50 lbs
Cornmeal	Fisher Scientific	800 766 7000	ICN90141180	Corn, ground yellow	62.32	100 lbs
Molasses	Woolco Foods	212 620 0090	N/A	Grandma's Molasses, Goldlabel	12.68	1 gal
Propionic Acid	Fisher Scientific	800 766 7000	ICN15195591	Propionic acid	11.35	1 liter
Hydroxybenzoic Acid	Sigma Aldrich	801 325 8070	H-5501	P-Hydroxybenzoic Acid Methyl Ester	237.65	5 kg
Ethanol	Stockroom				4.10	1 gal