

Method for sterilising a liquid culture jar

1. The jar is placed in the pressure cooker on top of the metal spacer, keeping it from touching the bottom of the pot.
2. Water is filled into the pot up to 1/3 of the height of the jar.
3. The pressure cookers' valve is checked according to the manual. The lid is then placed and closed securely on top of the pot, ensuring a tight seal.
4. The stove is run on high heat until pressure, according to the manual, is reached. This is around 0.8 bar for most household models.
5. The fumes extractor is run at a high setting, or alternatively, a window opened to let humidity escape.
6. The stove is now turned to its lowest setting.
7. A timer is set for 45 minutes.
8. The pressure indication is checked from time to time and the stove setting adjusted to maintain pressure and, therefore, temperature.
9. After 45 minutes, the stove is turned off, and the pressure cooker allowed to cool. Cooling can be accelerated

with some models by pushing down the pressure valve with a long object, taking care not to be burnt by the hot steam escaping. The outsides of the pot may be cooled under running water.

10. The pressure cooker is only opened once the sterilised contents are immediately used. Care is taken not to get burnt by the hot jars.
11. The jars can be left to cool in front of a running sterile flow hood. As soon as they feel cool to the touch, the jars are ready to be inoculated.