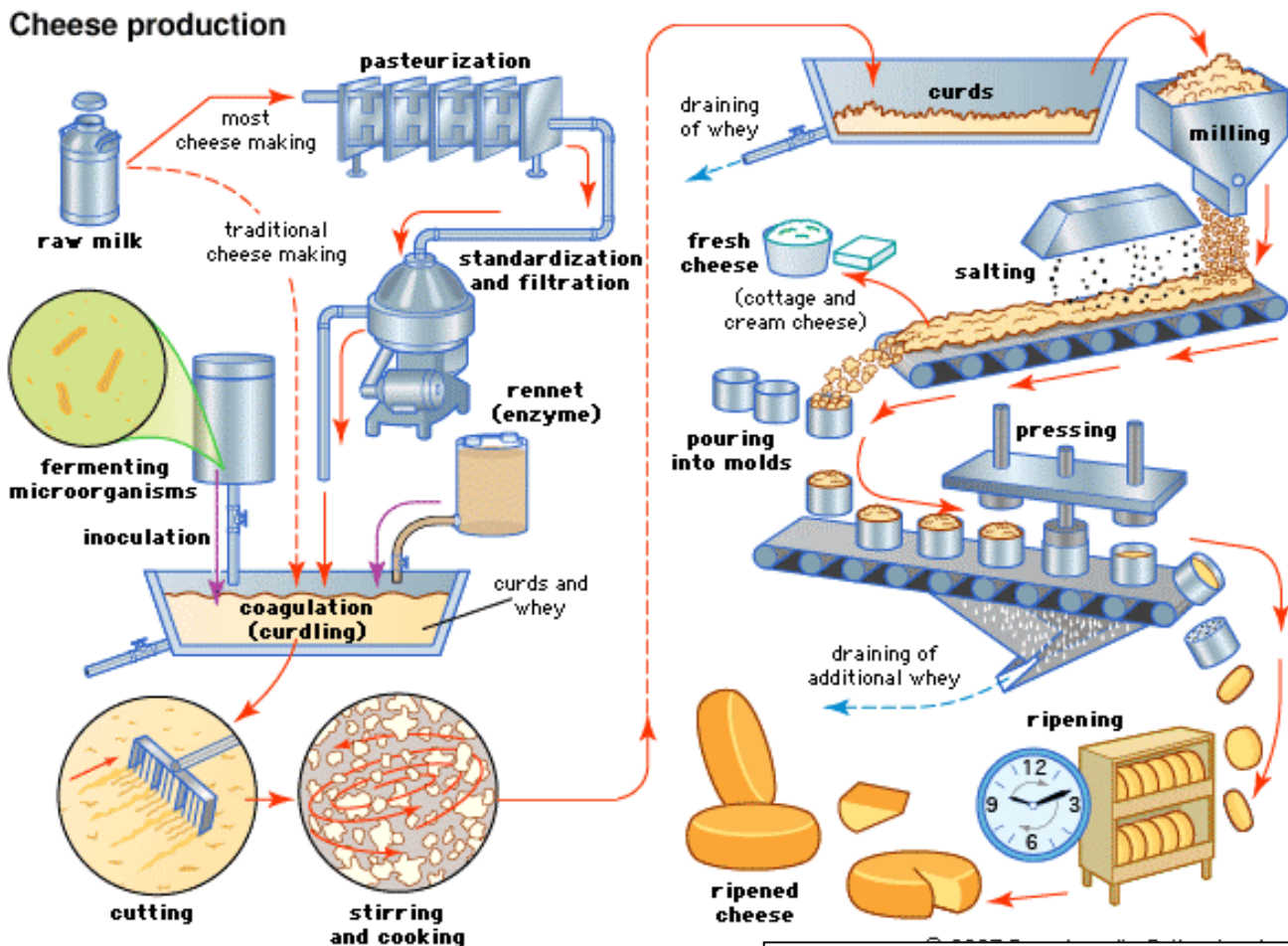


Cheese Production

Cheese production



Steps in Cheese Production

1. **Pasteurise** Milk
2. Starter **culture** added (lactic acid)
3. **Lactose converted to lactic acid** (acts as a preservative + adds flavour)
4. Milk heated to 30°C **Rennet** added
5. Enzyme **rennin** (in Rennet) changes **caseinogen to casein**
6. Mix left for 40 mins to set - curds (solids) and whey (liquid) form
7. Curd is cut
8. Whey is drained away (Cottage Cheese)
9. Curd heated to 40°C = **Scalding (squeezes out whey)**
10. Curd cut into blocks & placed on top of each other = **Cheddaring**
11. % salt added, curd cut again & whey drained
12. Curds pressed into moulds
13. Curds sprayed with hot water to form a protective skin
14. Cheese stored @ 5-10°C
15. Cheese wrapped in polythene bags left to **Ripen / Mature**
16. Longer left to ripen = stronger flavour
17. Cheese is cut, date-stamped, graded, packaged & labelled

Nutritional Value:

Protein = HBV , caseinogen
Fat = Saturated (up to 33%)
Carbohydrate = none (*small amount in soft cheese)
Vitamins = A & D , B₂ , No Vit C
Minerals = calcium
Water = varies, up to 75% in soft cheese

Classification

HARD = Cheddar / Parmesan
SEMI-HARD = Stilton / Gouda
SOFT = Cottage / Brie/ Feta
PROCESSED = Cheese spread / Cheese slices

Dietetic Value

- Versatile, easy to use
- No cooking required
- Restrict in low kcal / low cholesterol diets (Sat. fat)
- Economical -no waste
- Ideal for snack / packet lunch
- Calcium = bone formation all ages
- Pregnant avoid soft unpasteurised cheese (listeria)