





Cheese





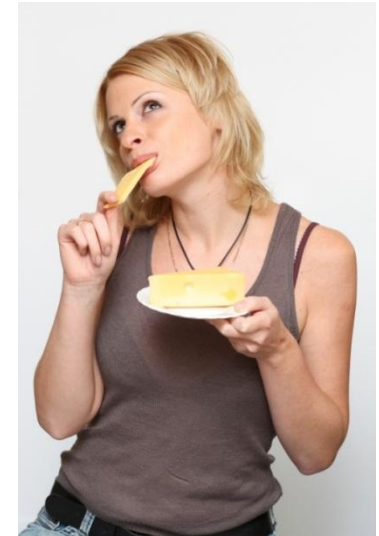
Nutritive Value of Cheese

	Cheddar	Cottage
		
Protein	27%	14%
Fat	33%	4%
Carbohydrate	0%	1.5%
Vitamins	1% (A, B)	1.5% (A, B)
Minerals	4%	1%
Water	35%	78%



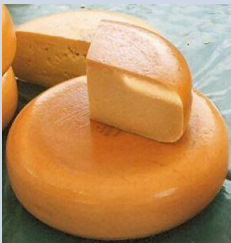
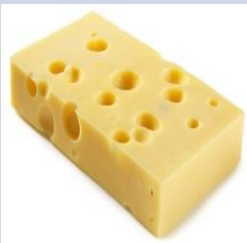




Dietetic Value of Cheese

- Source of calcium for strong bones and teeth
- Source of protein to aid growth and repair of body cells
- Excellent value for money - no waste
- No cooking necessary
- Wide variety available and very versatile
- High in saturated fat so should be avoided by those on low calorie or low cholesterol diets
- Soft cheeses should be avoided by pregnant women due to the risk of listeria food poisoning






Classification of Cheese by Production Method

Hard Cheese	Semi-hard Cheese	Soft Cheese	Internal Mould Cheese	External Mould Cheese	Processed Cheese
Cheddar Emmenthal Parmesan	Edam Gouda Stilton	Brie Camembert Mozzarella Feta Cottage	Stilton	Brie	Cheese slices Cheese spreads
					



Classification of Cheese by Origin

Italian	Irish	British	Swiss	Dutch	Greek	French
Mozzarella Parmesan	Wexford Kilmeaden	Cheddar Cheshire	Emmenthal Gruyere	Edam Gouda	Feta Halloumi	Roquefort Brie
						



Cheddar



Edam



Brie



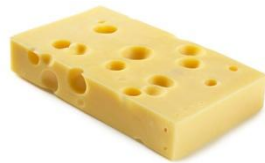
Cottage Cheese



Feta



Emmenthal



Gouda



Types Of Cheese

Camembert



Cream Cheese



Parmesan



Stilton



Mozzarella



Ricotta





Production of Cheese

Step 1:

- A culture of lactic acid bacteria is added to pasteurised milk
- Lactose (sugar in milk) changes to lactic acid which adds flavour and acts as a preservative

Step 2:

- Milk is heated to 30°C
- Rennet is added
Rennet contains enzymes rennin which coagulates protein (caseinogen to casein)



Step 3:

- Mixture separates into curds (solids) and whey (liquid)

Step 4:

- Curds are chopped to release more whey



Step 5:

- Whey is drained off

Step 6:

- Curds are heated to 35 - 40°C to squeeze out more whey and achieve correct consistency (**Scalding**)

Step 7:

- Curds are cut into blocks and piled on top of each other to complete drainage of whey (**Cheddaring**)

Step 8:

- The blocks are cut and 2% salt is added for flavour and preservation

Step 9:

- Salted curds are placed in moulds and pressed
- Moulds may be sprayed with hot water to form a protective rind



Step 10:

- Cheese is removed from the mould, date stamped and stored for 3-12 months to ripen (mature)

Step 11:

- Cheese is graded, packed and sold





Cheese Products

Production:

- Ripened cheese is chopped and salt, water, whey powder, dried milk and emulsifier is added
- Colourings and flavourings may also be added
- This mixture is heated and mixed
- Mixture is packed into blocks, slices, triangles or tubs





Uses of Cheese

- Sandwiches
- Snacks
- Salads – grated, sliced
- Savoury dishes – lasagne, pizza, quiche
- Sauces – cheese sauce
- Dips – cream cheese
- Baking – cheese pastry
- Dessert – cheesecake
- Garnish – gratin dishes
- To end a meal – cheeseboard





Effects of Heat on Cheese

- Protein coagulates and shrinks
- Fat melts
- Overcooking causes cheese to become hard, tough and indigestible
- Overcooking causes fat to separate and cheese to become stringy

To cook cheese effectively:

- Cook for shortest time possible
- Add cheese at end of cooking
- Avoid acid foods with cheese as they increase separation and stringiness





Buying and Storing Cheese

- Check date stamp
- Ensure vacuum packed cheeses are fully sealed when purchasing
- After opening vacuum packed cheese, it should be sealed well and stored in fridge
- Freshly cut cheese should be bought in small amounts and used quickly
- Freshly cut cheese should be wrapped well and stored in fridge
- All cheese should be used at room temperature (remove from fridge one hour before use)



