

Cheese Products Study Sheet **KEY**

Guide to Good Food, Chapter 17, PP. 295-298 and 304-305

Cheese- is a concentrated form of milk

Nutrients found in cheese: complete protein, calcium, phosphorus, & fat and Vitamin A

Cheese is made when- proteins in milk are coagulated and curds (solid part) are separated from the whey (liquid part)

Kinds of Cheese:

Un-ripened Cheese-

- ready for market as soon as the whey is removed
- is not allowed to age
- mild and perishable

Examples: cottage cheese, cream cheese, farmer's cheese & ricotta

Ripened Cheese-

- bacteria, mold, yeast or enzymes added
- stored at a specific temperature to develop texture & flavor
- stored further to develop flavor known as: Aging-2 wks to 2 yrs.
- Over 400 varieties -bleu, parmesan, cheddar, gouda, & mozzarella

Process Cheese-

- a blend of ripened and un-ripened cheeses
- heated and an emulsifier added
- smooth and creamy

Examples: Velveeta and Cheese Whiz

Storage-

- cover or tightly wrap and refrigerate to prevent drying and spread of odor

Cooking with Cheese

- A. Use low temp and short periods of time to prevent proteins from becoming tough and rubbery
- B. When making sauces or cream soups well ripened cheese blends easier because they tolerate high temperatures
- C. Grate or cut into smaller pieces to shorten cooking time
- D. Process cheese blends well because of the emulsifiers- will be smooth and less likely to curdle