

Mozzarella Cheese

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In this article we will discover the preparation stage of mozzarella cheese and about its benefits on our health!

Mozzarella is a generic term for several kinds of Italian cheeses that are made using spinning and then cutting (hence the name, as the Italian verb *mozzare* means "to cut").

The most famous types of Mozzarella are:

- *Mozzarella di Bufala* (buffalo mozzarella), made from domesticated water buffalo milk
- *Mozzarella fior di latte*, made from fresh pasteurized or unpasteurized cow's milk.
- *Low-moisture mozzarella*, which is made from whole or part skimmed milk, and widely used in the food service industry.
- *Smoked mozzarella* [1].

Cheese Making Fundamentals

The basic steps in cheese making are listed here. While some cheese styles will use all of the steps, others may use only a few. Within each step there will be variations in ingredients, time and temperature depending on the cheese being made.

Pasteurize - The sterilizing of a dairy milk by indirectly heating to 161°F.

Ripening - The acidification of milk by means of a biological process using a starter culture.

Renneting - The addition of an enzyme called rennet which causes coagulation of milk protein into cheese curd.

Cutting - The uniform breaking up of a curd mass done to facilitate the release of whey which is trapped in the mass.

Cooking - The heating of cut curd which forces moisture out of the curd and causes it to firm up.

Draining - The removal of whey by means of gravity usually done by hanging the cheese in a cheesecloth bag.

Salting - The addition of specialty grade pure salt to season, aid in drying and help preserve the cheese.

Pressing - The removal of whey by means of regulated pressure using a mechanical cheese press.

Drying - The air drying of the cheese which allows the protective rind to develop.

Waxing - The air tight sealing of a cheese in melted wax to protect the cheese during aging.

Aging - The resting period during which the character and flavor of the cheese develop [2].

Mozzarella Cheese Nutrients

Did you know that there are more than a thousand varieties of cheese kinds? Many people that make cheese really enjoy the process of making it. People have different tastes in flavors and colors, and so that is why there are many different varieties in cheese. In this research I would like to tell you about the Mozzarella Cheese – Part Skim – Shredded, and here are the nutrients:

Vitamin A, B1, B2, B3, B5, B6, B12, D, E, Folate, Tryptophan, Calcium, Selenium, Iodine, Phosphorus, Protein, Natural Fats, Cholesterol, Water, Magnesium, Molybdenum, Sodium, Zinc, Omega 3, 6 Fatty Acids.

Mozzarella is very useful for our health.

It Helps Prevent Colon Cancer, Osteoporosis, Migraine, Blood Clotting, Breast Cancer, Supports Strong Bone Health, Improves Blood Pressure, Supports Muscles and Nerves, Protects from Gout, Metabolic Syndrome [3]

Bibliography:

1. <http://en.wikipedia.org/wiki/Mozzarella>
2. Patrick F.Fox, Timothy P. Guinee, Timothy M. Cogan, Paul L. H. McSweeney, Fundamentals of Cheese Science Copyright © by Aspen Publishers, Inc. 2000.
3. <http://genuineaid.com/2009/03/11/mozzarella-cheese-nutrients-and-benefits/>