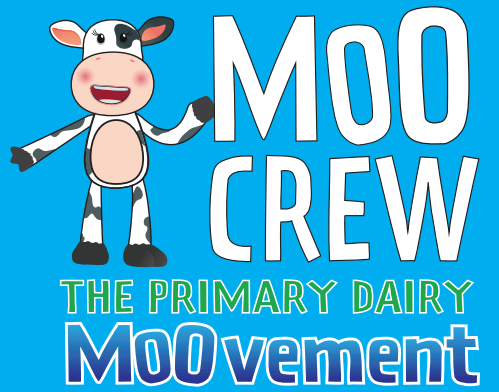


# THE STORY OF CHEESE

## FROM FARM TO FRIDGE

### ENJOY!

Cheddar cheese is part of the 'milk, yogurt and cheese' food group in the Food Pyramid. Three servings are recommended per day from this food group for children aged 5-8 years, with five daily servings recommended for those aged 9-18 years. Examples of a serving include 200ml of milk, 125ml of yogurt or 25g of cheddar cheese. Cheddar cheese provides many important nutrients such as calcium, protein, phosphorus and vitamin B12.



GRATE IT, SLICE IT, CUBE IT, MELT IT!

1.

Cheddar cheese is made during the spring, summer and autumn months. This is when the cows are out in the fields and eat fresh grass which gives the cheddar a lovely flavour and yellow colour.

2.

The milk is brought in tankers to the cheese factory and is pasteurised and put into vats where it is kept warm.

3.

First friendly bacteria are added to the milk. These heat the milk sugars which helps to preserve the cheese. Rennet is then added. Rennet is an enzyme that allows the milk to set. It is left to set for a period of 40-45 minutes.

4.

The curd is then cut when the milk is firm and allowed to stand.

5.

The curds and whey are then stirred gently while the temperature is increased.

6.

The curds and whey are pumped over to a special machine. This machine drains off the whey. The curd fuses together and is then milled. Salt is added to give flavour and texture to the cheese and helps to preserve it.

7.

The cheese is cut into blocks before it goes into the chill store for 24 hours where it is cooled down. It is then stored in a cool room to ripen for 6-12 months. It won't leave the cheese store until the cheese grader is satisfied that it is a first class piece of cheddar.

8.

So the next time you are enjoying a piece of cheese, you can be sure you are eating a high quality, nutritious and tasty product.

### DID YOU KNOW?

#### STARTER BACTERIA

This is a culture of bacteria which converts the sugar in milk (lactose) into lactic acid. This causes the milk to acidify and adds flavour to the cheese.

#### RENNET

This is a natural extract from the stomach of the calf and is an enzyme. The enzyme causes the curd to form.

#### CURD

This is the basic material from which cheese is made. It is solidified milk which is then cut and this action releases the whey.

#### WHEY

This is the excess moisture residue liquid which comes from the curd. The whey is released when the curd is cut and is washed away because it is not needed for making cheese. However, the whey can be used in the manufacture of other foods such as baby formula.

[www.moocrew.ie](http://www.moocrew.ie)



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