



# cheese

## How is cheese made?

Cheese is a simple food made from natural ingredients starting with fresh milk. To make cheese you only need four ingredients: fresh milk, salt, “good” bacteria, and rennet. Cheesemaking is the process of removing water from milk. This process concentrates the milk’s protein, fat and other nutrients and increases its shelf life.

Great cheese begins with high-quality, fresh milk that is typically slowly warmed. Next the milk must be curdled using either an acid or “good” bacteria. A coagulant is then mixed in. The most common coagulant is rennet, an enzyme that helps bind the milk proteins, turning the liquid milk into solid curds. Using a variety of methods like kneading and stirring, the whey (liquid) is drained from the curds (solids). The curds are then salted, shaped and left to ripen (age) in a controlled environment. Pressure is applied to the cheese curds to remove even more whey and achieve the desired texture.

Harder cheeses undergo more pressing to remove more moisture. Ripening techniques involving humidity, moisture, and oxygen control, help each cheese mature into its own unique texture and flavour. Some cheeses, like unripened or fresh, don’t require any ripening process.

Check out this 1.26 minute video on The miracle of milk: Cheese Making by Dairy Farmers of Ontario <https://www.youtube.com/watch?v=TVVpjVk4Gy8> English or French <https://www.youtube.com/watch?v=z3oyGEJ3zPQ&list=PLer2DZtnlTQtEWQPMNmGBiZfC87lj9i3k&index=8>



## Joke Corner

Q: Do you know what happened due to the power failure at the cheese factory?

A: There was a meltdown.

Q: Which cheese is the most dangerous?

A: Sharp cheddar.

## Did you know?

- It takes 11 litres of milk to make 1 kilogram of cheese.
- The average Canadian consumes over 12 kg of cheese a year.
- "Say 'cheese'" is an English-language saying used by photographers who want people to smile. By saying "cheese", most people form their mouths into what appears to be a smile-like shape.
- Cheddar cheese was created around 1180 in South England. Today this cheese type is the most popular in the world.
- Most popular milk types for cheese are cow, goat and sheep but some more exotic milk types, such as moose, buffalo, horse and camel are also used.

## Why is cheddar cheese orange?

Cheddar cheese is orange because cheesemakers add orange coloring during the cheesemaking process. It's the result of hundreds of years of tradition, dating back to the time when cheddar cheese in England was made with milk from cows whose beta-carotene-rich diet produced an orange tint in the milk. Today, orange cheddar cheese is coloured with annatto, the fruit of the achiote tree, while white cheddar is made without any added colour.

## Egg Wrap with Vegetables

from Health Canada



### INGREDIENTS

- 1 egg or 2 egg whites
- 30 mL (2 tbsp) diced red bell pepper
- 30 mL (2 tbsp) grated zucchini or carrot
- Pinch of ground black pepper
- 1 small whole grain flour tortilla
- 15 mL (1 tbsp) grated cheese

### DIRECTIONS

1. In a small bowl, beat together egg, red pepper, zucchini and pepper with a fork.
2. Spray a small non-stick skillet with cooking spray and place on medium heat. Pour egg mixture into the pan, swirling it to coat evenly. Let cook for about 2 minutes or until edge is light golden. Using a spatula, lift around edges, flip egg over, and cook for another 30 seconds or until set and light golden. Shortcut version: Spray small microwavable dinner plate with cooking oil. Pour egg mixture into the centre of the plate. Place in microwave and cook on high for 30-second intervals until set.
3. Slide egg onto flour tortilla and sprinkle with cheese. Roll up and enjoy!