

CHAPTER I

INTRODUCTION

1.1 Background

Cheese is nutritious food made mostly from the milk of cows but also other mammals, including sheep, goats, buffalo, reindeer, camels and yaks. No one really knows who made the first cheese. According to an ancient legend, it was made accidentally by an Arabian merchant who put his supply of milk into a pouch made from a sheep's stomach, as he set out on a day's journey across the desert. The rennet in the lining of the pouch, combined with the heat of the sun, caused the milk to separate into curd and whey. That night he found that the whey satisfied his thirst, and the cheese (curd) had a delightful flavor which satisfied his hunger. According to ancient records passed down through the centuries, the making of cheese dates back more than 4,000 years. (IDFA, 2017)

There are few types of cheese; Asiago cheese, Blue cheese, Cheddar Cheese, Feta Cheese, Swiss Cheese, Cream Cheese, Goat Cheese, Vegetarian Cheese. From that many types of cheese I will explain about Vegetarian Cheese and Mozzarella Cheese.

Vegetarian cheese is cheese that is not curdled with rennet, which is an enzyme that exists naturally in animal stomachs. Rennet is the popular name used by cheese makers to coagulate milk, forming curds. Most vegetarian cheeses are coagulated with plants, fungi or bacteria. There are two types of rennet in use by cheese producers: microbial and vegetarian. Microbial rennet consists of enzymes that come from either bacterial or fungal origin. And for vegetarian there are specific plants that also have the enzymes essential to coagulate milk. Plants that have found more common use as coagulants are fig tree bark, thistle and mallow.

Mozzarella cheese is a sliceable curd cheese originating in Italy. Traditional Mozzarella cheese is made from milk of water buffalos herded

in very few countries such as Italy and Bulgaria. As a result, most of the Mozzarella cheeses available now are made from cow's milk.

And then we come with an idea to add more varieties of cheese more specifically is vegetarian cheese. It is soybean based cheese. Why we choose soybean-based cheese? Here some information about soybeans.

Soybeans are members of the pea (legume) family of vegetables. Eating soybean-based foods may reduce the risk of a range of health problems, including coronary heart disease. More research is needed, but the evidence so far suggests that it is wise to include whole soy (or soya) foods in your daily diet. Soybeans contain hormone-like substances called phytoestrogens that mimic the action of the hormone oestrogen. The health benefits of soy for menopausal women could include fewer hot flushes, protection from coronary heart disease (CHD) and lowered risk of osteoporosis. Soy is a high-quality protein. It is one of only two known plant foods (the other is amaranth seed) to contain all the essential amino acids, similar to those found in meat. Some soy products are sources of calcium and iron, such as Chinese tofu or tempeh (made with a calcium coagulant) and calcium-fortified soy drinks. The soybean is; high in fibre, high in protein, low in saturated fat, cholesterol free, lactose free, a good source of omega-3 fatty acids, a source of antioxidants, high in phytoestrogens.

1.2 Objective

1. Presenting soybean mozzarella as a new cheese-variant product with unique taste.
2. Presenting soybean mozzarella as vegetarian's cheese and add more cheese variety for cheese lovers.