

Effect of Starter Culture on The Quality and Yield of Karish Cheese Made From Buffalo's Milk

By

Hamad, M. N. E.*

* Food science and Dairy Department, Faculty of Agriculture, South Vally University, Qena, Egypt.

ABSTRACT

Karish cheese was made from fresh buffaloes' skim milk (0.5% fat) using a commercial starter culture DOM 1[®] (*Lactococcus lactis* subsp. *lactis* and *Lactococcus lactis* subsp. *cremoris* (1:1)) and with natural starter from good quality karish cheese. Four treatments were made by using 1 & 2% natural starter culture (YS-1 and YS-2, respectively) and with 1 & 2% of DOM 1[®] starter culture (DS-1 and DS-2, respectively). Yield of the resultant cheeses were calculated. Chemical, microbiological and sensory characteristics of cheeses were monitored when fresh and during 60 days of storage at 5±2°C. Gross composition of all resultant cheeses was within the Egyptian legal limits for Karish cheese. The highest cheese yield (25.4%) was obtained when 2% of DOM 1[®] starter culture was added (DS-2). This increase in the cheese yield of DS-2 was associated with an increase in the cheese moisture content by 2.7% compared with YS-1 and 1.1% compared with YS-2 treatments. The pH values were decreased during storage period, but both YS-1 and YS-2 treatments had lower pH-values than DS-1 and DS-2 treatments. The highest values of SN and SN/TN were observed in the DS-2 cheese treatment. This could be an indication of more proteolysis occurred when 2% of the DOM 1[®] starter culture was used. DS-1 and DS-2 treatments showed a reduction in the losses of TS and TN contents in the pickling solution during storage compared with YS-1 and YS-2 treatments. It was also observed that YS-1 and YS-2 treatments had higher total viable bacterial and mold & yeast counts than that in DS-1 and DS-2 treatments. On the other hand, there was a slight increase in the total sensory score of the DS-2 treatment. It can be concluded that manufacture of karish cheese by using 2% DOM 1[®] improved cheese yield, organoleptic properties and decreased losses of cheese components in pickling solution.

Keywords: Karish – starter – storage period – buffalo's milk.

INTRODUCTION

The emphasis on control of caloric intake, especially in developed countries, in the past 20 years has largely been responsible for the highly spread of low fat cheese market. In the past, the recommended guidelines of a number of health organizations claimed that the daily energy derived from dietary fat shouldn't exceed 30% in order to reduce the incidence of related morbidity and mortality. A link between a high consumption of dietary fat and obesity, coronary heart diseases and certain types of cancer was established (Miller and Rolls, 1996). During the last fifteen years the distribution of low fat cheese around the world has significantly accelerated because of the dietary guidelines and desire for consumption of low fat products (Mistry, 2001). As consequence, consumers' purchase of low fat cheese has increased.

One of the popular Egyptian low fat cheeses is called Karish or Kareish cheese. It is one of the ancient Egyptian, skimmed-milk, white soft, lactic acid cheeses (Robinson and Tamime, 1993). To retain the typical flavor and body characteristics of Karish cheese, the addition of pure starter cultures to pasteurized milk, prior to manufacture, was investigated. Single cultures of lactococci or yoghurt starters have been used by several researchers: *Lact. lactis* subsp. *Lactis* + *Lact. lactis* subsp. *cremoris* (El-Zayat and Omar, 1987) and

Lactobacillus delbruekii sub sp. *bulgaricus* + *Str. salvarius* sub sp. *thermophilus* (Abd El-Salam *et al.*, 1984; El-Shibiny *et al.*, 1984, Robinson and Tamime, 1993). In another study, Karish cheese was manufactured by using different types of dairy starter cultures (Effat *et al.*, 2001).

In order to make Karish cheese with a good characteristics, selection of proper starter culture is important as it can affect the yield and characteristics of the final product. It is interesting to examine different strains from the available commercial starter cultures in the market to explore the effective strains with specific technological properties in relation to Karish cheese.

Therefore, the effect of using starter culture on the yield and characteristics of Karish cheese was studied. Karish cheese was made using two cultures by two different ratios (1% and 2%).

MATERIAL AND METHODS

Fresh raw buffalo's milk was obtained from El-Gawhara Factory, El-Asafra, Dakahlia, Egypt.

DOM 1[®] Starter culture consists of: *Lactococcus lactis* subsp. *lactis* and *Lactococcus lactis* subsp. *cremoris* (1: 1) obtained from centro sperimentale del latte (SPA), Italy (YS) and **natural starter** from good quality karish cheese (DS).

Iodized Salt, Produced by El-Nasr Saline's Co, Alex, Egypt, Calcium chloride "flakes 77%" was obtained from Kemira Kemi AB, Helsingborg, Sweden, **Potassium Sorbate** was obtained from Z.K.W., China and **Citric Acid** was obtained from ADWIC Laboratory Chemicals.

Manufacture of Karish cheese:

Karish cheese was made according to the method of **Ezz El-Din (1978)** with some modifications. Fresh buffalo's milk was warmed to 30 – 35°C, separated with Alfa-Laval separator (2 ton/hour). Skim buffalo's milk was heat treated (Alfa-Laval pasteurizer 2 ton/hour) at 80°C/ 15 sec and cooled down to 35 – 38°C. The cheese milk was divided into four portions, 500 kg each. The first two portions were inoculated with the YS starter culture in a portion of 1% (YS-1) and 2% (YS-2). The other two portions were inoculated with the DOM 1[®] (DS) starter culture in a portion of 1% (DS-1) and 2% (DS-2).

200-gram calcium chloride per one ton of skim buffalo's milk (0.02%) was added. Then the milk was incubated at 37 – 39°C. After complete coagulation, the curd was ladled in mats as in primitive method and 2.5 % salt was added to the curd (100 gram salt / 4 Kg curd), then the cheese curd was moved to refrigerator overnight at 5±2°C. Each Karish cheese treatment was taken out and weighted for calculating cheese yield, then packaged in plastic jars (10 Kg each). Pickling solution was prepared from 6 Kg salt, 200 gram potassium sorbate, 100 gram calcium chloride, 50 gram citric acid and 94 Kg pasteurized water and the pH value of this solution at the end was 4.5. The cheese jars finally were sealed and stored in refrigerator at 5±2°C for 60 days. Cheese samples were taken for chemical, microbiological and organoleptic measurements after 24 hour (zero time), 15, 30, 45, and 60 days. Also, losses of cheese components in pickling solutions were analyzed during storage period.

Chemical and Microbiological analysis of Milk and cheese samples:

Fat percentage was determined by the standard Gerber method according to the **British Standard Institute (1962)**. Total nitrogen (TN %), soluble nitrogen (SN %) and non protein nitrogen (NPN %) of milk and cheese samples were evaluated by Micro Kjeldahl technique (**AOAC, 1990**). Total solids (TS) percentage of milk and Karish cheese were determined gravimetrically using the method of **Oser (1965)**, pH values and salt content of both milk and Karish cheese samples were measured according to **Ling (1963)**.

Total bacterial and mould & yeast counts were determined according to APHA (1985), meanwhile most probable number (MPN) of coliform was determined according to APHA (1980) using Mac Conkey broth. For detecting and enumerating staphylococci, appropriate dilutions of the examined cheese samples were plated with staphylococcus medium No. 110 (Difco, 1974).

Organoleptic properties:

The organoleptic properties were assessed as suggested by ADSA (1987). Data reported are the average of three measurements per replicate.

RESULTS AND DISCUSSION

The chemical composition of cheese milk is shown in Table (1).

Table (1): Chemical composition of buffalo's milk used for manufacture of Karish cheese with different starter cultures.

	Fat %	TS %	SNF %	pH values	Acidity %	TP %
Fresh Buffaloes milk	7.5	17.30	9.80	6.62	0.18	4.565
Skim milk	0.50	11.45	11.25	6.65	0.17	5.050

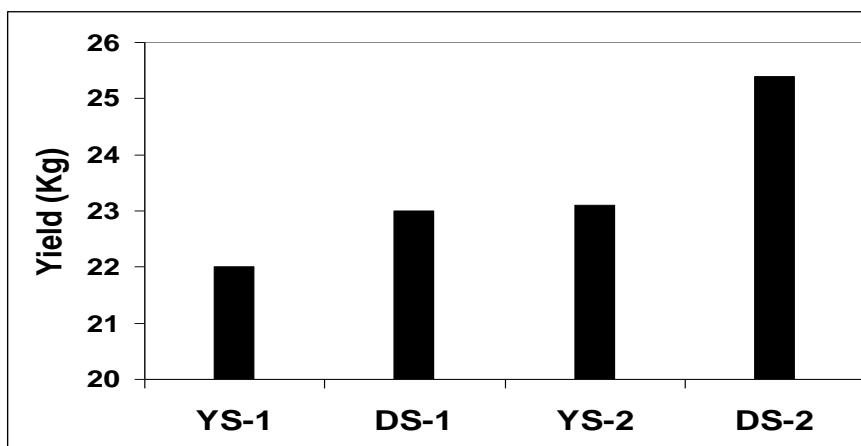
TS: total solids, SNF: solids not fat, TP: total protein

Yield of Karish cheese:

The effect of starter culture on the yield of Karish cheese made from skim buffalo's milk is shown in Fig. (1). It can be noticed that the yield of karish cheese was increased by using DOM1[®] starter culture (23 and 25.4% for DS-1 and DS-2, respectively) than that when natural starter culture was used (22 and 23.1% for YS-1 and YS-2, respectively). The highest cheese yield was obtained when 2% of DOM 1[®] was used (DS-2) which was 10% higher than that of YS-2.

The increase in yield of DS-1 and DS-2 treatments was parallel to the decrease in their total solids content, or in another words with an increase in their moisture content (as presented in Table 2). This increase in the cheese yield of DS-2 was associated with an increase in the cheese moisture content by 2.7% compared with YS-1 and 1.1% compared with YS-2 treatments (As can be calculated from TS data presented in Table 2). This indicated that the increase in yield might be due to an increase in the moisture content. Similar finding was previously found by other authors (Ahmed *et al.*, 2005). Also, the yield values of treatments were within the values reported by other researchers (Ibrahim *et al.*, 1990 and Blassy & Ismail, 2003).

Fig. (1): Yield of Karish cheese (Kg cheese / 100 Kg milk) made from skim buffalo's milk with different starter cultures.



YS-1 and YS-2: Natural Starter culture (1 and 2%, respectively).

DS-1 and DS-2: DOM 1[®] starter culture (1 and 2%, respectively).

Chemical composition of Karish cheese:

Table (2): Chemical composition of Karish cheese made from skim buffalo's milk with different starter cultures.

Item	Storage period (days)	Treatments			
		YS-1	DS-1	YS-2	DS-2
TS%	0	22.807	21.492	21.568	20.734
	15	23.425	22.102	22.981	21.699
	30	23.901	22.830	22.990	22.578
	45	24.342	23.416	23.652	23.779
	60	24.861	24.875	24.008	24.576
pH value	0	4.55	4.43	4.43	4.40
	15	4.53	4.35	4.40	4.33
	30	4.30	4.30	4.00	4.18
	45	4.18	4.22	3.80	4.09
	60	3.79	4.11	3.62	4.07
Fat %	0	1.20	1.30	1.30	1.45
	15	1.40	1.40	1.50	1.50
	30	1.70	1.70	1.80	1.80
	45	1.80	1.80	1.90	2.00
	60	1.90	2.00	2.10	2.20
Fat / DM%	0	5.262	6.048	6.027	6.993
	15	5.976	6.334	6.527	6.913
	30	7.113	7.446	7.829	7.972
	45	7.395	7.687	8.033	8.411
	60	7.642	8.040	8.747	8.952
Salt %	0	1.501	1.521	1.469	1.425
	15	1.582	1.599	1.698	1.686
	30	1.643	1.734	1.887	1.821
	45	1.787	1.895	1.973	1.952
	60	1.891	2.135	2.540	2.023
Salt / water%	0	1.944	1.937	1.873	1.797
	15	2.066	2.053	2.204	2.153
	30	2.159	2.247	2.450	2.352
	45	2.362	2.474	2.584	2.561
	60	2.516	2.842	3.342	2.682

YS-1 and YS-2: Natural Starter culture (1 and 2%, respectively).

DS-1 and DS-2: DOM1® starter culture (1 and 2%, respectively).

TS: total solids, DM: dry matter and W.: water

The chemical composition of Karish cheese as affected by the type of starter culture is presented in **Table (2)**. It is observed that TS, fat, fat/DM %, salt and salt/water % contents of Karish cheese gradually increased. The pH values were decreased during storage period, but both YS-1 and YS-2 treatments had lower pH-values than DS-1 and DS-2 treatments. Although there was a slight reduction in the TS as a result of using DS culture. On the contrary, the salt% and salt/water% during storage were increased during storage period, but both YS treatments had lower than both DS treatments. Results showed that type of starter culture, storage period have a clear effect on the fat/DM%, salt, and salt/water% of the resulted Karish cheeses. Similar trends were found by (**Abu Dawood, 2002; Blassy & Ismail, 2003 and Effat et al., 2001**).

Also, the values of fat/DM% and TS content of the obtained Karish cheeses almostly fall in the range of the values stated by **Egyptian Standards 1008-2005** (Fat/DM < 10%, moisture < 75%) at the end of the pickling period.

Nitrogenous compounds of Karish cheese:

Table (3): Nitrogenous compounds of Karish cheese made from skim buffalo's milk by using different starter cultures.

Item	Storage period (days)	Treatments			
		YS-1	DS-1	YS-2	DS-2
T.N. %	0	2.462	2.376	2.368	2.435
	15	2.495	2.435	2.401	2.497
	30	2.503	2.464	2.423	2.501
	45	2.514	2.479	2.469	2.528
	60	2.561	2.503	2.496	2.549
TN/DM %	0	10.795	11.055	10.979	11.744
	15	10.651	11.017	10.447	11.507
	30	10.472	10.793	10.539	11.077
	45	10.327	10.580	10.438	10.631
	60	10.663	10.062	10.396	10.372
SN%	0	0.495	0.473	0.474	0.487
	15	0.538	0.511	0.512	0.547
	30	0.566	0.536	0.532	0.564
	45	0.600	0.571	0.552	0.585
	60	0.626	0.608	0.598	0.646
SN / TN %	0	20.105	19.907	20.016	20.000
	15	21.563	20.985	21.324	21.906
	30	22.613	21.753	21.956	22.551
	45	23.866	23.033	22.357	23.141
	60	24.443	24.290	23.958	25.343
NPN %	0	0.104	0.101	0.131	0.107
	15	0.133	0.125	0.138	0.136
	30	0.144	0.137	0.145	0.143
	45	0.159	0.154	0.166	0.164
	60	0.178	0.164	0.174	0.189
NPN / TN%	0	4.224	4.250	5.532	4.394
	15	5.330	5.133	5.747	5.446
	30	5.753	5.560	5.984	5.717
	45	6.324	6.212	6.723	6.487
	60	6.950	6.552	6.971	7.414

YS-1and YS-2: Natural Starter culture (1 and 2%, respectively).

DS-1and DS-2: DOM1 starter culture (1 and 2%, respectively).

TN: total nitrogen, DM: dry matter, SN: soluble nitrogen, NPN: non-protein nitrogen

Table (3) shows the nitrogenous compounds of Karish cheese made using different starter cultures during storage. It is cleared that the entire nitrogenous compound presented in **Table (3)** were increased during storage except the values of TN/DM% which decreased during storage. This reduction of the TN/DM might be a result of increasing cheese T.S. % during storage (**Table 2**) and losses of some hydrolised protein fractions in the pickling solution.

The increase in the values of soluble nitrogen (SN), SN/TN, non-protein nitrogen (NPN) and NPN/TN values of all treatments during storage period might be attributed to proteolysis of cheese protein. Also, it can be noticed during storage that the highest values of SN and SN/TN were observed in the cheese treatment made by 2% DS culture. This could be an indication of more proteolysis occurred when 2% of the DS culture was used as a result of the increased

moisture content in these treatments compared with YS-1 and YS-2. These results are inline with those mentioned by Omar *et al* (1999). Besides, the protein content of the obtained Karish cheeses fall in the range stated by Egyptian Standards 1008-2005 (Protein > 10%).

Analysis of Karish pickling solution:

Table (4): Chemical composition of pickling solutions used for Karish cheese.

Item	Storage period (days)	Treatments			
		YS-1	DS-1	YS-2	DS-2
pH value	0	4.50	4.50	4.50	4.50
	15	4.43	4.42	4.37	4.41
	30	4.41	4.40	4.25	4.40
	45	4.31	4.32	4.12	4.32
	60	4.25	4.28	3.91	4.21
TN%	0	0.030	0.031	0.040	0.036
	15	0.033	0.036	0.058	0.038
	30	0.059	0.026	0.078	0.053
	45	0.078	0.077	0.097	0.087
	60	0.099	0.099	0.121	0.096

YS-1 and YS-2: Natural Starter culture (1 and 2%, respectively).

DS-1 and DS-2: DOM1 starter culture (1 and 2%, respectively).

TS: total solids, TN: total nitrogen

Results of cheese pickling solution analysis were tabulated in Table (4). It is noticed that pH-values was comparable between all treatments except a slight reduction in the pH-values occurred in treatment YS-2 during 60 days of storage. The losses of TS and TN contents in pickling solution were slightly higher in all treatments made using YS culture compared with that made from DS culture. These results are in agreement with **Blassy & Ismail (2003)**.

Microbiological properties of Karish cheese:

Table (5): Microbiological analysis of Karish cheese made from skim buffalo's milk by using different starter culture.

Microbial Groups	Storage period (Days)	Treatments			
		YS-1	DS-1	YS-2	DS-2
Total viable count (x 10 ⁵)	0	337	65	415	183
	15	265	55	375	162
	30	220	49	297	123
	45	183	46	229	97
	60	112	43	175	75
Mould and Yeast (x 10 ²)	0	30	9	68	32
	15	66	23	123	52
	30	95	56	183	73
	45	137	63	226	85
	60	178	69	299	102

YS-1 and YS-2: Natural Starter culture (1 and 2%, respectively).

DS-1 and DS-2: DOM1 starter culture (1 and 2%, respectively).

It is obviously shown from the results in **Table (5)** that Karish cheese made using YS culture (YS-1 & YS-2) had higher total viable bacterial and mould & yeast counts than other treatments made using DS culture. DS-1 treatment had the lowest total microbial and mold & yeast counts when fresh and during storage period. Data showed a deferent between cultures, storage period, the total microbial and mold & yeast counts in Karish cheese treatments.

In all treatments, total viable count was reduced during storage period, while mould and yeast count showed an opposite trend as it was increased during storage. This may be attributed to the effect of high acidity on the different microbial groups (**Hammer & Bable, 1957; Foster, et al., 1958 and Ibrahim et al., 1990**).

It could also be observed that non of the different cheese treatments contained any of staphylococcal or coliform microorganisms during the present work, this may be due to the high heat treatment used, high technology and health requirements used.

Organoleptic evaluation of Karish cheese:

Table (6): Organoleptic properties of Karish cheese made from skim buffalo's milk by using different starter cultures.

Organoleptic properties	Score	Storage period (Days)									
		0		15		30		45		60	
		YS-1	DS-1	YS-1	DS-1	YS-1	DS-1	YS-1	DS-1	YS-1	DS-1
Appearance	15	12	12	12	12	12	12	11	12	11	12
Body & Texture	35	32	32	32	32	32	32	31	32	30	31
Flavor	50	47	47	45	46	44	45	43	44	42	43
Total	100	91	91	89	90	88	90	85	88	83	86
		YS-2	DS-2	YS-2	DS-2	YS-2	DS-2	YS-2	DS-2	YS-2	DS-2
Appearance	15	12	13	12	13	12	13	11	12	11	11
Body & Texture	35	31	33	31	33	30	32	30	31	29	30
Flavor	50	47	48	44	45	42	44	40	43	39	42
Total	100	90	94	87	91	84	89	81	86	79	83

YS-1and YS-2: Natural Starter culture (1 and 2%, respectively).

DS-1and DS-2: DOM1 starter culture (1 and 2%, respectively).

The results of the sensory evaluation of Karish cheese when fresh and during storage are given in Table (6). When 1% of both YS and DS cultures were used, there was no effect on their organoleptic properties. However, there was a slight increase in the total sensory score when 2% of DS was used.

Results showed that both cultures and storage period have a marked on appearance, body, texture, flavor and total score points of cheese treatments.

However, it was reported that Karish cheese made from milk and inoculated with *Lactococcus lactis subsp. lactis* had the best organoleptic properties, nutritive value and lower production costs (**Azzam and Salama, 2003**). Also, **Younis (1998)** found that karish cheese had high acceptability scores after 15 days of storage, but had lower scores when they were fresh and after 30 days. These results are consistent with those of other investigators who used EPS-producing lactic starter cultures to improve the sensory attributes of Karish cheese (**Ahmed et al. 2005**).

In conclusion, this study has shown that using 1 and 2% of DS culture showed a positive impact on the yield and characteristics of Karish cheese. Chemical analysis and sensory evaluation indicated that Karish cheese made using DS culture was better than that made with YS culture. Also, there was a reduction in the loss of the cheese components in the pickling solution during storage. Such improvements in the cheese yield and characteristics could increase both producer profits and consumer acceptability of this type of cheese. In addition, **Hassan et al. (2003)** found that *Lac. lactis subsp. cremoris* can produce exopolysaccharid. Therefore, it is thought that the DS culture could have the ability to produce exopolysaccharide which in turn can improve water holding capacity, yield and sensory

characteristics of the resultant cheese. Further work is needed to explore whether the DS culture have the ability to produce polysaccharide or not.

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تأثير نوع البادئ علي جودة وتصافي الجبن القريش المُصنع من اللبن الجاموسي

محمد نور الدين فريد عبده حماد

قسم علوم الأغذية والألبان – كلية الزراعة (قنا) – جامعة جنوب الوادي.

تم تصنيع الجبن القريش من اللبن الفرز الجاموسي (نسبة الدهن ٠.٥%) علي نطاق تجاري بإضافة بادئ [®] DOM 1 والذي يتكون من *Lactococcus lactis* subsp. *lactis* and *Lactococcus lactis* subsp. *cremoris* (1: 1) والمجموعة الثانية بإضافة بادئ القريش البلدي من جبن جيد.

أربعة معاملات أستخدمت عن طريق إضافة البادئ من النوعين السابقين بنسبة ١، ٢% من كلا النوعين، وتم حساب التصافي للجبن القريش الناتج وتمت إجراء التحليلات الكيميائية والإختبارات البكتيريولوجية والخواص الحسية للجبن القريش الطازج وخلال ٦٠ يوم من التخزين في جو التلاجة علي (٥ ± ٢ م)، وكانت كل النتائج في حدود النتائج المقررة في المواصفات القياسية المصرية للجبن القريش.

وجد أن أعلي تصافي في الجبن الناتج كان ٢٥.٤% تم الحصول عليه عند استخدام بادئ [®] DOM 1 بنسبة ٢% (DS-2) وهذه الزيادة في محصول الجبن نتجت عن زيادة في نسبة الرطوبة في الجبن بنسبة ٢.٧% عن المعاملة YS-1، (١.١%) عن المعاملة YS-2، ولوحظ إنخفاض في قيم الـ pH في المعاملات YS-1، YS-2 عن المعاملات DS-1، DS-2 والتي كانت الإنخفاضات بها أقل. لوحظ وجود نسب عالية في محتوى الجبن من النيتروجين الذائب ونسبة النيتروجين الذائب إلي النيتروجين الكلي في الجبن الناتج من المعاملة DS-2 ويمكن تفسير هذا الأمر بأن هذه الزيادة قد تكون مؤشراً لمزيد من التحلل البروتيني في حالة استخدام نسبة ٢% من بادئ [®] DOM 1. وجد إنخفاض في نسبة المادة الصلبة الكلية والمحتوي من النيتروجين الكلي في الجبن الناتج من المعاملتين DS-1، DS-2 في محلول الشرش الذي يتم حفظ الجبن فيه أثناء مدة التخزين مقارنة بالمعاملتين YS-1، YS-2، وجد أن العدد البكتيري الكلي وأعداد الفطريات والخمائر في المعاملات YS-1، YS-2 أعلي من الأعداد في المعاملتين DS-1، DS-2 بينما علي الجانب الآخر كانت قيم الصفات الحسية في المعاملة DS-2 هي الأعلى عن بقية المعاملات الأخرى.

في النهاية يخلص البحث إلي أن استخدام نسبة بادئ [®] DOM 1 ٢% تحسن من التصافي في الجبن القريش وتؤدي إلي جبن ذو صفات حسية جيدة مع وجود أقل نسبة فقد من مكونات الجبن في محلول الحفظ أثناء التخزين.