



Mozzarella Cheese



Botanical Name: Mozzarella Cheese

Mozzarella cheese is a mild flavoured and unripened variety of cheese. The origin of the mozzarella cheese is Italy and it was traditionally manufactured from buffalo milk. But the manufacture of mozzarella cheese is now spread throughout the length and breadth of the Europe and USA and modifications have been made to produce the mozzarella cheese from cow milk.

The mozzarella belongs to the pasta-filata class of cheese. It involves the technique of stretching the curd under hot water to get a smooth texture and stringiness in the end product. Hence, this type of cheese possesses good melting and stretching properties. It is one of the best options for producing pizza.

Mozzarella Cheese Recipe.

Mozzarella cheese is popularly known as pizza cheese. It melts easily and is used not only as a pizza-topping but also in many other western dishes such as shepherd's pie, mushroom, chicken pie and many more. Mozzarella cheese of finest quality is usually made from either buffalo milk or cow milk. Try making mozzarella cheese at home using the following recipe.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients

1/2 rennet tablet

1/4 cup cool, chlorine-free water (most bottled waters are chlorine-free)

1 gallon milk (2%, 1%, or skim)

2 teaspoons citric acid

Salt, optional

Preparation:

Crush the rennet into the water and stir to dissolve. Pour milk into a non-reactive pot (no aluminum or cast iron). Place over medium heat. Sprinkle the citric acid over the milk and stir a few times. Heat milk to 88 degrees F. Milk will begin to curdle.

At 88 degrees F, add the rennet solution and continue stirring slowly every few minutes until the milk reaches 105 degrees F. Turn off the heat. Large curds will appear and begin to separate from the whey (the clear, greenish liquid).

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With a slotted spoon or mesh strainer, scoop the curd into a large glass bowl. (If it's still too liquid, let it set for a few more minutes). Press the curds gently with your hand and pour off as much whey as possible. Microwave curds on high for 1 minute, then drain off all the excess whey. With a spoon, press curds into a ball until cool. Microwave two more times for 35 seconds each, and continue to drain the whey and work cheese into a ball. In the meantime, place the whey over medium heat and let it heat to about 175 degrees F.

When cheese is cool enough to touch, knead it like bread dough until smooth. When you can stretch it like taffy, it is done. You can sprinkle 1 to 2 teaspoons salt into the cheese while kneading and stretching it. The cheese will become stretchy, smooth and shiny. If it is difficult to stretch and breaks easily, dip it into the hot whey for a few seconds to make it warm and pliable. Then pick it up again and stretch it into a long rope. Fold over and stretch again. Dip in hot whey as needed to make the cheese pliable.

When the cheese is smooth and shiny (this takes just a few minutes), it is ready to eat. Shape it into a log or golf-size balls, then store in a solution of 2 teaspoons salt to 1 cup water.

Note:

Citric acid and rennet are available through mail order, some pharmacies or health food stores.

Yield:

about 3/4 pound mozzarella cheese (12 ounces)

Nutrition Facts

Serving Size 1 oz

Amount Per Serving

Calories 70 Calories from Fat 40

% Daily Value*

Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 15mg	6%
Dietary Fiber 0g	0%
Protein 7g	15%
Vitamin A 4%	Vitamin C 0%
Calcium 20%	Iron 0%
Zinc 6%	Thiamin 0%
Riboflavin 6%	Niacin 0%
Vitamin B-6 0%	Folate 0%
Vitamin B-12 4%	Phosphorus 15%
Magnesium 2%	Vitamin D 4%

Health Benefits Of Mozzarella Cheese

Cheese contains calcium, protein, and phosphorus in large quantities because of the cheese is concentrated milk.

Protein content in 100 grams of cottage cheese can provide the daily needs of 25%. Amino acid profile is also complete the sort of BCAAs (Isoleucine, leucine, and Valine) that play a role in the synthesis of protein for building muscle tissue, metabolism of body cells, and bone.

* Rich useful riboflavin helps metabolize carbohydrates and maintain healthy mucous membranes.

* Rich in vitamin B12 and folic acid are beneficial in the cheese helps DNA synthesis, cell maturation of red blood cells and maintain nerve function.

* Rich in vitamin B6 which helps the metabolism of amino acids and fats, maintain the nervous system and skin health.

* Rich in vitamin A are important for the sense of sight, skin, surface tissue, and protection against infection.

* Selenium-rich essential for synthesis of an antioxidant enzyme

* Useful phosphorus-rich as the formation of ATP for energy production, bone and teeth formation, and acid base balance.

* Rich in calcium is important for the formation of bones and teeth, blood clotting in the wound, maintaining nerve function, muscle, and heart rhythm

- * Some studies also show if the consumption of cheese can prevent tooth decay.
- * Cheese also contain tryptophan, a type of amino acids that can relieve stress and help you sleep.
- * Calories and carbohydrates are also very low making it suitable as a diet food.

But cheese is also rich in saturated fats are not healthy for the body. Was this cheese in saturated fat increase the risk of heart disease is still not proven, even at the highest consumers of cheese in France and even Greece. Believed to be drinking red wine by French citizens who had become a factor neutralizing excess calories and reducing the risk of cardiovascular disease. Advised to limit consumption of 57 grams of cheese a week. Choose a type of cheese or a low / fat-free or soy or almond cheese.

History

According to legend, mozzarella was first made near Naples when cheese curds accidentally fell into a pail of hot water. There may be some truth to this tale, as mozzarella is indeed made using a special hot whey bath technique called pasta filata (Italian for "spun paste"). With the pasta filata process, cheese curds are dipped in hot whey and kneaded and stretched until they become smooth, shiny and pliable. Just like a baker making bread dough, the cheese maker then pulls and lops off strands of cheese, forming individual mozzarellas. This stretched-curd technique is also used to make other stringy Italian varieties such as provolone and caciocavallo.

Though today's mozzarella is most often made with partially skimmed or whole cow's milk, the original cheese was made only from the milk of water buffalos. It's not certain when or how water buffalos were first introduced to Italy, but one story says Marc Antony brought them from Egypt – complete with mozzarella cheese making instructions – as a gift for Caesar.

Whatever the correct explanation, water buffalos became a familiar sight in the southern Italian countryside where they were used for plowing. By the sixteenth century, farmers began using water buffalo milk to make cheese, but with no pasteurization, refrigeration, or transport, the small quantities they produced seldom left the south. By the second half of the eighteenth century, mozzarella became more widespread, eventually reaching northern Italy where inferior versions were being made with cow's milk.

Product Portfolio

We are a recognized name engaged in producing and supplying of a hygienically processed range of Cheese, Ghee and Butter which are manufactured in our sophisticated processing unit Owing to their high nutritional value and purity, these are widely demanded in Hotels, Restaurants, Bakeries, Domestic Spaces and Food & Beverages Industry.

Our pure and nutritious range of Cheese, Ghee and Butter is processed with quality milk and other items, procured from reliable and trusted vendors. These items are used in our manufacturing process, only after these are checked for quality thoroughly by our quality control unit.

Our product range encompasses:

Cheddar Cheese	Slice Cheese
Mozzarella cheese	Butter
Pizza Cheese	Ghee
Proceesed Cheese	

Use Of Cheese

Cheese is widely used in:

- Pizza making
- Patties manufacturing in bakery (puff, croquettes, dizzydog, sandwich)
- Italian foods
- Mexican dishes

Quality Assurance

Being a quality conscious organization, we offer our range of different varieties of Cheese, Ghee and Butter after conducting rigorous quality tests on well defined quality parameters. We procure the raw milk from various reliable and trusted vendors after checking these for quality to maintain high nutritional value and purity in the end products. Owing to our client centric approach and quality processing techniques.

Further, our quality controllers also regulate every stage of processing to eliminate every possible chance of an unfit product range and provide a pure and healthy range of different varieties of Cheese, Ghee and Butter. In addition, these are also packed in quality packing material to prevent these from all kinds of contaminating agent.

Salient Features of our product range are:

- Pure
- Natural
- Chemical free
- Hygienic High nutritional value

Warehouse & Packaging

We own a well developed warehouse, divided in various sections, in a sprawling area to store our range of different varieties of Cheese, Ghee and Butter in bulk. Owing to our proficient warehouse and packaging staff, we are able to maintain hygiene level in our products and also provide effective packaging solutions to our clients.

Our warehouse has following characteristics:

- Well lit and ventilated
- Clean & hygienic conditions
- Free from insects and rodents
- Proper fire safety arrangements
- Well connected to roads, ports & stations

Further, we also provide our products in 200 gm to 1 kg pack along with 15 kg pack for bulk requirements.

Why Us?

Our commitment towards quality and client centric approach has garnered us a spread out clientele. The reasons which make us a preferred choice of our clients in the domain of Cheese, Ghee and Butter processing are:

Advanced manufacturing process

- Our rich industry experience
- Quality range of different varieties Cheese, Ghee and Butter products Hygienic operations
- Competitive prices
- On time delivery
- Client centric approach

List of Varieties

We are recognized as one of the most eminent cardamom and cardamom products manufacturers and exporters in India. The cardamom and cardamom products have no other alternative available in the market in terms of quality, taste and effectiveness. Moreover, various renowned clients located in the national as well as international market are widely demanding the cardamom and cardamom products as these have no other alternative available in the market. Moreover, customers can also avail high quality cardamom and cardamom products at the most affordable prices.



Contact Us

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