



Make Your Own Cheese: 25 Homemade Cheese Recipes

Sara Coleman

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Cheese is made by fermenting milk. It is a great source of calcium and protein. Calcium keeps your bones strong and helps prevent osteoporosis. Protein can keep you feeling full for a longer period of time. The protein in cheese can also reduce blood sugar levels. Cheese contains mineral such as zinc and biotin. It assists in tissue growth and prevents macular degeneration. Aside from its high nutrition content, cheese is also flavorful and adds a certain texture to any dish. It is popularly added to foods like pizza, salad and pasta. The art of cheese making started over 4,000 years ago. Although the real origin of the first cheese is still unknown, the art of cheese making has spread throughout the world through trade. Almost every continent has their cheese variety. Some cheese varieties are even named after a city while some recipes have been passed on from one generation to another. Cheese can be categorized either by their type or by texture. Soft cheese like cream cheese and mozzarella are typically melted while hard cheese like Parmesan are grated and used as seasoning or garnish. Whatever your taste preference is, learning how to make cheese can help you save money while still being able to use delicious cheese. The cheese making process is simple once you get used to it. You also need to invest in several basic ingredients, but you can use these in almost all cheese recipes. You also have to be very observant while cooking since you have to make sure that the cheese is not burnt or dry. Nevertheless, the art of making cheese can also be fun and rewarding. Try to make a large batch and give it to your friends and family. You can add your own mix of herbs and spices to make it more delicious. Use this book as a guide in making homemade cheese.

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