



## Make Your Own Cheese: 25 Homemade Cheese Recipes

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By Sara Coleman

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Make Your Own Cheese: 25 Homemade Cheese Recipes 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...



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