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Chapter 8.

# Cheese I

*Namsu Oh, Ph.D.*

*Department of Food Science and Biotechnology, Korea University*

# Objectives

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- Trace a brief culinary history of cheese.
  - Explain the cheese-making process overall.
  - Identify classifications of cheese.
  - Discuss the new American cheese movement.
  - Discuss cheese service and storage.
  - Describe the cheese-making process in the kitchen for fresh cheeses.
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# History of Cheese

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- Cheeses were enjoyed by the ancient Sumerians as early as 3000 B.C.E.
  - Records of cheese have been in ancient Egyptian tombs as early as 2300 B.C.E.
  - The Romans were the first to mass-produce cheese to be carried on long journeys and used by their armies as a convenient form of concentrated nutrition.
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# What is Cheese?

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- Cheese is defined as a food product made from the pressed curd of milk.
  - Cheese is thought of as a living food because of the “friendly,” living bacteria that are continually changing it.
  - Cow’s milk is the base for many cheeses, followed by goat’s and then sheep’s milk.
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# Artisan Cheeses and Dairies in the United States

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- In 1851, the first real cheese factory in America was established in Rome, New York.
  - Around the same period of time, Wisconsin, California, Ohio, and Vermont were also beginning to establish themselves as states with producers of high quality cheeses.
  - By 1900, cheese makers in California were producing soft-ripened, soft, and washed-rind cheeses as well as the American invented Monterey Jack cheese.
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# Artisan Cheeses and Dairies in the United States

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- In 1990, over eight billion pounds of cheese and cheese-related products were produced in the United States.
  - Since the early 1990s, the number of artisan dairies in the United States has grown from a handful to more than 200.
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