



mariovska volna

mariovski med

mariovsko meso

mariovsko sirenje

## Feta cheese

### Characteristics:

Feta, a white, so-called pickled cheese, is the principal soft cheese made by the shepherds in the mountainous region near Athens, Greece. It usually is made from ewe's milk but is sometimes made from goat's milk. Today is made in many countries from local milk (i.e. cow's, sheep's or goat's milk). Method of manufacture vary slightly according to type of milk used. The cheeses are cubical or rectangular in shape and made in various sizes and weights. Sheep's milk is preferred since the cheese is white. Cow's milk imparts a yellow colour to the cheese.

Curd is soft and white, texture is soft and not firm enough for slicing. No gas holes but with mechanical holes between curds. Flavour and aroma are piquant, slightly acid and salty but not bitter.

### The Method of Making:

Sheep's or sheep's and goat's milk mixed. Cow's milk occasionally. Fat 7%. Heat treatment, none in farmsteads but collected milks are heat treated. Low temperature, typically 65°C 150°F for 30 min. Cool to rennet temperature 32-33°C 90-92°F but also between 27-40°C 80-104°F have been used.



Starter is added 1-3% in heat treated milk (*Streptococcus lactis* sub-spp. *lactis* and *cremoris*). Calcium chloride to 0,02% may be used in heat-treated milk. Rennet: 20-30 ml liquid may be used. Curds should be firm to cut in 50-150 min according to temperature. Longer setting time in winter.



Cut into 2-3 cm 4/5 -1 1/5 inch cubes. Leave for cubes to become firmer ( 10-15 min); pH~ 6.1-6.3.

### Drainage:



# MARIOVO EKO SREDINA ZA EKOLOSKI PRODUKTI

[www.mariovo.mk](http://www.mariovo.mk)



mariovska volna

mariovski med

mariovsko meso

mariovsko sirenje

**Method1:** Ladle curds into large, cloth-lined metal hoops 20 cm 8 inches deep. Next morning turn the cheese and leave overnight (if necessary cut the cheese into 20 cm 8 inches blocks). Pack the cheese in a drainer to retain shape.



**Method2:** Ladle curds (uncut) in slices into cloths. Hang the cloths by the corners to drain for h. Press the curd ( in the cloth) into balls (cubes) on the drainer.

The cheeses are dry salted with coarse (sea) salt for 2 days , 6% of salt is incorporated in the curd. Alternatively, immerse in salt brine (16% salt) for 24 h.



## Maturation:

**Method1:** Mature the cheese on a drainer for 8-15 days, the temperature of the room is 15-18°C 60-64°F or

**Method2:** Mature for 1-2 days then pack in barrels, canisters or drums( fill spaces between curds with broken curds), the temperature of the room is 10-15°C 50-60°F.

Brine collects between the curds, and also gas. Therefore the barrels or canisters are moved or rolled to distribute liquid and allow gas to rise. Mature the cheese for about 30 days at 9-10°C 48-50°F. The containers are usually collected into a central store at 2-5°C 36-41°F.



The yeild is 21-22 kg 21-22 pounds cheese per 100 litres 100 pounds of whole sheep`s milk.



[www.mariovo.mk](http://www.mariovo.mk) [info@mariovo.mk](mailto:info@mariovo.mk) [marijovo@t-home.mk](mailto:marijovo@t-home.mk)

+389 47 203 900 ul,Braka Mingovi br.18 P.fax.Br 52 Makedonija

# MARIOVO EKO SREDINA ZA EKOLOSKI PRODUKTI

[www.mariovo.mk](http://www.mariovo.mk)



mariovska volna

mariovski med

mariovsko meso

mariovsko sirenje

My proposal: **Feta in oil with herbs**; A popular method of enhancing the presentation of Feta cheese, is to place it into oil seasoned with herbs and spices.



## Analysis:

| Composition: | %       |
|--------------|---------|
| Moisture     | 50      |
| Fats         | 25-28   |
| Proteins     | 18-23   |
| Ash          | 5-6     |
| Salt         | 2,5-3,5 |



[www.mariovo.mk](http://www.mariovo.mk) [info@mariovo.mk](mailto:info@mariovo.mk) [mariovo@t-home.mk](mailto:mariovo@t-home.mk)

+389 47 203 900 ul,Braka Mingovi br.18 P.fax.Br 52 Makedonija