

Ministry of Education and Science of Ukraine

National University of Food Technologies

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**90<sup>th</sup>**  
**International scientific conference**  
**of young scientist and students**

**"Youth scientific achievements**  
**to the 21st century nutrition**  
**problem solution"**

**April, 11–12 2024**

**Part 1**

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**Kyiv, NUFT, 2024**

Міністерство освіти і науки України

Національний університет харчових технологій

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**90-та  
Міжнародна наукова  
конференція молодих учених,  
аспірантів і студентів**

**"Наукові здобутки молоді –  
вирішенню проблем  
харчування людства у ХХІ  
столітті"**

**11–12 квітня 2024 р.**

**Частина 1**

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**Київ НУХТ 2024**

## 2. Craft Cheese Adygei

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**Introduction.** The production of craft cheeses in Ukraine has gained a remarkable pace over the past 2-3 years. The production of craft cheeses from different types of milk: cow, goat, buffalo sheep, and others is relevant [1].

**Materials and methods:** Adyghe cheese is made according to the classical technology using acid coagulation, which occurs due to a sharp change in pH when adding sour whey from under the cottage cheese to pasteurized milk at a temperature of 92...95 °C.

**Results.** Adyghe cheese is one of the soft cheese varieties traditionally produced in the foothills and mountainous regions of the Caucasus. The name comes from the Republic of Adygea, where the product is mass-produced. However, the simple technology allows to produce this type of cheese both in industrial conditions, craft and home with the improvement and implementation of new developments and technological solutions [2]. The finished cheese has a delicate, moderately dense texture, a wrinkled rind, with traces of mold. The color of the cheese is from white to light cream. Taste and smell - clean, pleasant, slightly sour, with a pronounced taste and smell of pasteurization.

The shape of the cheese is a low cylinder with a slightly convex surface and rounded edges. Adyghe cheese is sold immediately after salting, in individual packaging. Its shelf life and sales period is quite short. It can be stored for no more than a week in the refrigerator at a temperature of up to +6 °C.

In addition, Adyghe cheese contains a minimum of salt, a large amount of phosphorus and calcium, and vitamins B, A and D.

Adyghe cheese has an optimal protein and amino acid composition, so it is well digested and useful for the body as a whole as a source of essential amino acids. Previously, Adyghe cheese was made exclusively from sheep's milk, but nowadays cow's milk is more commonly used. The result is low cheese cylinders weighing no more than 1.5 kg (or less, depending on the molds used) with rounded edges and a convex surface. The outer rind of the head has clear imprints of the mold patterns, "wrinkled".

**Conclusions.** Craft Adyghe cheese is in demand among consumers due to its naturalness, and among producers due to a simple technology that allows to obtain cheese with high organoleptic and physicochemical characteristics: mass fraction of fat in dry matter is not less than 45%; moisture not more than 60%; table salt not more than 2%.

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