

Trappist

Characteristics:

Trappist cheese was first made in 1885 in a monastery near Banja Luka in Bosnia. It is made also in monasteries in Hungary, southern Germany, and other parts of Europe. It is much the same as the Port du Salut cheese made in France and the Oka cheese made in Canada, but there are variations in the manufacturing process.

The cheese is pale yellow and has a mild flavor. Although it is a semi soft cheese, it is cured more like the hard cheeses. It is washed frequently during the curing period, which largely prevents the growth of mold on the surface, and it ripens throughout rather than only from the surface. The size varies, the smallest being about 18 cm in diameter and weighing 1,1-1,3 kgs. A larger size is about 25 cm in diameter and weighs about 2,25 kg - the usual size of Port du Salut. There are still larger sizes, weighing about 4,5 kg or more.

The Method of Making:

Trappist cheese is made from fresh, whole milk, usually cow's milk (3,6-4,0% fat) but some ewe's or goat's milk may be added. The milk is set with rennet at a temperature of about 28-32°C. After a coagulation period of 30 to 40 minutes (or as long as 90 when the setting temperature is low) the curd is cut to 12 mm, stirred, and heated, in some instances to a temperature of 35-42°C. The whey is removed and the curd transferred to forms. In Bosnia, the curd is pressed lightly, and the cheese is rather soft and tender. In Hungary the curd is pressed more heavily, and the cheese is somewhat firmer.

Remove hoops; immerse cheese in brine (20% salt) at 15-16°C for 6-8h.



The ripening period is from 5 to 6 weeks. The cheese is cured initially in a humid room (90% RH) at a temperature of 17-20°C and later in a cooler cellar.

Dry cheese in humidity 75% RH. Dip in hot wax 63°C. Store at 2-5°C until sold.



The yield is 9-11 kg of cheese per 100 kg of cow's milk.



Analysis:

Composition:	%
Moisture	45,9
Fat	26,1
Protein	23,3
Salt	1,3-2,5