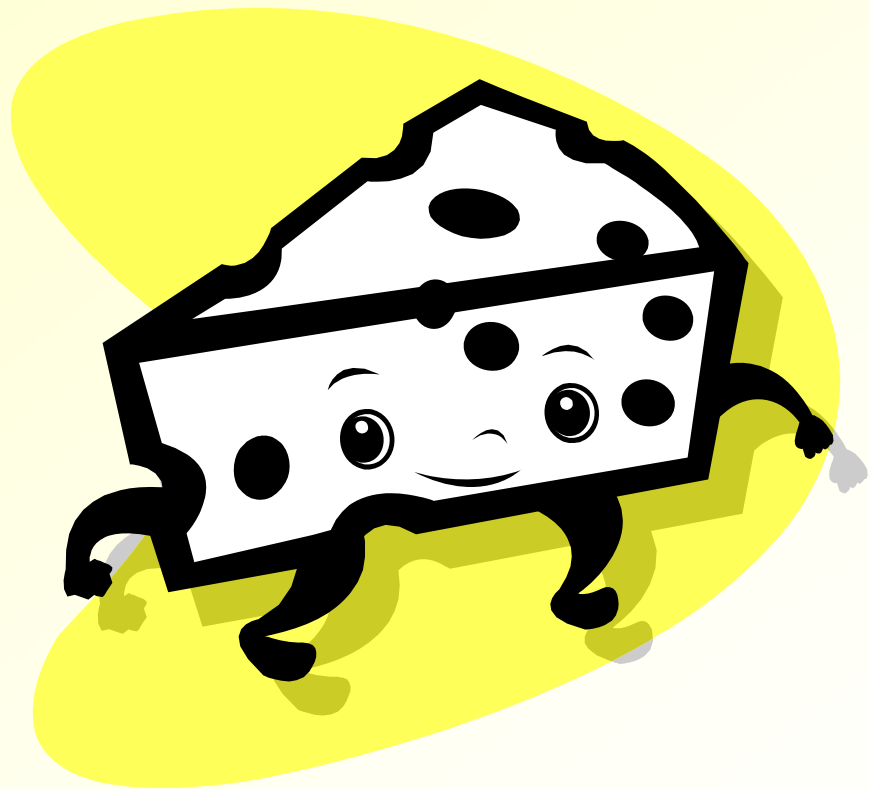
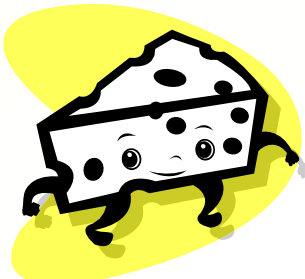


CHEESE

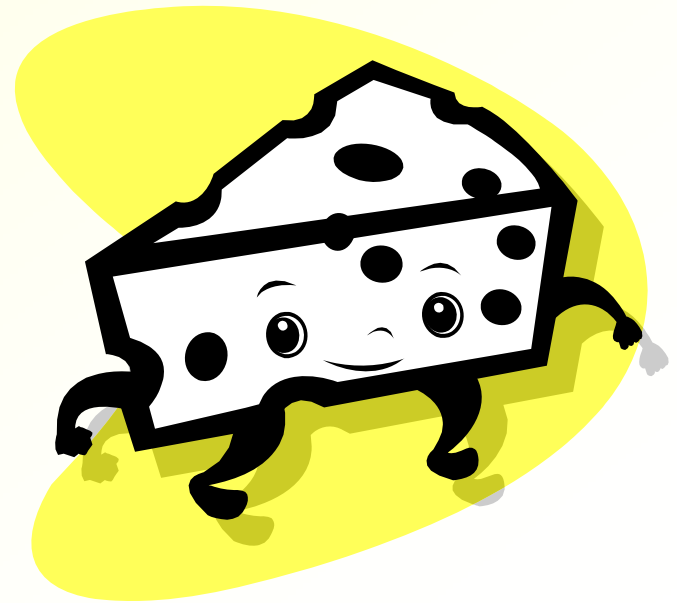
芝士





The Cheese Making Process

製作過程

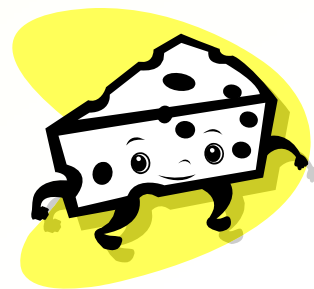




1. Pasteurizing milk

將牛奶消毒殺菌

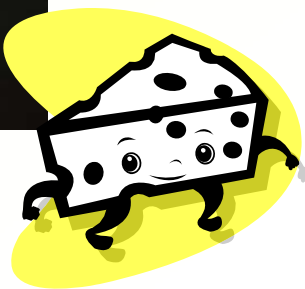
Source of picture 圖片出處：<http://www.neighborlyfarms.com/process.html>



2. Milk Flows into Vat 把牛奶盛入大缸



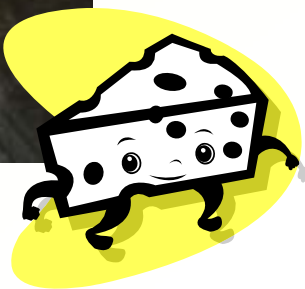
Source of picture 圖片出處：<http://www.neighborlyfarms.com/process.html>



3. Sprinkling culture 加入培養菌/乳酸菌



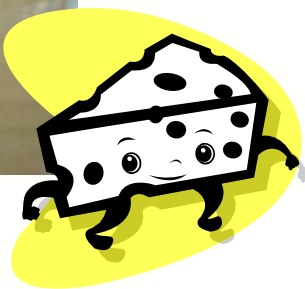
Source of picture 圖片出處：<http://www.neighborlyfarms.com/process.html>



4. Adding rennet 加入凝乳酵素

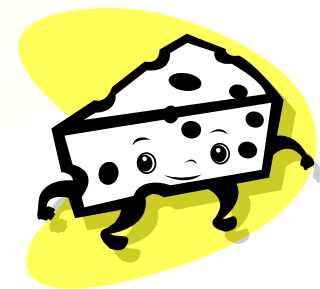


Source of picture 圖片出處：<http://www.neighborlyfarms.com/process.html>



5. Cutting or stirring cheese

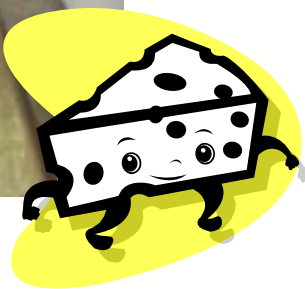
攪拌



6. Draining whey 去除乳清



Source of picture 圖片出處：<http://www.neighborlyfarms.com/process.html>



7. Adding salt 加鹽



8. Boxing cheese

裝模-將凝乳塊放入容器



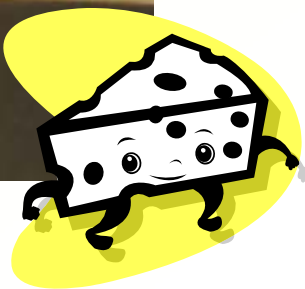
Source of picture 圖片出處：<http://www.neighborlyfarms.com/process.html>



9. Compressing the cheese & Ripening 擠壓芝士及熟成(發酵)



Source of picture 圖片出處：<http://www.neighborlyfarms.com/process.html>





Products 製成品



Nutritive Value 營養價值



Cheese is rich in animal **proteins**, **calcium**, **fats** and **vitamin A**. It is an important body-building food.

芝士是一種完全食品，可口而高養份，含豐富**蛋白質**、**鈣質**、**天然脂肪**及**維他命A**，有助發育。



Recipe 食譜

Cheese & Garlic Toast

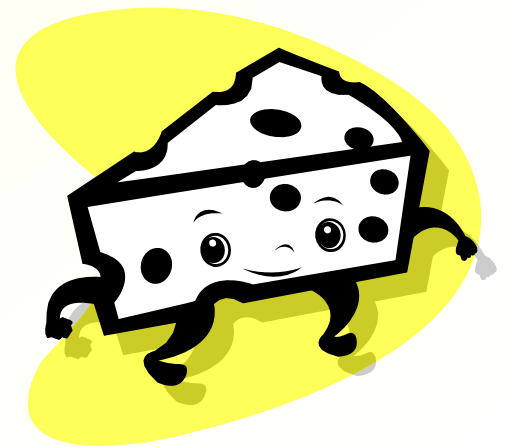
芝士蒜茸多士





Ingredients 材料 :

- French bread 4 slices
法國麵包 4片
- Cheddar cheese 50g
車打芝士 50克
- Garlic powder 2 tsp
蒜蓉粉 2茶匙
- Margarine 30g
植物牛油 30克



Method 製法：

1. Cut bread into slices.

將法國麵包切塊。

2. Grate cheese.

磨碎芝士。

3. Melt margarine in microwave, add in garlic powder and mix well.

溶牛油(用微波爐)及加入蒜蓉粉，拌勻。

4. Brush margarine mixture on surface of bread.

將牛油掃在法國麵包上。

5. Sprinkle grated cheese on bread.

灑上芝士。

6. Place bread on griller for about 30 sec. Wait until cheese melt.

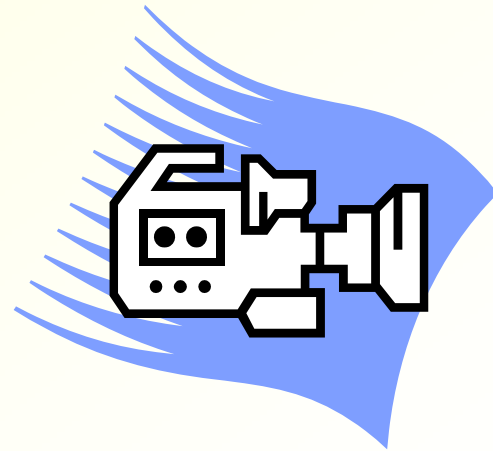
把麵包放在烤爐內(大約30秒)，烘至芝士溶化及轉為金黃色。



Video Clip

How it's made – Cheese

- <http://www.youtube.com/watch?v=FHmXAb3G0ek>



完
The End

