

FEATURES OF MOZZARELLA THAT WE DO NOT KNOW

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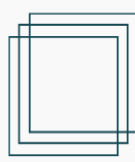
Abstract:

The economic and social development of our country, increasing the welfare of our people, as well as fully satisfying our people's demand for food, especially milk and milk products, are among the most important issues. Acceleration of milk production in many ways requires production processes to be carried out on the basis of intensive technology. Many products can be obtained by processing milk. Cheese ranks high among all dairy products due to its high level of nutrition and richness of substances. Regular consumption of mozzarella cheese is very beneficial for the human body.

Keywords: Mozzarella, calcium, podogra, hypertension, protein.

Main body

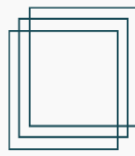
Mozzarella is one of the oldest types of cheese created and produced in Italy. It is told in Bartolomeo Scipri (famous Renaissance Cook , personal chef of the Pope), who first appeared in the 16th century. The process of producing Mozzarella is called Pasta filate. Very tasty and healthy dishes can be prepared using this soft cheese. Mozzarella cheese is made up of the following products: water, protein, fat , ash products, enzymes, amino acids that cannot be increased in the human body, vitamin A (or retinol) , vitamin B (riboflavin) , vitamin D (calcero) , vitamin E (alpha tocopherol) , vitamin K (phylquinone) , standard macronutrients in the form of calcium , potassium, magnesium, sodium and phosphorus, zinc, copper, iron, manganese, and selenium. Milk proteins are mainly composed of casein, albumin and globulin. Due to the action of the Shirdon enzyme and weak acids, the clotting property of kezein is used in the production of cottage cheese, cheese, casein. Albumin plays an important role in ensuring the growth processes of a young organism, in the formation of globulin immune cells. According to the description of proteins, milk is divided into casein (paired hooves – cow, goat, sheep) and albumin (one hoof – biya, reindeer, donkey) milk. Casein-containing milk protein contains at least 75% casein, while albumin-containing milk contains 50-65% albumin. Due to its biological properties, albumin milk is considered more useful than casein milk. Milk protein has a complete set of all vital amino acids, including irreplaceable amino acids; in particular, milk contains lysine, methionine and tryptophan in optimal proportions; sulfur-containing amino acids are rich in methionine and cysteine. Milk proteins are well absorbed by the body. Milk fat consists of a mixture of glycerides according to its chemical composition, diam in chilled milk. 0.1 to 20 μm (3 billion in 1 ml). close to) fat granules (suspension), in the form of drops (emulsion) in freshly milked and heated milk.



In chilled milk, fat granules that rise to the surface form cream. Lactose-disaccharide in milk, a pure white crystalline powder, easily enters into various bijection processes. Depending on the concentration of salt, the calorie content of mozzarella varies from 250 to 300 calories per 100 grams of product.

The benefits of this product are due to the rich content of useful substances - vitamins, minerals. For example, cheese is rich in choline. This substance helps to reduce bad cholesterol, improves the protective functions of cell membranes. There is potassium, which is necessary for the normal functioning of the cardiovascular system. Calcium, rich in mozzarella, is essential for the strength of bones, teeth. According to its commodity nature, Rice is divided into four groups. These include hard cheeses, soft cheeses, salty cheeses and processed cheeses. Mozzarella belongs to the soft cheese group. Mozzarella cheese contains a lot of useful substances:

- A vitamin prevents eye diseases and, in combination with zinc, maintains the health of the skin and mucous membranes.
- * Vitamin B12 prevents the development of anemia: it is involved in the formation of red blood cells that saturate the body with oxygen.
- Choline increases the protective functions of cells and normalizes cholesterol levels in the blood.
- * Potassium has a positive effect on the cardiovascular system.
- * Sodium helps maintain the water-salt balance and protects the body from dehydration.
- * Iodine is necessary for the proper functioning of the thyroid gland.
- * Zinc helps maintain the activity of white blood cells that protect the body from viruses. 100gram mozzarella contains about 20% of the daily requirement of this mineral.
- According to nutrition experts , daily consumption of this product reduces the risk of osteoporosis, normalizes blood pressure, improves vision. By eating mozzarella cheese, the following diseases can be treated. Up with hypertension
 - • With oesophageal ulcer
 - • Agonizing glomerulonephritis (kidney disease)
 - * Prone to swelling
 - * Kidney failure
- Mozzarella cheese helps a lot in strengthening the human nervous system , improving vision , maintaining the beauty of the skin, nails and hair, and preventing the development of cancer. Italian soft cheese retains all the useful components of milk. As a result, regular use of mozzarella will help the following.
 - In strengthening the immune system
 1. Stable functioning of the entire musculoskeletal system
 2. Improving mobility
 3. Correct intrauterine formation of the child's skeleton
 4. Caries prevention



5. Heart muscle barking
6. Stabilization of blood clotting processes
7. Prevention of the development of atherosclerosis
8. Weight loss
9. Normalization of blood glucose levels

Conclusion

When storing cheese in the refrigerator, general rules should be followed.

Avoid sudden temperature changes. This kills the cheese microflora, after which it quickly decomposes. The best place for him is in the fruit compartment and vegetables under the refrigerator.

Keep cheese separate from other foods. It not only emits a specific smell in the refrigerator, but also absorbs the smell of other products.

The crust on the surface of the cheese prevents it from drying out and crumbling... There is no need to pre-cut the cheese.

There is no need to buy cheese in advance. It is very difficult to maintain all conditions and parameters during storage. Spoiled cheese in the refrigerator is a source of unpleasant odors.

It is important to strictly adhere to the sales deadlines indicated on the package. If the shelf life is violated, pathogenic viruses and fungi appear that can cause irreparable harm to health.

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