TITLE: PREPARATION OF *PETIT SUISSE* OF KEFIR WITH STRAWBERRY FLAVOR

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ABSTRACT:

Combining dairy ingredients with probiotic microorganisms can result in symbiotic products with several beneficial effects to the human body. The aim of this work was to elaborate a *petit suisse* using kefir grains as inoculum and add a strawberry flavor. *Petit suisse* is a type of cheese with pasty consistency, and kefir results from the symbiosis between lactic acid bacteria and yeasts, producing a probiotic effect. The kefir grains were cultivated in pasteurized cow's milk. For the preparation of quark cheese with kefir, 0.7 mL of milk coagulant dissolved in half a cup of distilled water and 10 g of kefir grains were added to 2 L of milk. The pH value was monitored each 6 h until reach 4.5, and them the whey was removed, leaving 750 g of quark cheese. Subsequently, the quark cheese was homogenized with half a box of table cream and 4 tablespoons of refined sugar until the elimination of the lumps. Then, 12 g of gelatin previously dissolved in water and 600 g of fresh strawberries were added into the mixture. The final *petit suisse* was stored at 7 °C. Samples (25 g) were collected at time 0 and after 7 days from its preparation for plating and analysis of enterobacteria, psychrotrophic bacteria, filamentous fungi and yeasts, *Salmonella* sp., *Staphylococcus aureus* and *Listeria monocytogenes*. The *petit suisse* with kefir and strawberry showed absence of *Salmonella* sp., *Staphylococcus aureus* and *Listeria monocytogenes* in both samples. The enterobacteria population was within the Brazilian legislation (RDC 12/2001), showing $2.6x10^3$ and $1.5x10^3$ CFU/g at the time 0 and after 7 days, respectively. Psychrophilic bacteria population was $1.8x10^4$ CFU/g at time 0 and $5.0x10^4$ CFU/g after 7 days. Filamentous fungi and yeast population did not show difference between time 0 and after 7 days, both being higher than $3.0x10^4$ CFU/g. Therefore, these results showed that the *petit suisse* with kefir and strawberries was appropriated for consumption.

KEYWORDS: Probiotics, Cheese, Quark, Yeasts, Bacteria.

ACKNOWLEDGEMENT: FAPEMIG - Fundação de Amparo à Pesquisa do Estado de Minas Gerais.