

ELABORATION OF PROBIOTIC CHEESE BASED ON KEFIR

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Kefir is an old drink that has a barely known about its origin. Countless benefits are attributed to the ingestion of Kefir, since it undergoes fermentation of lactic bacteria and yeasts, these microorganisms live in symbiosis with the human organism, characterizing this food as a probiotic. The present study had the objective to elaborate a probiotic cheese based on kefir beverage. To obtain the final product, the milk was fermented for a period of 24 hours, after which the draining process was carried out, followed by the physical-chemical and microbiological analysis, where the characteristics of total dry extract, moisture, proteins, lipids, acidity, pH, lactose consumption and microbial growth on MRS agar (period of 1, 3 and 5 days under refrigeration) was evaluated, these analyzes were performed considering the storage time under refrigeration. From the observation of the analytical results, it was stated that no changes were observed in the values of total dry extract, moisture and proteins, however the lipid content and the fixed mineral residue increased, it was also observed the decrease of the lactose content and pH as the days passed by, due to the fermentation process, using lactose as a microbial energy source and producing organic acids which contributes to the increase of acidity. An enhancement in lactic acid bacteria was also observed, making them viable under the fermentation process and up to 5 days under refrigeration. It can be concluded that kefir is a food that can be inserted in many different ways in the diet, and can be an important health ally, through the microorganisms present in its own matrix. However, further studies are required about microbiological viability in a longer period of time, as well as the sensorial acceptance of the product.

Keywords: kefir, lactic bacteria, microorganisms, probiotic, yeasts