

MANUFACTURE OF LOW FAT DOMIATI CHEESE USING FAT MIMETICS

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ABSTRACT: *Seven Domiati cheese treatments were made to study the effect of fat replacers on cheese quality. Control cheese was made from buffalo's milk standardized to 5.0% fat. Another six cheese treatments were made by replacing 20, 40 and 60% of milk fat by either Dairy-Lo[®] (a protein based fat replacer) or Litesse[®] (a carbohydrate based fat replacer) individually. Replacement of milk fat with fat replacers caused a pronounced increase in moisture content and decrease in total calorific values of cheese treatments. Using Dairy-Lo[®] increased the protein content, while using Litesse increased the total carbohydrate content of cheese treatments. Cheese treatments those made by replacing milk fat with Dairy-Lo[®] contained higher total volatile fatty acids (TVFA), water soluble nitrogen (WSN) and were more acceptable than corresponding cheese treatments those made by adding Litesse[®]. Cheese treatment that made by replacing 40% milk fat with Dairy Lo[®] contained the highest TVFA, WSN and was the most acceptable cheese. Moisture and total nitrogen contents decreased during pickling period, while fat, ash, TVFA, WSN, calorific value, titratable acidity and scores of organoleptic properties increased of all cheese treatments.*

Key Words: *Low fat, Domiati cheese, fat replacers, Dairy-Lo[®], Litesse[®].*

INTRODUCTION

Domiati cheese is the most popular cheese in Egypt. It could be consumed fresh or after maturation in salted whey. Milk fat plays crucial organoleptic and functional roles in dairy products. It carries, enhances, releases the flavour of other ingredients and interacts with other ingredients to develop texture, colour, flavour perception, flavour stability and the overall sensation of dairy products (Giese, 1996 and De Roos, 1997). Therefore, reduced fat cheeses may exhibited undesirable lack of flavour and a firm rubbery texture. Manufacture of reduced fat cheeses that exhibit the characteristics of traditional full fat cheeses become more popular and one of the priorities of most dairy companies because of health problems associated with high fat intake such as obesity, diabetes, some types of cancer, hypertension, atherosclerosis, liver and heart diseases (Williams, 1985).

Fat replacers is one of the most promising approaches to manufacture reduced fat cheeses and therefore has attracted great attention in the last decade (Bhasharachary and Shah, 2001; Abd El-Hamid *et al.*, 2001; El-Sheikh *et al.*, 2001; Haque and Aryana, 2002; Koca and Metin, 2004; Kavas *et al.*, 2004; Kebary *et al.*, 2006 a and Kebary *et al.*, 2006 b). Many fat replacers are available commercially and they can be classified as fat based, protein based and carbohydrate based fat replacers.

In view of the aforementioned the objectives of this study were to evaluate the possibility of making a good quality low fat Domiati cheese using fat mimetics, investigate the effects of using Dairy Lo[®] (a protein based fat replacer) and Litesse (a carbohydrate based fat replacer) on the quality of low fat Domiati cheese and to monitor the chemical and organoleptic changes during pickling of Domiati cheese.

MATERIALS and METHODS

Cheese making:

Seven Domiati cheese treatments were made. Fresh bulk buffalo's milk (obtained from Farm of the Faculty of Agriculture, Minufiya Univ., Shibin El-Kom, Egypt) was standardized to 5.0% fat (control cheese), 4.0, 3.0 and 2.0% fat. Each of 4.0, 3.0 and 2.0% fat milks was divided into two portions. Dairy Lo[®] (Parmalat Ingredient Com., Toronto, Canada) was added to one portion of 4.0, 3.0 and 2.0% fat milks at the rate of 1.0, 2.0 and 3.0%, respectively. The other three cheese treatments were made from the second portion of 4.0, 3.0 and 2.0% by adding Litesse[®] (Danisco cultor America, Inc., Ardsley, NY, USA) at the rate of 1.0, 2.0 and 3.0% in the same order. Litesse[®] was dispersed in cold milk while Dairy-Lo[®] was dispersed in heated milk up to 60°C. All milks were pasteurized at 63°C for 60 min, then cooled to 37°C. Calcium chloride and salt were added at the rate of 0.02 and 7%, respectively before renneting. Domiati cheeses were made from all milk batches according to Fahmi and Sharara (1950) and packaged in polyethylene bags, filled with boiled salted whey from the same batch and stored for 8 weeks in the refrigerator at (6 ± 1°C). The whole experiment was duplicated.

Chemical analysis:

Cheeses were sampled at zero day (fresh), 2, 4, 6 and 8 weeks and analyzed for moisture, total nitrogen (TN), fat, ash, soluble nitrogen (SN) and titratable acidity according to Ling (1963). Total volatile fatty acids (TVFA) was determined according to Kosikowski (1966). Carbohydrate was calculated by difference. Total energy was calculated based on conversion factors as follows protein 4 k.cal./gm, carbohydrate 4 k.cal./gm and fat 9 k.cal./gm.

Sensory evaluation:

Cheese samples were evaluated organoleptically by a regular score panel including the staff members of the Department of Dairy Science and Technology according to the scoring sheet of Abdou *et al.* (1977).

Statistical analysis:

A 2 × 3 factorial design was used to analyses all the data and Newman-Keuls test was followed to make the multiple comparisons (Steel and Torrie, 1980) using Costat program. Significant differences were determined at $p \leq 0.05$.

RESULTS and DISCUSSION

Results presented in Table (1) revealed that moisture content of low fat cheese treatments increased significantly ($p \leq 0.05$) by replacing milk fat with either Dairy-Lo[®] or Litesse[®] and this increase was proportional to the rate of replacement. These results might be attributed to the higher water holding capacity of carbohydrate and proteins than that of milk fat. Cheese treatments those made by adding Litesse[®] contained higher moisture content than those of corresponding cheese treatments made by adding Dairy-Lo[®], which means Litesse[®] was more effective to increase the moisture content than Dairy-Lo[®] (Tables 1, 5). On the other hand, moisture content of all cheese treatments decreased significantly ($p \leq 0.05$) as pickling period progressed (Tables 1, 5). This decrease might be due the contraction of the curd as a result of developed acidity during pickling period, which helps to expel the whey from the curd. These results are in agreement with those reported by Kebary *et al.* (1996); El-Sheikh *et al.* (2001), Abd El-Kader (2003) and Kebary *et al.* (2006 a, b).

Fat content of cheese decreased significantly ($p \leq 0.05$) as the fat content of milk was reduced (Tables 1, 5). Cheese treatments those were made by adding Dairy-Lo[®] were not significantly ($p > 0.05$) different from corresponding cheese treatments those made by adding Litesse[®], which means that the type of fat did not affected significantly ($p > 0.05$) the fat content of the resultant cheese. These results are in accordance with those reported by Kebary *et al.* (2006 a, b). On the other hand, fat content of all cheese treatments increased ($p \leq 0.05$) during the pickling period (Tables 1, 5), which might be due to the loss of moisture (Kebary *et al.*, 2006 a, b).

Total nitrogen content of all cheese treatments decreased significantly ($p \leq 0.05$) as pickling period progressed (1, 5), which could be attributed to the degradation of proteins into soluble nitrogen compounds and consequently the loss of some these compounds in the pickling solution. These results are in agreement with those reported by El-Abd *et al.* (2003), Kebary *et al.* (2006 a, b).

Table 1

Manufacture of low fat domiati cheese using fat mimetics

Cheeses treatments those made by adding Dairy-Lo[®] contained the highest total nitrogen content, which simply because Dairy-Lo[®] is a protein based fat repalcer. Total nitrogen content of cheese made by adding Dairy-Lo[®] increased by increasing the amount added of Dairy-Lo[®]. On the other hand, cheese treatments those made by adding Litesse[®] were not significantly ($p > 0.05$) different from each other, which means that adding Litesse[®] did not affect significantly ($p > 0.05$) the total nitrogen content of the resultant cheese (Tables 1, 5).

Total carbohydrates of all cheese treatments increased significantly ($p \leq 0.05$) as the pickling period advanced (Tables 2, 5). This increase could be attributed to the reduction of moisture content (Badawi and Kebary, 1998). Cheese treatments those made by adding Litesse[®] (a carbohydrate based fat repalcer) contained the highest carbohydrate content and the increase of carbohydrate content was proportional to the replacement rate of fat with carbohydrate (Badawi and Kebary, 1998). On the other hand, cheese treatments those were made by adding Dairy-Lo[®] were not significantly ($p > 0.05$) different from each other, which means that Dairy-Lo[®] did not affect significantly ($p > 0.05$) the total carbohydrate content of the resultant cheese (Tables 2, 5).

Ash content of all cheese treatments increased slightly ($p \leq 0.05$) as pickling period proceeded (Tables 2, 5), which might be due to the reduction of moisture content (Badawi and Kebary, 1998). Cheese treatments those made by adding Dairy-Lo[®] contained higher ash content than corresponding cheese treatments those made by adding Litesse[®]. These results might be due to the higher ash content of Dairy-Lo[®] (Badawi and Kebary, 1998).

Ash content increased by increasing the amount added of Dairy-Lo[®]. On the other hand, cheese treatments those made by adding Litesse[®] were not significantly ($p > 0.05$) different from each other, which means that Litesse[®] did not affect significantly ($p > 0.05$) the ash content of the resultant cheese and these cheeses were not significantly different from control cheese (Tables 2, 5).

Calorific values of low fat cheese treatments decreased significantly ($p \leq 0.05$) by reducing the milk fat content and this reduction was proportional to the replacement rate of milk fat with fat replacers (Badawi and Kebary, 1998) (Tables 2, 5). Cheese treatments those made by adding Dairy-Lo[®] were not significantly ($p > 0.05$) different from corresponding cheese treatments those made by adding Litesse[®], which means that the type of fat replacer did not have significant ($p > 0.05$) effect on calorific values of cheese (Tables 2, 5). Calorific values of all cheese treatments increased significantly ($p \leq 0.05$) during pickling period, which might be due to the increase of total solids (Tables 2, 5) (Badawi and Kebary, 1998).

Table 2

Manufacture of low fat domiati cheese using fat mimetics

Titrateable acidity of all cheese treatments increased significantly ($p \leq 0.05$) during pickling period (Tables 3, 5). This increase in titrateable acidity might be due to the fermentation of residual lactose in cheese and subsequently development of acidity and / or liberation of fatty acids. These results are in agreement with those reported by Abdou *et al.* (2003), El-Abd *et al.* (2003) and Kebary *et al.* (2006 a, b). Replacement of milk fat with fat replacers with Dairy-Lo[®] or Litesse[®] caused a slight increase in titrateable acidity of cheese, which might be due to the higher moisture content, which stimulate the growth of cheese microflora. Titrateable acidity of cheese treatments those made by adding Dairy-Lo[®] were not significantly ($p > 0.05$) different from corresponding those made by adding Litesse[®] (Badawi and Kebary, 1998).

Total volatile fatty acids (TVFA) of all cheese treatments increased as pickling period proceeded (Tables 3, 5). These results are in accordance with those reported by Ammar (1999), Mehanna *et al.* (2002), El-Abd *et al.* (2003) and Kebary *et al.* (2006 a, b). Cheese treatments those made by adding Dairy-Lo[®] contained higher TVFA than corresponding cheese treatments those made by adding Litesse[®]. Cheese treatment that made by replacing 40% of milk fat with Dairy-Lo[®] contained the highest TVFA content and was not significantly ($p > 0.05$) different from control cheese treatment (Tables 3, 5).

Water soluble nitrogen (WSN) content of all cheese treatments increased as pickling period advanced (Tables 3, 5). Similar results are reported by El-Abd *et al.* (2003), Abdou *et al.* (2003) and Kebary *et al.* (2006 a, b). Cheese treatments those made by adding Dairy-Lo[®] contained higher WSN than corresponding cheese treatments those made by adding Litesse[®] (Tables 3, 5). Cheese made by replacing 40% of milk fat by Dairy-Lo[®] contained the highest WSN contents followed by control cheese and cheese treatment that made by replacing 20% of milk fat with Dairy-Lo[®] and those cheese treatments were not significantly different from each other (Tables 3, 5).

Table 3

Manufacture of low fat domiati cheese using fat mimetics

Total scores of organoleptic properties of all cheese treatments increased significantly ($p \leq 0.05$) as pickling period progressed (Tables 4, 5). These results are in agreement with those reported by Farag *et al.* (1988) and Kebary *et al.* (2006 a, b). These results might be due to protein degradation and fat lipolysis during pickling period and subsequently improvement in flavour, body and texture of cheese. Cheese treatments those made by adding Dairy-Lo[®] gained higher total scores than corresponding cheese made with Litesse[®]. Cheese treatment that made by replacing 40% milk fat with Dairy-Lo[®] was the most acceptable cheese and was not significantly ($p > 0.05$) different from control cheese, which was not significantly ($p > 0.05$) different from cheese treatment that made by replacing 20% milk fat with Dairy-Lo[®]. Increasing the replacing rate above 40% decreased the scores of organoleptic properties (Tables 4, 5).

Table (4): Effect of fat mimetics and pickling period on the scores of organoleptic properties of low fat Domiati cheese (out of 100).

Cheese samples	Total scores				
	Pickling period (weeks)				
	0	2	4	6	8
C*	82	88	88	87	89
L ₁	71	75	78	78	78
L ₂	77	79	82	82	82
L ₃	69	72	74	76	76
D ₁	80	82	86	87	86
D ₂	83	88	90	89	91
D ₃	75	78	78	79	81

* See Table (1).

It could be concluded that replacing of milk fat with fat replacer increased the moisture content and reduced the colorific value of cheese. Cheese treatments those made by replacing milk fat with Dairy-Lo[®] contained by replacing milk fat with Dairy-Lo[®] contained higher TVFA and WSN and were more acceptable than corresponding cheese treatments those made by adding Litesse[®]. Cheese treatment that made by replacing 40% of milk fat was the most acceptable cheese and contained the highest TVFA and WSN. Therefore, it possible to make a good quality low fat Domiati cheese by reducing the fat content up to 40% by using Dairy-Lo[®].

Table 5

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تصنيع الجبن الدمياطي منخفض الدهن باستخدام بدائل الدهون

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الملخص العربى

أجرى هذا البحث بغرض تصنيع الجبن الدمياطي المنخفض الدهن وذلك باستخدام بدائل الدهون ولذلك صُنعت سبع معاملات ، حيث صُنعت الكنترول من لبن جاموسى يحتوى على ٥% دهن ، ولقد صُنعت ست معاملات أخرى استبدل فيها ٢٠ ، ٤٠ ، ٦٠% من دهن اللبن إما باستخدام Dairy-Lo[®] وهو بديل دهن ذو أصل بروتينى أو باستخدام Littesse[®] وهو بديل دهن ذو أصل كربوهيدراتى ، ولقد استخدمت هذه البدائل بمفردها . ولقد أوضحت النتائج المتحصل عليها بعد تحليلها إحصائياً ما يلى :

- أدى استبدال بدائل الدهون إلى زيادة نسبة الرطوبة والحموضة فى الجبن ، بينما أدت إلى خفض كمية الطاقة فى الجبن الناتج .
- أدى استبدال دهن اللبن بواسطة Dairy-Lo[®] إلى زيادة نسبة كل من النيتروجين الكلى والرماد بينما أدى استخدام Littesse[®] إلى زيادة نسبة الكربوهيدرات .
- احتوت العينات التى صُنعت باستخدام دهن اللبن بواسطة Dairy-Lo[®] على نسب أعلى من الأحماض الدهنية الطيارة الكلية والنيتروجين الذائب أعلى من تلك للجبن المصنعة باستخدام Littesse[®] وكذلك كانت أكثر قبولاً .
- تناقصت نسبة الرطوبة ونسبة النيتروجين الكلى بتقدم فترة التسوية بينما ازدادت نسب كل من الأحماض الدهنية الطيارة والنيتروجين الذائب والكربوهيدرات والرماد ودرجات التقويم الحسى لكل معاملات الجبن .
- احتوت الجبن المصنعة باستبدال ٤٠% من دهن اللبن بواسطة Dairy-Lo[®] على أعلى نسب لكل من الأحماض الدهنية الطيارة والنيتروجين الذائب وكذلك كانت أكثر المعاملات قبولاً .

Table (1): Effect of fat mimetics on moisture, fat and total nitrogen during pickling of low fat Domiati cheese.

Cheese samples	Moisture content (%)					Fat content (%)					Total nitrogen content (%)				
	Pickling period (weeks)					Pickling period (weeks)					Pickling period (weeks)				
	0	2	4	6	8	0	2	4	6	8	0	2	4	6	8
C*	57.19	56.04	54.80	53.54	53.00	19.30	20.10	21.70	23.20	23.70	2.30	2.23	2.22	2.18	2.19
L ₁	58.63	56.82	55.72	54.59	53.00	14.50	15.70	16.70	17.60	18.80	2.31	2.25	2.19	2.16	2.13
L ₂	60.51	59.54	58.23	57.26	56.29	9.90	10.90	12.00	12.90	13.80	2.33	2.27	2.23	2.19	2.15
L ₃	62.35	61.15	59.70	58.59	57.65	6.10	7.20	8.40	9.40	10.30	2.35	2.30	2.26	2.21	2.17
D ₁	57.35	56.55	55.73	54.37	52.69	14.60	15.80	16.70	17.80	18.80	2.72	2.66	2.62	2.57	2.53
D ₂	59.55	58.58	57.52	56.83	55.72	9.95	10.90	12.00	12.80	13.90	2.85	2.80	2.74	2.67	2.61
D ₃	61.58	60.71	59.46	58.67	57.87	6.20	7.20	8.50	9.45	10.40	2.97	2.90	2.83	2.77	2.71

C* = Cheese made from 5.0% fat milk.

L₁ = Cheese made from 4.0% fat milk and adding 1.0% Litesse®.

L₂ = Cheese made from 3.0% fat milk and adding 2.0% Litesse®.

L₃ = Cheese made from 2.0% fat milk and adding 3.0% Litesse®.

D₁ = Cheese made from 4.0% fat milk and adding 1.0% Dairly-Lo®.

D₂ = Cheese made from 3.0% fat milk and adding 2.0% Dairly-Lo®.

D₃ = Cheese made from 2.0% fat milk and adding 3.0% Dairly-Lo®.

Table (2): Effect of fat mimetics on total carbohydrate, ash contents and calorific values during pickling of low fat Domiati cheese.

Cheese samples	Total carbohydrate content (%)					Ash content (%)					Calorific values (k.cal / 100 g)				
	Pickling period (weeks)					Pickling period (weeks)					Pickling period (weeks)				
	0	2	4	6	8	0	2	4	6	8	0	2	4	6	8
C*	2.42	3.01	2.54	2.46	2.40	6.42	6.63	6.78	6.83	6.89	242.06	249.82	263.86	274.24	278.78
L ₁	6.13	6.46	6.81	7.14	7.68	6.61	6.67	6.80	6.89	6.94	213.94	224.54	233.42	242.08	254.24
L ₂	8.06	8.33	8.71	8.94	9.22	6.67	6.75	6.84	6.93	6.98	180.78	189.34	199.72	207.74	215.92
L ₃	9.83	10.17	10.62	10.93	11.15	6.73	6.81	6.87	6.99	7.06	154.18	164.16	187.64	184.68	192.66
D ₁	4.02	3.91	4.00	4.47	5.31	6.70	6.79	6.88	6.99	7.08	216.80	225.64	233.06	243.56	254.92
D ₂	5.55	5.76	5.99	6.23	6.51	6.79	6.92	7.03	7.13	7.24	184.39	192.50	201.00	208.16	217.66
D ₃	6.43	6.62	6.89	7.00	7.12	6.87	6.99	7.12	7.23	7.35	157.20	165.20	176.18	183.65	191.12

* See Table (1).

Table (3): Effect of fat mimetics on titratable acidity, total volatile fatty acids (TVFA) and soluble nitrogen during pickling of low fat Domiati cheese.

Cheese samples	Titratable acidity					Total volatile fatty acids (TVFA)					Soluble nitrogen				
	Pickling period (weeks)					Pickling period (weeks)					Pickling period (weeks)				
	0	2	4	6	8	0	2	4	6	8	0	2	4	6	8
C*	0.29	0.35	0.38	0.43	0.51	7.3	13.4	16.2	19.7	21.5	0.25	0.40	0.43	0.52	0.660
L ₁	0.28	0.36	0.41	0.47	0.52	4.8	7.5	11.7	13.8	14.9	0.22	0.35	0.40	0.44	0.55
L ₂	0.29	0.36	0.42	0.48	0.54	5.3	8.6	12.4	14.5	16.0	0.23	0.37	0.43	0.49	0.60
L ₃	0.28	0.35	0.43	0.50	0.55	3.7	5.6	7.6	9.10	11.0	0.22	0.33	0.39	0.42	0.52
D ₁	0.35	0.41	0.47	0.52	0.53	6.2	9.8	14.1	17.2	18.0	0.24	0.39	0.44	0.50	0.62
D ₂	0.35	0.42	0.46	0.50	0.56	7.1	12.5	15.9	20.0	21.7	0.27	0.42	0.47	0.56	0.69
D ₃	0.36	0.43	0.48	0.52	0.58	4.8	7.9	11.8	14.0	15.4	0.22	0.36	0.42	0.46	0.57

* See Table (1).

Table (5): Statistical analysis of Domiati cheese properties.

Cheese properties	Effect of cheese treatments								Effect of storage period (weeks)					
	Mean squares	Multiple comparisons*							Mean squares	Multiple comparisons*				
		C*	L ₁	L ₂	L ₃	D ₁	D ₂	D ₃		Fresh	2	4	6	8
Moisture content (%)	43.410*	G	E	C	A	E	D	B	45.585*	A	B	C	D	E
Fat content (%)	229.738*	A	B	C	D	B	C	D	36.712*	E	D	C	B	A
Total nitrogen (%)	0.388*	E	DE	D	D	C	B	A	0.090*	A	B	C	D	E
Total carbohydrate (%)	51.299*	E	C	B	A	DE	D	D	4.468*	D	CD	B	AB	A
Ash content (%)	0.190*	CD	CD	D	D	BC	B	A	0.345*	E	D	C	B	A
Titrateable acidity (%)	0.009*	C	BC	ABC	ABC	AB	AB	A	0.110*	E	D	C	B	A
Total volatile fatty acids (TVFA) (1 ml 0.1 NaOH / 100 g cheese)	85.509*	A	E	C	F	B	A	D	298.483*	E	D	C	B	A
Water soluble nitrogen (%)	0.013*	B	D	BC	D	B	A	CD	0.256*	E	D	C	B	A
Total calories (cal/100 g)	10649.240*	A	B	C	D	B	C	D	2944.505*	E	D	C	B	A
Sensory evaluation (total scores)	311.414*	AB	C	C	D	B	A	C	78.286*	D	C	B	AB	A

♦ See Table (1).

* Significant at 0.05 level.

• For each effect the different letters in the same row means the multiple comparisons are different from each other, letter A is the highest mean followed by B, C, ... etc.