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Jyoti D Vora

Dhirang Consultants, India

Organoleptic, biochemical and anti-microbial assessment of Goat cheese (*Capra Aegagrus Hircus*)

Goat cheese prepared by curdling raw goat's milk is one of the earliest dairy products known to man. It is one of the best alternatives to cow cheese. Goat cheese has a chemical profile that makes it favorable for people who suffer from aversions to dairy products made from cow's milk. Goat cheese is low in calories, sodium, saturated fats and cholesterol. Also, it is a rich source of high-quality protein, medium chain fatty acids and micronutrients like Vitamins A, D, K and B-complex and minerals like calcium, phosphorus, iron, zinc and copper. Goat cheese contains less lactose and smaller fat globules than cow's milk and cheese, making it easier to digest. The benefits of goat cheese are unexplored by majority of the culinary populations of the world. Goat cheese is therapeutically used for the management of lactose intolerance, osteoporosis, rheumatoid arthritis, digestive tract disorders and also acidosis. Goat cheese also contains bioavailable enzymes and factors, promoting healing of tissues post trauma. The consumption of goat cheese is thus recommended to enhance the physiology and biochemistry of the individual. Exploration of the nutritional and therapeutic

profile of goat cheese is a popular topic of scientific research. In this paper, the proximate analysis of goat cheese was carried out. Also, the antimicrobial activity of goat cheese extract was ascertained against certain bacterial and fungal species. Also, an edible product using goat cheese was developed and it was subjected to sensory evaluation. The data obtained from the detailed questionnaire was analyzed statistically. This helped in ascertaining the acceptability of goat cheese among the populace. Prospects include isolation and characterization of alkaloids, characterization of fatty acids from goat cheese and description of the activity of enzymes present in goat cheese.

Speaker Biography

Jyoti D Vora is an Academician, Head of the department, Consultant, Trainer, Research Guide and Researcher in Biochemistry and Food Science and Quality Control and her qualifications are M.Sc, PhD, F.S.Sc., MASFFBC, CME (USA), NET Cleared, Nutritional consultant at Raleigh Medical Centre, North Carolina, Certified Functional Foods Scientist(FFC,USA).

e: drjyotidvora@gmail.com

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