

FERMENTED MILK PRODUCT – RYAZHENKA, THE STUDY OF FERMENTS

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Dairy industry is one of the most important industries in the Ukraine. It has deep historical roots. Nowadays ryazhenka is one of the national Ukrainian fermented milk products. History of ryazhenka started from time immemorial in Ukraine. It was made by stewing milk and cream at high temperature, without making it boiled, in special low clay pots "glechiks" until it got a nice creamy colour. Then ryazhenka was made sour by adding some sour cream and putting it into a warm place. In this way ryazhenka gets homogeneous dense structure. Nowadays making ryazhenka takes much less time. The technology of making ryazhenka starts when milk is poured into a tank in which it is heated up to 50 °C, then it is heated by steam up to 98 °C and maintained at this temperature. As a result baked milk is received. Then it is cooled down to 40 °C, special lactic acid bacteria (ferments) are added and ryazhenka is left to get fermented until product acidity reaches a definite indicator. After that the product is cooled down, stirred very well and transferred into the dispensing machine.

The main ryazhenka properties are rather thick consistency, creamy colour and a delicate sweetish flavour. It can be drunk as it is or used in different recipes. Ryazhenka improves digestion and boosts immunity. If drunk regularly ryazhenka strengthens bones and teeth, due to the high content of phosphorus and calcium.

A large number of ryazhenka of different trade marks is represented in Ukraine. The main leaders are: TM "Zarechye", TM "Voloshkove Pole", TM "Hutorok", TM "Lukavytsia", TM "Dobryana", TM "Lubimchik".

The choice of ferments is rather important for making quality ryazhenka. Ferments produced by trademarks «VIVO», «Good Food», «SACCO» can be purchased in the Ukrainian market nowadays.

The quality of ferments can be identified by their activity, which is controlled by souring duration and acidity, ferment cleanliness and the relation between cultures (qualitative and quantitative composition), as well as by the presence of foreign microflora and organoleptic characteristics of a clod. Experimental works in researching culture milk product fermentation are done at the Department of Biotechnology. One of such researches is the research of ryazhenka, making ryazhenka in laboratories, conducting ryazhenka comparative analysis with ryazhenka of popular Ukrainian trademarks.