

THE COMPLETE GUIDE TO CAREGIVING & HEALTHY LIVING

THE SENIOR TIMES



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By: Penina Steinbruch

Say CHEESE

Myth Busting

A poor man goes to his Rabbi and asks: some milk got into the cholent and he wants to know if he can still eat it. The Rabbi asks him to come back in a few hours to get the answer. To the man's relief when he returns, the Rabbi tells him the cholent is kosher. "But why Rabbi, did I have to return for the answer, couldn't you tell me when I was here before?"

"I had to speak with the milk man and find out how much water he adds to the milk. I found out there's enough water to make the milk in your cholent batel beshishim. (Nullified because it is less than 1/60th of the quantity)."

"The first myth we have to debunk, before we talk about Tnuva's cheese making

process, is that there is never any water diluting the milk," says Gidon Katz, a consultant at Tnuva, Israel's largest dairy company.

Another myth is that milk is full of antibiotics. "Every single cow has a bar code and is electronically tracked. If a cow is sick and needs antibiotics, she is separated from the other cows and all her milk is discarded. Her milk isn't used again until careful testing shows the antibiotics have cleared her system," Gidon asserts, even though ill cows are milked twice a day like all the other cows, since it would cause her tremendous pain if she wasn't milked, a clear prohibition of tzar baalei chaim, causing an animal pain.



Specialization

Tnuva has very specialized factories that each deal exclusively with a specific type of product.

- There is one factory that deals solely with liquids, (regular milk, low-fat, chocolate milk etc)
- An entire factory dedicated to salted cheeses (like feta)
- A factory for hard cheeses
- and a factory for products in cups (yogurts, puddings, quark cheese, cream cheese)

Advanced Technology

From the moment milk enters the factory, until it comes out as a fully processed product, the process is completely automated and the milk is not touched by any human hand. Every barrel holds 80,000 liters (20,000 gallons) and dozens of barrels are processed by Tnuva every day, across Israel. The control room in any one of the Tnuva factories looks like a spaceship and allows for a level of supervision and control that wouldn't be possible if handled by humans. This fully automated system is constantly testing the quality of the products. If even one test reveals any problem, the entire lot is discarded.

The computers are programmed so that runs of each product are scheduled. At the time a product run is scheduled, the computer will pull up the recipe, and precisely add the ingredients and flavorings. The product then goes through the pipes to production. For plastic cup products, the plastic con-

tainer gets molded on the line. Only once it's packaged, does it get touched by people. As the individual cups end up in boxes, a worker will double check that the correct number of items are in the boxes. A gigantic robot takes crates to the enormous refrigerator and again a sample is taken from each lot to be tested in the lab. Those lots are not touched again until the lab results are in. Only then will they be put into distribution. "Everything is barcoded. Technology allows for a level of oversight that wouldn't be humanly possible. A person could forget what shelf they put a batch on while waiting for the lab results, but a computer doesn't," Gidon explains.

One of the exceptions to the "mechanization only" rule is the Lebana soft cheese that Tnuva makes. Lebana is still made in the traditional way that Arabs have always used. After the raw ingredients have been mixed and put into cloth bags to separate the whey, the bags are left to age. After aging, human hands have to lift the cloth bags and put them onto the production line.

Fat Level

Did you know that the amount of fat in raw milk depends on the season? In winter, the fat content is higher than in the summer. Milk is about 3-4% fat in the winter, and 20% less in the summer. So how does the company ensure that their products are always uniform all year long? They skim off ALL

the fat, which is not so different from what people on farms used to do. They would skim the fat off the milk and churn it into butter.

At the dairy, fat is added back in, based on the product. For example, 1% fat milk will have one percent of fat added, and 9% cottage cheese will have nine percent added. This is why butter shortages are common in the summer - more fat has to be added back into the products than in the winter.



Salted Cheeses

The Lebana is produced in the same factory as the Mediterranean product line. Food scientists traveled to Greece to observe the cheese making process, so that the methods would be as authentic as possible. Tnuva makes three types of Greek feta; cow, sheep and goat, each with different fat contents and shapes.

Hard Cheese

It takes more than a gallon of milk to make one pound of sliced cheese. Making hard cheeses is a longer process than soft cheese, since these cheeses are aged. While rennet used to be added to the milk to make cheese, today the enzymes that curdle the milk have been isolated, and it now takes only 3-6 months to make hard cheeses, a much shorter method than using rennet.



After the curds have been separated from

the whey, the cheese is formed into loaves - the shape determined by the type of cheese - and left to age. Aged cheeses are manually put on the manufacturing line. The cheese is laser sliced, so each piece is uniform, and paper is added between each slice to make it easier to remove from the package. Just like every other stage of the manufacturing process, lab tests are done to verify quality, and packaging is molded on the line. Each package is automatically weighed again to make sure that there is no mistake. The shelf life of hard cheeses is the longest of all cheeses.

When you go to your grocery store, there are several types of sliced cheeses to choose from. What is the difference, let's say, between Edam and Muenster? I assume each cheese uses different ingredients, but Gidon informs me that the main difference comes from the process of making it - at which point the enzymes are added, the amount of milk used, and how long it is aged.

Quality

Tnuva has over 4000 employees and has invested more than \$100 million in a new dairy, and \$150 million in a new factory for their cup products.

Today, walking into any major dairy plant in Israel is like walking into a high-tech company. The level of transparency and traceability makes it very easy to provide a high level of supervision, both in terms of kashrus and quality.

Israeli cows produce more milk than anywhere else in the world, because they are treated with Israeli sechel. Israel is a leader in the international dairy market and by taking the best that technology and nature have to offer, Tnuva has created a vast range of products for you to choose from, all with the highest standards. ☞



Lasagna Rosettes



Ingredients:

- 1 package lasagna noodles

Filling

- 1/3 cup butter
- 2 cloves garlic, crushed
- 1 basket fresh mushrooms, chopped
- 1 7-ounce package **Tnuva Edam Cheese Slices**, cut into small pieces
- 1 7-ounce package Tnuva Muenster Cheese slices, cut into small pieces
- 1/3 cup **Tnuva Crumbled Sheep Feta**
- 2 eggs
- ¼ teaspoon nutmeg
- Salt & pepper to taste

Cream Sauce

- 2 containers heavy cream
- 1 3.5-ounce package vacuum-packed chestnuts, sliced
- 1 teaspoon fresh thyme
- ¼ teaspoon nutmeg
- 1 teaspoon flour
- Salt & pepper to taste

Topping

- 3 slices **Tnuva Edam cheese**, cut into small pieces.

Instructions:

1. Cook the lasagna noodles according to package directions. Drain and dry the noodles.
2. To prepare the sauce, melt butter in a large frying pan. Add the garlic and saute for about a minute. Add the mushrooms and saute over medium heat for an additional 4-5 minutes until golden. Remove from heat and put in a bowl. Let cool for about 10 minutes.
3. Add the rest of the filling ingredients and mix well.
4. Preheat oven to 350 °F and grease a 9" round pan.
5. On a clean surface, fill each lasagna noodle with about 1 teaspoon of filling on the short end. Roll up and place standing up in the round pan, until they're all crowded together.
6. Place all sauce ingredients in a bowl and mix well. Carefully pour over the lasagna rosettes.
7. Cover the lasagna with a piece of parchment paper and then wrap well with silver foil, so that the whole pan is completely covered. Bake for about 30 minutes.
8. Take the pan out of the oven and remove covering. Sprinkle Tnuva Edam Cheese pieces all around the lasagna rosettes and bake for another 6-8 minutes until the cheese turns brown. Serve hot.



White Chocolate Cheesecake



Ingredients:

- 6 eggs, divided, at room temperature
- ¾ cup white sugar
- 2 containers **Tnuva Quark Soft Cheese**, 5% or 9%, at room temperature
- 1 container **Tnuva Premium Cheese Spread**, Original flavor
- 4 tablespoons cornstarch
- 2/3 cup instant vanilla pudding
- 1 tablespoon vanilla extract
- Zest from one lemon
- 3 ½ ounces white chocolate
- 3 tablespoons heavy cream

Instructions:

1. Preheat oven to 325 °F and grease an 8" springform pan. Cut a strip of parchment paper that reaches 2 inches above the pan, and stick to the sides of the greased pan.
2. Beat the egg whites at high speed for about a minute. Gradually add the sugar and continue beating for another 3-4 minutes until firm but still soft.
3. In a large bowl, combine the cheeses, egg yolks, cornstarch, pudding, vanilla and lemon zest and mix until smooth. Fold about 1/3 of the beaten egg whites into the cheese mixture until incorporated. Repeat twice more, with another 1/3 each time. Carefully pour the mixture into the pan.
4. On the bottom rack of the oven, place a pan filled with 2 cups of boiling water. Place the cheesecake pan in the middle of the oven and bake for 15 minutes.
5. Reduce heat to 300 °F and bake for another 55 minutes, until the top is light brown. Turn off the oven, and let the cake cool in the oven for another two hours, then remove the cake and chill in the fridge overnight.
6. Melt the chocolate and heavy cream in the microwave or over a double boiler. Whisk until smooth and let cool for a couple of minutes before pouring over the cake. Keep chilled.

