

## IS 2785:2022 - CHEESE SPECIFICATION

**Cheese** making is a great way to conserve surplus milk while offering a nutritious and delicious product. In India, the most popular cheeses fall into two groups: **hard cheeses** like cheddar and gouda, which have low moisture content and longer shelf life, and **soft cheeses** like cottage cheese, which have higher moisture content and need to be eaten soon after they're made. The Indian Standard IS 2785: 2022 was created to ensure both natural and processed cheeses, whether hard or soft, meet **optimal quality standards**.

The **key ingredients** for cheese include milk and milk products, along with cultures of specific bacteria or enzymes for coagulation. **Optional ingredients** like salt, enzymes, and acidity regulators can also be used.

Cheese is made by **coagulating the proteins in milk using enzymes or coagulating agents, with or without lactic acid bacteria, and then partially draining the whey**. It should have a **pleasant smell** and characteristic **flavor**, with **good texture** and **uniform consistency**. Important quality parameters, such as **moisture content** and **milk fat** levels, are specified for all varieties of cheese, while **lactose content** is key for processed cheeses and spreads along with moisture and fat content. To **ensure microbial safety**, the standard also includes limits for requirements for Aerobic colony count, yeast & Mould, *Staphylococcus aureus*, *Salmonella*, *Listeria monocytogens* and *E. coli*.

Cheese should be **packaged** in materials that keep it safe from contamination and spoilage, with clear **labeling** that includes the type of cheese, manufacturer details, **expiration date**, and **storage instructions**. The entire production and packaging process must be done under **hygienic conditions, as per IS 2491**. The standard includes detailed **methods for sampling and testing cheese** to ensure it meets the specified requirements.

This second revision harmonizes the IS with **Food safety and Standards** ( Food products standards and Food additives) Regulations, 2011, ensuring alignment with Food safety laws. IS 2785: 2022 provides a solid framework for cheese producers to maintain **quality, safe, and consistent** products for consumers like us!

