

**obika**  
MOZZARELLA BAR®



Production Area of Mozzarella di Bufala Campana DOP



### NUTRITIONAL FEATURES

Rich in calcium, high in protein and lactic flora substances, and with a high vitamin and mineral salt content, it is highly nutritional.

Mozzarella di Bufala Campana is a fresh product, rich of live lactic ferments, nutritious and highly digestive.

#### Contents for 100 gr:

proteins	19%
fat	21%
vitamin A	mg 0,15
vitamin B	mg 0,003
vitamin B1	mg 0,3
calcium	mg 510
phosphorus	mg 380
sodium	mg 0,4
iron	mg 0,7.
Tot. calories for 100 gr	Kcal 270

### PROTECTION AND REGULATION



In the late 1970's, the government of Italy officially recognized the mozzarella di bufala name to protect consumers from the fraudulent practice of selling mozzarella made of cow's milk at a higher price than mozzarella di bufala. Approximately fifteen years later, in 1993, mozzarella di bufala became a "DOP" cheese, or in English commonly known as "PDO". This provides protection and regulation by the "Consortium of Mozzarella di Bufala Campana" who guaranteed the origin and legal standard of identity as made by only 100% buffalo milk.



The Consorzio Tutela Mozzarella di Bufala Campana is an organization recognized by the Italian Ministry of Agriculture and Forestry. This guardian Consortium protects the production and commerce of the buffalo mozzarella; defends the denomination of the product in Italy and to foreign countries; encourages the continuous improvement of means of production and the consequential qualitative improvement of its production; supplies technical attendance for the cheese factories and breeders; and exercises constant vigilance on the production and the commerce of the mozzarella and in particular on the correct use of its denomination of origin.

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An introduction to mozzarella di bufala





## OBIKÀ MOZZARELLA BAR

ROMA MILANO LONDON NEW YORK TOKYO

[www.obika.it](http://www.obika.it)

### ORIGINS & DIFFUSION OF MOZZARELLA

Its name derives from the ancient expression mozzare ( "to lop off"). There are numerous documents that historically note the existence of a hand pressed cheese. One of the first is that of a Latin agronomist in 70 A.D. Others are from the seventeenth century such as a notification posted by the chairman of the grascia (food and administration board) decreeing the required weight of the fresh 'mozzature', antecedents of the more famous mozzarella.

Up to the 1500' mozzarellas were sold exclusively in the Capua market. Only towards the end of the 18th century did it become a commonly consumed food, thanks in part to a royal estate farm known as "Reggia di Carditello" where buffaloes were raised for their milk.



### TYPICAL FEATURES OF MOZZARELLA DI BUFALA CAMPANA DOP\*

Mozzarella is round, its surface is smooth and shiny and its colour is porcelain white. Those hand made, in contrast to those made by machinery, have two characteristic little 'ears' at the edge of the ball. When cut, there are no holes, although there are a number of flattened openings between the layers of paste. There are no visible yellowish tinges - these would indicate the presence of cow milk.

Mozzarella usually has a good level of serum which is frequently a sign of its freshness<sup>o</sup>; its aroma is that of milky enzymes with a musky smell and a distinctive flavour. The weight varies between 50 and 500 grams and when chewed it has a rather rubbery elasticity. It should preferably be eaten after only a few days of preparation in order to appreciate it at its best although it should be added that a lot depends on how it is kept. The paste is soft, white and elastic and a whitish, salty and slightly acidic serum exudes when it is sliced. Its flavour is pleasant.

\*denomination of protected origin

### MOZZARELLA'S PRODUCTIONS STEPS

#### KNEAD

The buffalo milk is curdled and drained to eliminate the whey. The curd is cut into small pieces that are ground up and immersed into hot water, stirred until it takes on a rubbery texture. The cheese maker kneads it with his hands until he obtains a smooth shiny paste.

#### MANUAL SHAPING "MOZZATURA"

Once the paste has reached the right consistency, the mozzarella maker cuts with his fingers smaller pieces which form the individual mozzarella ("mozzare" in italian means "to lop off")



#### BRINING

The mozzarellas are put into cold water and then soaked in brine.

The cheese absorbs as much salt as is necessary to create a fibrous and elastic consistency.



### PRESERVATION

The Mozzarella di Bufala Campana DOP is a "living" food made from natural animal products (milk, salt, curd cheese):

- 1 It always has to be kept submerged in its preserving liquid.
- 2 It has to be stored in a fresh place at a temperature of about 15° C (60° F)
- 3 If it is stored in the refrigerator, it is advised to keep it at room temperature for at least 30 minutes, then it should be submerged for five minutes in warm water at a temperature of 35-40° C (95-105° F)