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The Science of Cheese

Michael H. Tunick

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In an engaging tour of the science and history of cheese, Michael Tunick explores the art of cheese making, the science that lies underneath the deliciousness, and the history behind how humanity came up with one of its most varied and versatile of foods. Dr. Tunick spends his everyday deep within the halls of the science of cheese, as a researcher who creates new dairy products, primarily, cheeses. He takes us from the very beginning, some 8000 years ago in the Fertile Crescent, and shows us the accidental discovery of cheese when milk separated into curds and whey. This stroke of luck would lead to a very mild, and something akin to cottage, cheese-deemed delicious enough by our traveling cheese maker that he or she did it again another day. Today we know of more than 2,000 varieties of cheese from Gorgonzola, first noted in year 879, to Roquefort in 1070 to Cheddar in 1500. But Tunick delves deeper into the subject to provide a wide-ranging overview that begins with cows and milk and then covers the technical science behind creating a new cheese, milk allergies and lactose intolerance, nutrition and why cheese is a vital part of a balanced diet. *The Science of Cheese* is an entertaining journey through one of America's favorite foods.

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From reader reviews:

Ricardo Kiernan:

Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their friends. Usually they carrying out activity like watching television, about to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? May be reading a book could be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the publication untitled The Science of Cheese can be fine book to read. May be it could be best activity to you.

Ryan Young:

People live in this new moment of lifestyle always try to and must have the spare time or they will get large amount of stress from both way of life and work. So , when we ask do people have time, we will say absolutely indeed. People is human not really a robot. Then we ask again, what kind of activity have you got when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, often the book you have read is The Science of Cheese.

Joshua Poulson:

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