



String Cheese

Other names:

Plaited Cheese - Jibna
Mudafara

Change Image



Domain

TRADITIONAL FOODS & COOKING

Food

COMMUNITY GROUPS AND LOCATION

Community groups

String cheese is popular across Sudan.

Location: El Obied in North Kordufan is said to be the origin of string cheese in Sudan.

Baggara pastoralists, Cheesemakers, Potmakers, Markets, Traders

Practitioners

String cheese is made by both men and women. With the right skills and know-how to, it's considered an easy trade to learn, and an increasing number of younger generations are also now practising cheese making.

Purpose / Use

Food: Cheesemaking preserves milk, in particular utilises milk from pastoralists, provides nutritional food that is available in markets

Knowledge / Skills

Cheesemaking requires skills and knowledge of making the cheese, getting the right temperatures and hygienic process to ensure its success.

as there are lots of traders in the market, the quality of the cheese combined with sales skills becomes important knowledge for this process.

Cheesemaking process

String cheese refers to several different types of cheese where the manufacturing process aligns the proteins in the cheese, which makes it stringy. When mozzarella is heated to 60 °C and then stretched, the milk proteins line up.

Transmission

The cheese-making skill is usually passed down through families.

But recently it has been an easy entry point for those wanting to start their own business. Cheese making is taught in vocational and entrepreneurship hubs as an entry point into the business market.

Tools, Equipment, Services

Milk urns, fire, large cooking pots, water, clean surfaces, packing buckets or barrels, kitchen.

HISTORY

String cheese is originally Greek. it was brought into sudan through a Greek man called Banyouti, in Kazgail area in South of El Obied. He befriended the locals of the area and taught them how to make the string cheese by showing them how to make it. He even named his daughter after the area.

String cheese is long lasting as it is partially cooked over the firewood in the process, hence contributing to easy storage and less food poisoning incidents.

INTRODUCTION

Sudan is rich in livestock and hence dairy products.

String cheese entered Sudan through a Greek man who taught the people in the Kazgail area of South El Obied the skills of how to make it.

String Cheese is semi-hard and made from cow's milk. It is made into very long strands which are then plaited.

Cultural Value:

Famous and popular cheese across Sudan

Cheese making is a source of income for many families. Cheesemaking helps in utilising excess milk into a new trade. Due to high temperatures it is very costly to keep milk in the right temperature before it expires. Hence cheese making helps utilise that to create a new stream of income

Associated Practices:

Other forms of dairy products such as yoghurts and other types of cheese

Cultural Expressions

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VIABILITY

Threats:

Changes to nomad migration patterns, loss of milk source

Natural Resources used

Milk, from cattle pastoralists
Firewood

الوصفة

Recipe

The milk is strained using a piece of gauze to remove any impurities or curdles. It is poured into a big pot or barrel. Rennet is then added to a glass of water to dissolve, the liquid is then added to the milk and left to rest for a few hours (2-4). The milk is now clotted into cheese. The clotted cheese is then put in a big pot over firewood, the consistency is then transformed to a rubbery-looking texture. Cumin seeds are added and the cheese is combed into strings and braided while still warm. The braided cheese is then transferred to a barrel, covered in water and salt is added

يُصفى الحليب باستخدام قطعة من الشاش لإزالة أي شوائب أو تكتلات. ثم يُسكب في قدر كبير أو برميل. يُضاف المنفحة إلى كوب من الماء لتذوب، ثم يُضاف هذا السائل إلى الحليب ويُترك ليرتاح ليضع ساعات (من ساعتين إلى أربع ساعات).

يُتخَّر الحليب ويتحول إلى جبن. بعد ذلك يُوضع الجبن المتخَّر في قدر كبير فوق حطب النار، فتتغير قوامه ليصبح ذا ملمس مطاطي. تُضاف حبوب الكمون، ويُمشط الجبن إلى خيوط ويُجدل وهو لا يزال دافئاً.

ثم يُنقل الجبن المضفر إلى برميل، ويُغطى بالماء ويُضاف إليه الملح.

Image(s) source :

Link(s)