

1 Shelf life extension of italian mozzarella by use 1 of calcium lactate buffered brine

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8 ABSTRACT

9 Italian traditional mozzarella is a high moisture table cheese that is sold packaged in water for
10 preserving freshness. Despite of the high foreign demand, high perishability limits export. For
11 extending shelf life, the dairy industries have long been engaged in controlling the growth of
12 spoilage microflora, which is the main responsible of alteration. The present paper describes the
13 results of a study that aimed to assess if using acidified brine instead of water, the growth of these
14 microorganisms could be delayed. A suitable brine was first developed, based on calcium lactate
15 and lactic acid, that did not impair the sensory characteristics of the cheese. Then, the shelf-life
16 study was carried out, and the results revealed a significant delay of the growth of total mesophilic
17 bacteria, *Pseudomonas* spp. and *Enterobacteriaceae*. The sensory characteristics of the cheese
18 remained within the acceptability limits until 21 days and, compared with the sample stored in
19 water, the shelf life was extended of more than 50 % Very interestingly, the experimental brine
20 also prevented the occurrence of the blue discoloration defect, known to be caused by
21 *Pseudomonas fluorescens*. Even though further investigation is needed, the results obtained can
22 open new marketing perspectives for producers of traditional mozzarella.

23

24 **Keywords: mozzarella; spoilage microorganisms; shelf life; preserving brine.**

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29 **1. Introduction**

30 Mozzarella is a pasta filata cheese born in Italy several centuries ago that has become one of the
31 most consumed dairy products worldwide (Francolino et al., 2010). It is manufactured from water
32 buffalo or cow milk, but the latter is much more produced because of the wide availability of bovine
33 milk. Two types of bovine mozzarella exist: low moisture, mostly used for dressing pizza, and high
34 moisture, used as a table cheese (McMahon, Oberg, & McManus, 1993). Traditional Italian
35 mozzarella is a high moisture type (60-65% water content) with very soft body and milky flavour.
36 Its export has strongly increased during the last decades, and the main reasons for success are ease
37 of use, delicate taste and freshness. In order to preserve these characteristics during marketing it is
38 sold packaged in water. Unfortunately, this accelerates perishability: shelf life commonly ranges
39 from 1 to 2 weeks, depending on the moisture level, manufacturing procedures and storage
40 conditions (Gammariello et al., 2010; Ricciardi et al., 2015). In general, the cause of mozzarella
41 deterioration is excessive microbial growth, but also the mass transfer (i.e. migration of salt and
42 water) between the product and the preserving liquid plays a role. Microbial growth is responsible
43 of acidification, off-flavours and chromatic alterations, whereas mass transfer causes loss of taste
44 and surface disruption due to lowering of the colloidal calcium bound to the protein matrix
45 (Rondinini & Garzaroli, 1990; Kindstedt et al. 1996; Joshi et al., 2003; Faccia et al, 2012; Losito et
46 al., 2014). Since perishability has high economic impact on the distribution logistic, the Italian dairy
47 industry is strongly interested to get shelf-life extension. It is well know that any strategies for
48 delaying microbial alteration of mozzarella must be primary addressed to inhibit the growth of
49 psychrotrophic bacteria, among which *Pseudomonas* spp. plays a primary role. The involvement
50 of *Pseudomonadaceae* in mozzarella spoilage has become strongly evident after a number cases
51 of blue discoloration occurred in Europe ascribed to *Pseudomonas fluorescens* (Cenci-Goga, 2014;
52 Chiesa et al., 2014; del Olmo, Calzada & Nunez, 2018). This bacteria species grows easily in high

53 moisture foods that present slightly acid or neutral pH (Nychas et al., 2008; Remenant et al.,
54 2015; Stellato et al., 2017). For delaying their growth maintenance of the cold chain during
55 marketing has to be fully guaranteed, besides improving the general hygienic conditions of
56 cheesemaking. Recently, several researches have dealt with an innovative strategy for prolonging
57 shelf-life of Italian mozzarella, based on the addition of antimicrobial compounds (Gammariello et
58 al., 2008; Laurienzo et al., 2008; Sinigaglia et al., 2008; Conte et al., 2009; Incoronato et al., 2011;
59 Lucera et al., 2014; Gorrasi et al., 2016). Despite the interesting results obtained, such a strategy
60 cannot be applied in the industrial practice due to high costs, impact on the sensory characteristics,
61 or incompatibility with the EU legislation.

62 In previous papers we have dealt with the development of brines for traditional mozzarella
63 preservation, based only on “natural”, low cost and legal substances. The most relevant results
64 obtained regarded the prolonged maintenance of the organoleptic properties, whereas little effect
65 was observed under the microbiological point of view (Faccia et al., 2011; Faccia et al., 2013).
66 Unfortunately, the effect of brine pH on microbial growth was not fully explored. Acidification is a
67 traditional method for long-term food storage, nevertheless, for all we know, no investigation has
68 been carried out on the preservation of bovine mozzarella in acidified brine. The present paper
69 reports the results of a new study that had the objective to verify if keeping pH of the brine below
70 5.0 contributes to extension of shelf-life of this cheese.

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72 **2. Materials And Methods**

73 *2.1 Mozzarella samples and development of the preserving brine*

74 The cheeses used in the experimentation were mozzarella knots taken from an industrial dairy,
75 manufactured from pasteurized milk by direct acidification (lactic acid). They had been
76 mechanically stretched and hand-knotted, and weighed about 70 g each. The cheeses were highly
77 standardized as to the production technology and chemical composition. Nevertheless, in order to

78 minimize the risk of day-to-day differences, in each experimental trial samples deriving from a
79 same batch of milk were used. The cheeses were rapidly transported under refrigeration to the
80 Department laboratory where they were immediately immersed in 200 mL chilled brine and
81 mechanically packaged in plastic trays sealed by plastic film (2 pieces for tray). For developing the
82 preserving brine, 20 different low pH solutions in total were prepared and tested, complessly. All
83 solutions were prepared by using food grade ingredients complying the EU legislation for dairy
84 products: calcium lactate (CaL), sodium chloride, calcium chloride, citric (CA) and lactic acid
85 (LA), all purchased by Farmalabor Srl, Canosa, Italy. The brines differed among them as to pH,
86 concentration and/or association of the compounds.

87 *2.2 Experimental design*

88 The experimentation was performed in two steps: development of the brine and shelf-life study. The
89 preparative phase had the objective of preparing a suitable brine, able to maintain low pH over time
90 without changing the organoleptic characteristics of the cheese. To this aim, a panel composed of 3
91 experts working at the Department and belonging to the Italian National Association of Cheese
92 Tasters evaluated texture (integrity of cheese surface), aroma and taste of the cheeses after 5 days
93 refrigerated storage. They used a mozzarella sample packaged in water for comparison, and judged
94 the sensory parameters in a very simple way: better, the same or worse than the control. Two
95 preparative trials were needed (2 replicates each), during which the composition of the brines were
96 progressively adjusted. When a suitable result was obtained, the final brine was prepared and the
97 shelf-life study was carried out, as follows: two series of sealed trays containing mozzarella
98 immersed in brine or water (experimental and control) were stored at $8 \pm 1^\circ\text{C}$ for simulating the real
99 conditions of marketing; one tray for each treatment was taken at 1, 2 and 3 weeks and aseptically
100 opened; the cheeses were immediately submitted to chemical, microbiological and sensory
101 analyses. The study was repeated 3 times (2 replicates each time).

102 *2.3. Analyses*

103 Cheese moisture was determined according to the IDF method (1986), pH was measured by means
104 of a penetration pH meter Dualpore (Hamilton, Reno, NV). Primary proteolysis was investigated by
105 polyacrylamide gel electrophoresis in the presence of urea (urea-PAGE) as reported by Andrews
106 (1983). The cheese samples were dissolved in 9 M urea and loaded onto the electrophoretic system.
107 The gel was stained with Blue Silver stain (Candiano et al., 2004) and subjected to image analysis
108 and densitometry by using Quantity One software (BioRad, Hercules, CA). The microbiological
109 analyses focused on counting the spoilage microorganisms and were performed according to the
110 IDF standard protocol (2001). The media (Oxoid, Milan, Italy) and conditions used for the
111 enumerations were as follows: Plate Count Agar incubated at 30 °C for 48 h for total mesophilic
112 bacteria; *Pseudomonas* Agar Base with added CFC selective supplement, incubated at 25 °C for 48
113 h, for *Pseudomonas* spp.; Violet Red Bile Glucose Agar incubated at 37°C for 18–24 h for
114 *Enterobacteriaceae*; Yeast Extract Dextrose Chloramphenicol Agar at 30°C for 48 h for yeasts and
115 molds. The sensory analysis was performed by a panel composed of 8 trained assessors selected
116 following international standards (ISO, 1993) that carried out a Quantitative Descriptive Analysis
117 (QDA). The panel had three open training sessions on mozzarella samples of different age: fresh,
118 half and end of shelf-life. During training each panelist indicated a series of sensory descriptors that
119 were quantified on a 5-point scale (from 0 to 4) and selected based on weight percentage (frequency
120 of citations × perceived intensity); only attributes with a weight percentage greater than 30% were
121 considered (Trani et al., 2016). At the end of the training sessions the acceptability limit (AL) for
122 each of the descriptors was established. The same 5-points scale was used for QDA, where 4 was
123 the best score, except for the sour attribute (best score = 0).

124 *2.4. Statistical analysis*

125 All data were processed using Statistica 7.1 for Windows (StatSoft Inc., Tulsa, OK). Considering
126 that the samples of the three shelf-life trials started from different microbiological conditions, each
127 trial was elaborated separately. Least significant different analysis was used to determine

128 differences between control and experimental sample. For sensory analysis the means of the scores
129 were calculated.

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131 **3. Results And Discussion**

132 *3.1. Development of the preserving brine*

133 The main problem was to counter the increase of pH of the brines over time, caused by the mass
134 transfer between liquid and product as a consequence of diffusive gradients (Kindstedt, 1995;
135 Kindstedt et al., 1996). From the data of Table 1 it can be observed that only in a few cases pH
136 remained under the target value (below 5.0). A second problem was the impairment of the sensory
137 characteristics of the cheese, mainly as to texture. Preserving the integrity of the mozzarella surface
138 is a primary goal, since it represents a barrier to the mass transfer, besides being an important and
139 attractive feature for the consumers. All brines containing citric acid caused sloughing and
140 solubilisation of the surface, probably because it sequestered the calcium bound to the casein
141 network (Caric, Gantar, & Kalab, 1985). This hypothesis was confirmed by the observation that
142 surface deterioration was less pronounced when calcium lactate was present at 1.0% concentration:
143 the abundant presence of ionic calcium counterbalanced the sequestering action of CA. Better
144 results were obtained when pH was lowered with lactic acid, but only the brine containing 1.0%
145 CaL at pH 4 was judged as useful for our purposes. In fact, only the mozzarella sample kept in this
146 liquid had the same texture and odour than control, and also the taste was good, even though
147 slightly less salty. The experimentation continued using this brine with a few adjustments. First of
148 all, considering that texture had proven to be firmer than control, pH was lowered to 3.7 in order to
149 better counterbalance raising of pH over time. In addition, a second brine was prepared including
150 sodium chloride at low level (0.25 %), with the expectation of improving taste. As shown in Table
151 n. 2, both brines gave good results: after 5 days pH remained well below 5.0, probably in
152 connection with the buffering properties of the pair calcium lactate/lactic acid. As expected, the

153 taste was improved in the presence of NaCl, but texture was slightly impaired; on the contrary,
154 when salt was not included the cheese surface was firmer and taste was close to the control. As a
155 final decision, the brine without salt was chosen for performing the shelf-life study.

156 3.2. Shelf-life study

157 Fig. 1 shows the pH evolution of the preserving liquids and cheeses, and of the cheese moisture,
158 over time. Due to the mass transfer, after 21 days pH of the liquid of the control sample dropped
159 from about 7.0 to about 6.3, whereas it increased from 3.7 to just under 5 in the experimental brine.
160 As expected, the values in the cheeses had opposite trends: pH increased from 5.9 to about 6.1 in
161 the control, and decreased from 5.9 to about 5.4 in the experimental. Cheese moisture reached the
162 same final value in the two samples, passing from about 64 % to about 58 %, but it evolved in a
163 different way. The control cheese absorbed water during the first 7 days, in fact moisture content
164 exceeded 70%, then decreased; differently, the experimental cheese did not absorb water, and
165 moisture decreased almost regularly over time. This result suggests a commercial consideration: if
166 mozzarella is kept in water and sold after a few days, the weight gain determines an economic
167 benefit for the producers.

168 As regard the microbiological results, the experimental brine proved to have some inhibitory
169 effects (Table 3). In fact, even though the 3 shelf-life trials started from different values of the
170 microbial counts, the growth of most microbial groups was delayed in all cases. The most relevant
171 effect was exerted against *Pseudomonas* spp., but also TV and *Enterobacteriaceae* counts were
172 lower in almost all the experimental samples. Yeasts and moulds were not influenced by the acidic
173 conditions of the liquid, whereas the *Pseudomonas* growth was delayed of 1 to 2 logarithmic units.
174 A similar inhibiting effect was reported by Quintieri et al., (2012) and by Gammariello et al. (2008)
175 when pepsin-digested lactoferrin or vegetable extracts, respectively, were added to the preserving
176 liquid. However, none of the two methods can be adopted by the dairies, due to unavailability of the

177 active ingredients on the market or deep impact on flavour. The antimicrobial effect of the brine
178 against *Pseudomonas* was confirmed by the fact that, differently from the experimental sample, the
179 governing liquid of the control sample always became fluorescent (Fig. 2). Moreover, in two out of
180 three trials after 21 days the defect of blue discoloration occurred in control cheeses. In our opinion
181 the results obtained are really encouraging, also in consideration of the fact that the preserving
182 effect of low pH was only partially exploited. In fact, pH of the brine remained below 4.5 for only
183 one half of the storage period, and that of the cheese only reached a minimum of 5.4. It should be
184 very interesting to succeed in developing a more highly buffered brine, able to keep pH at least
185 under 4.5 for longer time. The results of the proteolysis study are shown in Fig. 3. It must be stated
186 that, differently from the low moisture type, proteolysis in Italian traditional mozzarella is
187 unwanted, since it accelerates texture weakening (Faccia et al., 2014). In this view, the
188 electrophoretic analysis indicated that the brine was absolutely compatible, since it did not affect
189 casein degradation. As it can be noted, the casein pattern of the experimental sample was
190 completely identical to that of control, and was characterized by slow hydrolysis of both α 1- and β
191 casein until 14 days. At 21 days storage proteolysis markedly increased, leading to degradation of
192 about 50 % of both casein fractions.

193 As to the organoleptic characteristics, Figure n. 4 shows the results of the sensory analysis.
194 On the whole, the assessors proposed 21 attributes for describing the sensory characteristics of the
195 cheeses, most of which corresponded to those proposed by Pagliarini, Monteleone & Wakeling
196 (1997). However, only 10 were selected on the base of weight percentage: 5 concerned flavour, 4
197 texture and 1 the brine appearance. Detailed description of the attributes is given in Table 4. As it
198 can be seen, the control and experimental samples were rather similar after 7 days storage, even
199 though the latter showed a clearer brine, was more succulent and had higher flavour intensity. It
200 should be noted that this latter results seems to conflict with the results obtained during the
201 preparative phase, where flavour had been judged as slightly more intense in the control sample. A

202 possible explanation is that the evaluation had been done after only 5 days storage, and the mass
203 transfer phenomenon had not yet determined a relevant taste depletion. Nevertheless, both samples
204 were widely within the acceptability limits for all parameters. After 2 weeks storage the quality of
205 control mozzarella started to decline: several attributes approached the limits of acceptability, such
206 as surface integrity, consistency, and odour and flavour intensities. Differently, the experimental
207 sample was almost unchanged at this time, except slight decrease of flavour. After 21 days the
208 control was no longer acceptable, both as to texture (mainly due to sloughing of the surface) and
209 taste (very sour), whereas the experimental sample still was within the limits of acceptability. On
210 the whole, all mozzarella stored in the experimental brine reached 21 days shelf-life, whereas those
211 stored in conventional conditions barely reached 14 days. This results indicated a shelf-life
212 extension of at least 7 days, much more than reported in the literature in the case of application of
213 chitosan, active coating and/or modified atmosphere packaging (Conte at al., 2009; Del Nobile et
214 al., 2009).

215 **4. Conclusions**

216 The results of the present study suggests that the acidification of the preserving liquid can help to
217 extend shelf-life of traditional mozzarella, and opens new perspectives for enlarging the market.
218 Such an approach, differently from other strategies recently proposed for longer preserving this
219 cheese, can be easily applied in the dairy practice. Even though experimentation is in progress for
220 further lowering pH, testing at industrial level has recently started.

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225 Natrella performed the analyses and statistically elaborated the data; prof. F. Caponio collaborated
226 to the discussion and gave suggestions for manuscript draft.

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335 **FIGURE CAPTIONS**

336
337 Fig. 1. Evolution of pH in the preserving liquids and cheeses, and of the cheese moisture, over time.

338 Fig. 2. Occurrence of fluorescence in the preserving liquid of the control sample (C).

339 Fig. 3. UREA-PAGE patterns of control (C) and experimental mozzarella samples (A) at 0, 7, 14
340 and 21 days refrigerated storage.

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Table 1. First preparative trial: evaluation after 5 days storage of the cheeses at $8 \pm 1^\circ\text{C}$. SI=surface integrity; CaL=calcium lactate; CA=citric acid; LA=lactic acid. B=better than control; S=same as control; W=worse than control; NA= not acceptable.

Brine composition	Cheese after 5 days			Brine after 5 days
	Texture (SI)	Odor	Taste	pH
Control (water)	-	-	-	6.21
CaL 0.5%, CaCl ₂ 0.1%, pH 4 with CA	W	W	W	5.76
CaL 0.5%, CaCl ₂ 0.1%, pH 4 with LA	W	S	W	5.62
CaL 1.0 %, CaCl ₂ 0.2%, pH 4 with CA	W	W	W	4.92
CaL 1.0 %, CaCl ₂ 0.2% pH 4 with LA	W	S	W	4.83
NaCl 0.8%, CaCl ₂ 0.4%, pH 4.5 with CA	NA	S	S	4.66
NaCl 0.8%, CaCl ₂ 0.4%, pH 4.5 with LA	W	S	S	4.88
NaCl 0.4%, CaCl ₂ 0.2%, pH 3 with CA	NA	S	W	5.46
NaCl 0.4%, CaCl ₂ 0.2 %, pH 3 with LA	NA	S	W	5.17
CaL 0.5%, pH 4 with CA	NA	S	S	5.07
CaL 0.5%, pH 4 with LA	W	S	S	5.63
CaL 1.0 %, pH 4 with CA	W	S	W	4.63
CaL 1.0 %, pH 4 with LA	B	S	S	4.69

384 Table 2. Second preparative trial: evaluation after 5 days storage of the cheeses at $8 \pm 1^\circ\text{C}$.
385 SI=surface integrity; CaL=calcium lactate; LA=lactic acid. B=better than control; S=same as
386 control; W=worse than control; NA= not acceptable.
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Brine composition	Cheese after 5 days			Brine after 5 days
	Texture (SI)	Odor	Taste	pH
Control (water)	-	-	-	6.17
CaL 1.0 %, NaCl 0.25 %, pH 3.7 with LA	W	S	B	4.16
CaL 1.0 %, pH 3.7 with LA	B	S	S	4.18

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423 Table 3. Mean microbial counts (\log_{10} cfu g^{-1}) of microbial groups during storage of mozzarella
 424 samples at $8 \pm 1^{\circ}C$. Data from each trials were elaborated separately.
 425 TVC= Total Viable; M&Y= Molds and Yeasts; Ps= *Pseudomonas* spp; Ent = *Enterobacteriaceae*. Value pairs bearing
 426 superscript asterisk are different at significant level.

	Days	TVC	M&Y	Ps	Ent
<i>Trial 1</i>					
Control	0	3.04	1.90	3.51	2.93
Control	7	5.08	2.95	3.64	3.11
Experimental		4.77	3.00	3.81	2.98
Control	14	6.98*	3.83	7.04*	2.90*
Experimental		5.85*	3.13	5.97*	3.43*
<i>p</i>		0.03		0.03	0.05
Control	21	7.77*	3.11	6.95*	3.43
Experimental		6.83*	4.18	5.72*	3.29
<i>p</i>		0.01		0.002	
<hr/>					
<i>Trial 2</i>					
Control	0	4.15	2.30	5.01	3.41
Control	7	6.97*	2.81	6.40*	4.21*
Experimental		5.68*	2.40	3.97*	3.26*
<i>p</i>		0.01		0.002	0.01
Control	14	8.03*	4.80*	7.78*	3.82*
Experimental		7.02*	3.53*	7.19*	3.45*
<i>p</i>		0.03	0.001	0.03	0.05
Control	21	9.21*	5.76*	8.19*	5.36*
Experimental		7.55*	4.00*	7.20*	3.32*
<i>p</i>		0.002	0.001	0.002	0.01
<hr/>					
<i>Trial 3</i>					
Control	0	3.86	2.18	2.78	2.18
Control	7	5.24	5.30*	6.99*	4.26*
Experimental		5.11	4.29*	6.54*	2.47*
<i>p</i>			0.01	0.02	0.05
Control	14	7.03*	6.11*	8.21*	6.55*
Experimental		6.44*	5.31*	6.78*	4.11*
<i>p</i>		0.05	0.03	0.002	0.04
Control	21	9.33*	6.87	9.28*	8.04*
Experimental		7.41*	6.58	7.28*	5.34*
<i>p</i>		0.01		0.01	0.03

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436 Table 4. Sensory attributes for mozzarella selected and corresponding description.

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Attribute	Description
<i>Brine clearness</i>	Absence of turbidity and suspended solids in the preserving brine
<i>Surface integrity</i>	Presence of a very thin “skin” on the cheese surface, perfectly intact, without breakings and/or detaching
<i>Elasticity</i>	Tendency of the cheese to return to the original conditions after being slightly pressed with a fork
<i>Consistency</i>	Resistance during cutting with a kitchen knife
<i>Succulence</i>	Tendency to release water when cut and/or at chewing
<i>Odour</i>	Intensity of pleasant perceptions when sniffing
<i>Flavour</i>	Intensity of pleasant perceptions when chewing
<i>Sour</i>	The taste of acidified milk or whey
<i>Bitter</i>	The taste of a 0.2% calcium chloride solution
<i>Aftertaste</i>	Intensity of pleasant perceptions after swallowing

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Figure 1

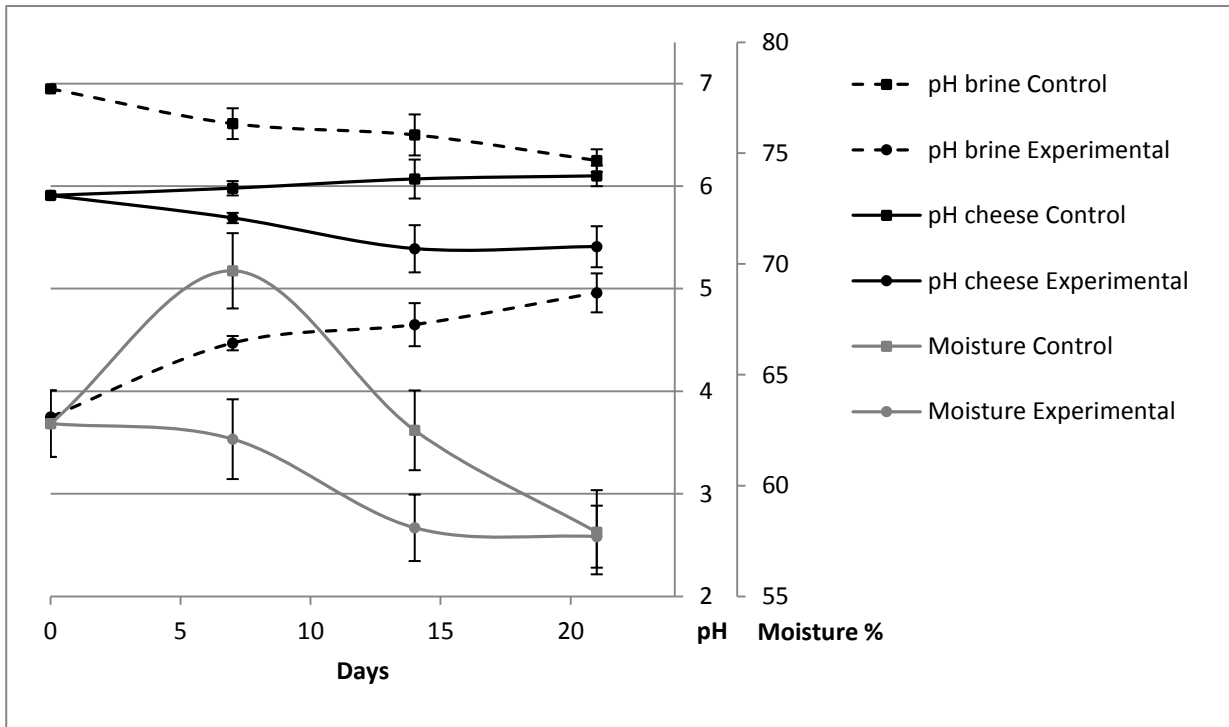


Figure n. 1

Figure 2



Figure n. 2

Figure 3

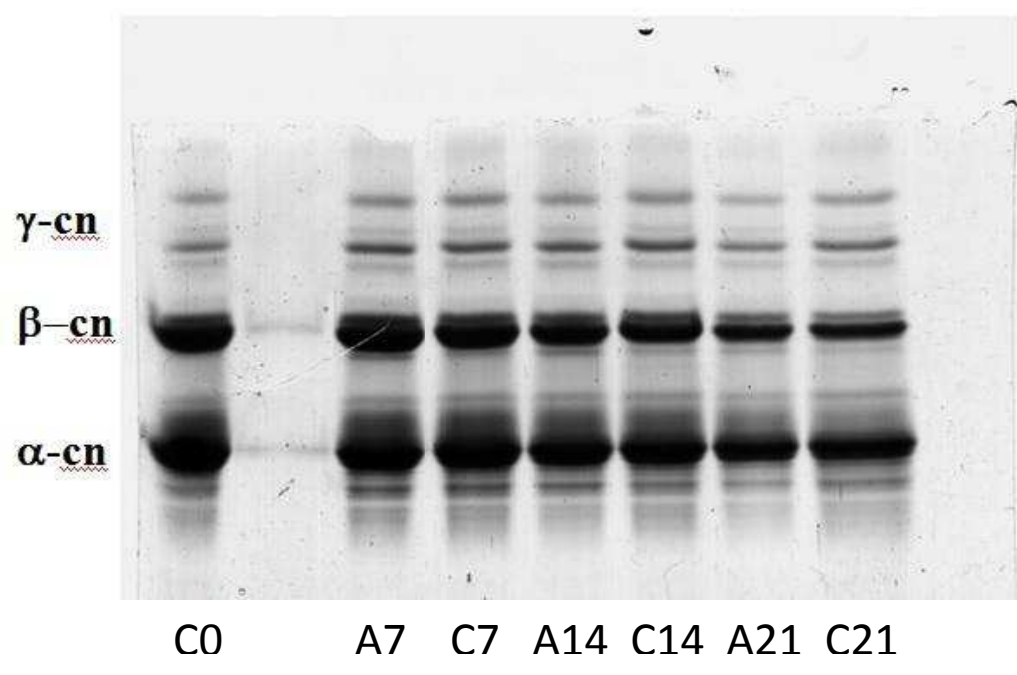


Figure n. 3