1 The effect of pH on the fat and protein within cream cheese and their influence on 2 textural and rheological properties

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15 Highlights

- Variation in acid gel pH affects the microstructure of cream cheese
- Greater protein hydration at pH 5.0 leads to bigger protein-fat aggregates
- Reduced interaction between whey protein and casein contributes to softer cheese
- Aggregated β -sheet protein increases and β -turn protein decreases in cheese at pH 4.3

20 Abstract

The effect of variation in acid gel pH during cream cheese production was investigated. The 21 22 gel microstructure was denser and cheese texture firmer, as the pH decreased from pH 5.0 23 to pH 4.3, despite the viscoelasticity of these gels remaining similar during heating. Protein hydration and secondary structure appeared to be key factors affecting both cheese 24 25 microstructure and properties. Proteins within the matrix appeared to swell at pH 5.0, leading 26 to a larger corpuscular structure; greater β -turn structure was also observed by synchrotron-27 Fourier transform infrared (S-FTIR) microspectroscopy and the cheese was softer. A 28 decrease in pH led to a denser microstructure with increased aggregated β-sheet structure 29 and a firmer cheese. The higher whey protein loss at low pH likely contributed to increased cheese hardness. In summary, controlling the pH of acid gel is important, as this parameter 30 31 affects proteins in the cheese, their secondary structure and the resulting cream cheese.

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Keywords: Cream cheese; Microstructure; Fat and protein aggregates; pH of cheese;
 Rheological properties, Texture, Synchrotron FTIR microspectroscopy, Protein secondary
 structure

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37 **1. Introduction**

38 A number of factors affect the properties of cream cheese including: the milk composition 39 and processing parameters (Brighenti, Govindasamy-Lucey, Jaeggi, Johnson, & Lucey, 2018), the pH of the cheese (Aliste & Kindstedt, 2005; Monteiro, Tavares, Kindstedt, & 40 Gigante, 2009), the degree of whey separation and moisture content of the cheese (Ong. 41 Kentish, & Gras, 2018), the homogenization of curd (Sanchez, Beauregard, Chassagne, 42 Bimbenet, & Hardy, 1994) and the cooling rate of the cheese (Sanchez, Beauregard, 43 Chassagne, Duquenoy, & Hardy, 1994). The cheese microstructure also influences product 44 45 texture and functionality (Everett & Auty, 2008). Previous studies, however, have mainly focused on the rheological properties of cream cheese, with only a few reports describing 46 47 the impact of the microstructure of cream cheese on product functionality.

pH is a particularly important parameter during cream cheese production. The pH of 48 49 cream cheese may vary, especially in a semi-continuous process where a large tank is used for fermentation. The final pH after fermentation is normally controlled by cooling a single 50 batch in a fermentation tank or by mixing batches with different pH. This is followed by heat 51 52 treatment for whey separation, which effectively stops the activity of the starter culture, 53 preventing further changes in pH. The pH at the point of whey separation is known to affect 54 product texture, as a pH > 4.7 was reported to produce cream cheese with soft texture and a 55 pH < 4.6 resulted in cheese with a grainy texture (Lucey, 2011). The underlying factors that led to these changes in texture, however, have not been described. Other studies have 56 57 examined the effect of pH from 4.0 to 7.2 by exposing the finished cheese to an atmosphere of a volatile base such as ammonia, or a volatile acid such as acetic acid (Aliste et al., 2005; 58 Monteiro et al., 2009). The protein network that surrounded the fat droplets within the cheese 59 matrix was reported to increase in volume with increasing pH, possibly due to the swelling of 60 the casein network. Whilst the use of a volatile acid or base solution provides some scientific 61 62 insights, it is not consistent with industry practice, suggesting that further detailed study of the changes that occur in situ during production will improve our understanding of the impact 63 of this processing variable on product functionality. 64

Changes in pH affect the charge of a protein, the protein conformation and its stability 65 66 against denaturation. Previous studies have investigated the effect of pH on whey protein 67 denaturation in several media including whey (Donovan & Mulvihill, 1987), distilled water with purified proteins (de Wit & Klarenbeek, 1984) and milk (Anema, 2018). The stability of 68 α -lactalbumin (LA) in whey was reported to be relatively independent of pH, while β -69 70 lactoglobulin (LG) was found to be less stable at higher pH such as pH 6.7 (Donovan et al., 71 1987). Similarly, in pH adjusted water, the thermostability of β-LG decreased as the pH 72 increased from pH 3.0 to pH 7.5 (de Wit et al., 1984). In milk, the level of denaturation of β - ⁷³ LG and α -LA was also reported to increase as the pH became more alkaline from pH 5.2 to ⁷⁴ pH 8.8 (Law, Banks, Horne, Leaver, & West, 1994).

75 The association of whey and casein proteins is also determined by the pH at which the sample is heated (Vasbinder & de Kruif, 2003). Heat treatment results in the exposure of the 76 77 reactive thiol in β -LG that can form disulphide bonds with other proteins including κ -casein. α_{s2} -casein and α -LA. The α -LA lacks free thiol groups but has four disulphide bridges that 78 can bind to the thiol groups of β-LG. Oldfield et al. (2000) showed that the association of 79 both β -LG and α -LA with the casein micelles increased at pH 6.48 compared to pH 6.83, but 80 81 this study did not extend to the pH range relevant to the heating of acid milk gels during 82 cream cheese production (i.e. pH 4.3 - pH 5.0). The changes in pH or temperature also affects protein secondary structure and has been shown to impact on the functionality of 83 individual isolated proteins (Georget & Belton, 2006; Pikal-Cleland, Rodriguez-Hornedo, 84 Amidon, & Carpenter, 2000). 85

Changes in pH also affect the solubility of calcium and the total calcium in cheese. In 86 milk, the calcium in the colloidal phase solubilizes during acidification and becomes 87 88 completely soluble in the aqueous phase at pH 3.5 (Wolfschoon-Pombo & Andlinger, 2013). 89 The total calcium remaining in cream cheese therefore depends on the pH at which the curd 90 is separated from the whey. The total calcium in natural cheeses, such as Cheddar, ranges 91 from 20-40 mg/g protein, whereas in acid curd cheeses the remaining calcium is only <6 mg/g of protein for Cottage cheese and 10 mg/g protein for cream cheese, due to the low pH 92 93 of the curd after the whey removal (Wolfschoon-Pombo et al., 2013).

Understanding how pH affects the aggregation of protein and fat during cream cheese 94 making and how whey protein and calcium contributes to this structure is important, as this 95 information will allow a more complete understanding of how the unique structure of cream 96 cheese is developed. This information can also be used by manufacturers to optimise and 97 98 tailor the final microstructure and texture of the cheese. The current study aims to 99 understand how variation in the pH of acid gels typical of cream cheese manufacture, affects the microstructure of the gel and the whey properties and how these changes subsequenty 100 affect the microstructure and texture of the final product. We also apply a new synchrotron 101 102 Fourier transform infrared (S-FTIR) microspectroscopy method (Pax, Ong, Vongsvivut, 103 Tobin, Kentish, & Gras, 2019) to examine how these changes in pH affect the conformation of proteins within the structure of cream cheese in its natural condition with minimal sample 104 105 preparation.

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107 2. Material and Methods

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109 2.1. Production of cream cheese with different pH

110 Milk standardized to a final concentration of $12.0 \pm 0.4 \%$ (w/w) fat and $3.3 \pm 0.1 \%$ (w/w) 111 protein, homogenized at 14 MPa at 55 °C and pasteurized at 72 °C for 15 s was collected 112 from a commercial plant (Victoria, Australia). The processed milk was stored in a 4 °C cold 113 room and used for cream cheese-making within 1 week.

114 Eight batches of cream cheese were prepared (two independent batches for each of four pH treatments). For each batch, 2 kg of of milk was tempered to 22 °C in a kettle (GSM 115 Sales, Rose Park, Australia) with stirring at 500 revolutions per minute (rpm) for 30 min prior 116 to the addition of 0.01 % w/w frozen mesophilic starter culture (Chr. Hansen, Victoria, 117 Australia). The final pH (4.3, 4.5, 4.7 or 5.0) was controlled by adjusting the time of the 118 fermentation, which ranged between 14-19 h. When the target pH was achieved, the 119 fermentation was stopped by heating the acidified milk gel to 80 °C for 10 min with stirring at 120 500 rpm. This was followed by centrifugation in a Sorvall RC6 Plus centrifuge (Thermo 121 122 Scientific, Victoria, Australia) at 5,000 x g for 10 min according to a previously published protocol (Ong et al., 2018) to separate the curd from the whey. 123

To standardize the moisture content in the final cheese, a small portion of the expelled whey was added back to the kettle with the curd. The following equations were used to achieve a standard moisture content of 52 % w/w in the final cheese or total solids of 48 % w/w (*Ts cheese*). First, a theoretical target weight of whey was estimated based on the initial total solids of the milk (*Ts milk*, 20.8 ± 0.2 % w/w) and total solid of the whey (*Ts whey*, 6.6 ± 0.1 % w/w):

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$$Target whey separation = Weight of milk - \left(\frac{Ts \ milk - Ts \ whey}{Ts \ cheese - Ts \ whey} x \ Weight of \ milk\right)$$

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The amount of whey to be added to the curd was then calculated from the difference between the actual weight of whey separated during cheese making and the theoretical target whey separation:

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After centrifugation, the curd samples were immediately re-heated in a kettle to 80 °C with stirring at 500 rpm for 10 min followed by the addition of a mixture of sodium chloride at 1 % w/w of curd, locust bean gum at 0.25 % w/w of curd and guar gum at 0.25 % w/w of curd. The heat treatment continued for another 30 min at 80 °C and the hot cheese was packed in 200 mL sample containers prior to storage at 4 °C.

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145 **2.2. Microstructure analysis**

146 The microstructure of the gel and cream cheese samples were analysed using an 147 inverted Leica SP8 confocal laser scanning microscopy (CLSM, Leica Microsystems, Heidelberg, Germany). Samples were stained with Nile Red and Fast Green FCF (both from 148 149 Sigma, Victoria, Australia), as described previously (Ong et al., 2018). Cheese samples were 150 also analysed using a field emission gun scanning electron microscope (SEM, Quanta, FEI, Oregon, USA) following an established method (Ong, Dagastine, Kentish, & Gras, 2011). 151 Two samples were prepared for each batch of cheese giving a total of four samples 152 153 analysed for each pH treatment and representative images are presented.

Image analysis of the CLSM images was performed using Imaris software (Bitplane, 154 South Windsor, CT, USA), as previously described (Ong et al., 2011). In brief, a 3D image 155 was constructed from 20-30 layers of 2D images with the separation between plane set to 156 0.3 μ m, giving a total image depth of 6-9 μ m. The porosity was assessed by examining the 157 fraction of the non-stained section of the 3D image of the gel. To quantify the size of the 158 corpuscular structure, a new surface was created only for the fat channel using the 'create 159 160 surface' function and the particle size quantified in Imaris. The close proximity of multiple fat-161 protein clusters prevented thresholding of individual clusters with both protein and fat 162 present. By applying thresholding to the fat aggregates, clearly separated clusters could be 163 obtained and could be used as an indicator for changes within the corpuscular structure. Within the cheese microstructure, there are also free fat particles and large corpuscular 164 structures > 10 µm in size. These large structures were also guantified by calculating the 165 percentage of fat particles where the largest diameter was $> 10 \mu m$. 166

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168 **2.3. Texture analysis**

The firmness of the gel and cream cheese samples were measured at 10 °C ± 1 °C 169 using a TA.HD texture analyser (Stable Micro Systems, Surrey, UK) equipped with a 5 kg 170 load cell. Samples were tempered to 10 °C in an incubator (Thermoline, Victoria, Australia) 171 prior to analysis. Cylindrical probes 10 mm in diameter or 5 mm in diameter were used for 172 the gel and cheese samples respectively during the penetration test. The trigger force was 173 174 set to 3 g and the test speed was set to 2 mm/s and 5 mm/s for the gel and cream cheese 175 samples respectively. The firmness of the samples was recorded as the maximum force required to penetrate the samples by 10 mm. The texture measurement was performed in 176 177 triplicate for each batch, giving a total of six samples analysed for each pH treatment. The 178 data are presented as the mean \pm the standard deviation of the mean (n = 6).

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180 2.4. Rheological properties

The rheological properties of the gels were assessed using an AR-G2 rheometer (TA Instrument, New Castle, USA). Temperature sweep analysis from 20 °C to 90 °C was performed using a parallel plate 40 mm in diameter and the temperature increment was set at 5 °C for 90 s. A strain of 0.1 % was used as it was found to be within the linear viscoelastic region (LVR). Two gel samples were analysed for each batch (i.e. 4 samples for each pH treatment) and the data are presented as the mean ± the standard deviation of the mean (n = 4).

Cream cheese samples were prepared for rheological analysis following a published 188 189 method (Ong et al., 2018). Briefly, the cheese samples were formed into a cylindrical shape of 10 mm in height and 20 mm in diameter using a plastic syringe with the end of the syringe 190 removed. The sample was analysed at 10 °C, as this temperature is most commonly used 191 192 for further processing of cream cheese (e.g. for baking). A frequency sweep from 1 Hz to 100 Hz at a constant strain of 0.01 % was performed for the cheese samples using a 40 mm 193 parallel plate with the gap set to 2 mm. Two analyses were conducted for each batch of 194 195 cheese in each trial. A total of 4 measurements were obtained for each pH treatment and the 196 data presented are the mean \pm the standard deviation of the mean (n = 4).

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198 **2.5.** Protein profiles of whey at different pH

Sodium dodecyl sulphate polyacrylamide gel electrophoresis (SDS-PAGE) was used to analyse the protein within the whey samples collected for cheese processed at different pH. Samples 8 µL in volume were prepared and loaded onto a 4-12 % tris-glycine gel (Life Technologies, Victoria, Australia). The gel was scanned using a Fuji Film Dark Box (Brookvale, Australia) and the intensity of the band was analysed using Fuji Film LAS 3000 software.

A molecular weight ladder (Precision Plus, Bio-Rad, Victoria, Australia) and a whey sample obtained during cream cheese production where heat was not applied prior to whey separation (Ong et al., 2018) were also loaded in duplicate, together with the experimental whey samples. This reference sample allows a semi-quantitative comparison of the degree of denaturation of the different whey proteins including β -lactoglobullin or α -lactalbumin relative to the whey proteins present in the unheated sample (Ong et al., 2018). The results were plotted as the mean ± the standard deviation of the mean (n = 4).

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213 **2.6.** Composition of whey and cream cheese

The protein content of the whey and cream cheese samples was analysed using an elemental analyser (LECO Corporation, Saint Joseph, MI, USA) where the nitrogen concentration was multiplied by a factor of 6.38. The fat content was analysed using the Babcock Method . The moisture content and dry matter were analysed by drying samples in an oven overnight at 102 °C. The pH of the samples was measured using a Mettler Toledo pH meter that was calibrated against pH 4.0 and pH 7.0 calibration solutions (Port Melbourne, Victoria, Australia). The protein, fat and moisture analysis were performed in duplicate for each batch of cheese and the results are presented as the mean \pm the standard deviation of the mean (n = 4).

The calcium content of the whey and cream cheese samples was analysed using 223 inductively coupled plasma optical emission spectrometry (ICP-OES, Varian Inc., PaloAlto, 224 CA, USA). Whey samples were diluted 100 times in purified water with a resistivity of 18.2 225 226 $M\Omega$ cm (Millipore MilliQ, Billerica, MA, USA). The cream cheese samples (1 g) were dried at 102 °C overnight prior to ashing at 600 °C for 6 h in a chamber furnace (Shimaden, Tokyo, 227 Japan). The ashes were dissolved in 1 mL of nitric acid (68 %) and 1 mL of hydrochloric acid 228 (32 %) (both from Univar, Ingleburn, NSW, Australia) followed by dilution with purified water 229 to a total volume of 10 mL. A series of calcium chloride dihydrate (Merck, Bayswater, Vic, 230 Australia) standard solutions (0-1.36 mg/mL) were also analysed and used as a standard 231 curve to estimate the concentration of calcium in the whey or cheese samples. The data are 232 233 plotted as the mean \pm the standard deviation of the mean (n = 2).

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235 2.7. Synchrotron Fourier transform infrared microspectroscopic analysis of cream 236 cheese

The S-FTIR data collection, processing and analysis were performed following our 237 previously published method (Pax et al., 2019). In brief, the measurement was conducted at 238 the Australian Synchrotron Infrared Microspectroscopy (IRM) Beamline (Victoria, Australia), 239 240 using an in-house adapted macro-attenuated total reflection (macro-ATR) device (Vongsvivut et al., 2019) coupled with a 250 µm diameter facet germanium (Ge) ATR crystal 241 and a water circulating temperature control unit (Huber Ministat[®], Scitek, New South Wales, 242 Australia). The IRM beamline was equipped with a Bruker Vertex 80v spectrometer coupled 243 with a Hyperion 2000 FTIR microscope and a liquid nitrogen-cooled narrow-band mercury 244 cadmium telluride (MCT) detector (Bruker Optik GmbH, Ettlingen, Germany). All S-FTIR 245 spectra were recorded within a spectral range of 3800-700 cm⁻¹ using 4 cm⁻¹ spectral 246 resolution operated by OPUS 7.2 software suite (Bruker). 247

Chemical maps ($60 \mu m \times 60 \mu m$) of cream cheese samples produced at pH 4.3, 4.5 and 5.0 were acquired with a focused beam 3.1 µm in diameter with a step interval of 1 µm. Two cream cheese samples were analysed for each pH treatment and representative chemical images and average spectra are presented. This analysis resulted in the acquisition of 3600 spectra for each replicate sample.

Atmospheric compensation was first performed using the OPUS 7.2 software (Bruker), to remove interference from atmospheric water and carbon dioxide from the spectra. Next the resultant absorbance spectra in each chemical map were pre-processed using a noise
reduction algorithm, second derivatization with 13 smoothing points and vector normalization
in CytoSpec[™] v. 1.4.02 software (Cytospec Inc., Boston, MA, USA).

Hierarchical cluster analysis (HCA) was subsequently performed using the pre-258 259 processed and normalized second derivative spectra using two spectral ranges that contain the biological bands of interest corresponding to lipids and proteins (i.e. 3000-2800 cm⁻¹ and 260 1800-1100 cm⁻¹). The HCA discriminated the spectra in each chemical map into five clusters 261 according to their spectral features. In this study, only the clusters that contained spectra 262 with high protein to fat ratio were selected (approximately 350-750 spectra for each replicate 263 group) and subsequently processed for the principal component analysis (PCA) using The 264 Unscrambler® 10.1 software package (CAMO Software AS, Oslo, Norway), as previously 265 described by Pax et al. (2019). 266

Prior to PCA, the spectra were also processed using an extended multiplicative scatter 267 correction (EMSC) algorithm, based on the same spectral regions that contain biological 268 bands associated with proteins and lipids (i.e. 3000-2800 cm⁻¹ and 1800-1100 cm⁻¹). In 269 270 principle, the EMSC algorithm removes light scattering artefacts and normalizes the spectra 271 accounting for pathlength differences, which reportedly yields more robust calibration models 272 and thereby an improved discrimination accuracy. After that, PCA was conducted on the 273 same biological regions (3000-2800 cm⁻¹ and 1800-1100 cm⁻¹), as well as on the amide I 274 protein region alone $(1700-1600 \text{ cm}^{-1})$.

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276 2.8. Data analysis

277 Statistical analysis was carried out using the Minitab statistical package (Minitab Inc, 278 State College, PA, USA), where one way analysis of variance and Tukey's paired 279 comparison were used to compare the statistical significant between means. A significance 280 level α = 0.05 was used throughout the study.

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282 3. Results and Discussions

283 **3.1.** The effect of pH on the gel properties

The microstructure of the acidified homogenized milk prepared for cream cheese making at different pH (pH 4.3, 4.5, 4.7 and 5.0) was first assessed. Such microstructure has been reported previously at pH 4.5, where 'fat clusters' or 'homogenization clusters', ~0.9 μ m in diameter could be observed. These clusters form as a result of the high fat to protein ratio in the milk, which led to insufficient milk protein to cover the increased surface area of fat globules following homogenization (Ong et al., 2018).

The time taken to ferment these samples to the desired pH varied from ~14 to ~19 h (pH 4.3, 19 \pm 2 h; pH 4.5, 17 \pm 1 h; pH 4.7, 15 \pm 0 h and pH 5.0, 14 \pm 2 h). As the pH reduced

during fermentation, the protein and fat clusters aggregated further forming a three dimensional network (Fig. 1a). Pores containing the aqueous serum could be observed but the fat clusters were less visible in this gelled structure. The protein and fat network was found to be more continuous at a lower pH (e.g. pH 4.3), with smaller pores compared to the more porous microstructure observed at a higher pH (e.g. pH 5.0). The porosity of the gel determined by image analysis clearly decreased as the pH decreased to pH 4.3, confirming this visual observation (Fig. 1b).

The physico-chemical mechanisms involved in the formation of the gel network during 299 300 acidification of homogenized milk has been reported in previous studies (Lucey, Munro, & Singh, 1998). At pH ~5.0 or lower, colloidal calcium phosphate (CCP) is fully solubilized in 301 milk but a small proportion of CCP may remain in cheese, possibly due to the protective 302 303 effect of the greater solids concentration (Lucey & Fox, 1993). As the pH becomes close to the isoelectric point of casein (pH 4.6), the net negative charge on the casein decreases, 304 which leads to a decrease in electrostatic repulsion, an increase in hydrophobic interactions 305 between casein molecules and an increase in aggregation. In this study, aggregation was 306 307 observed at all final pH. At pH 5.0, however, the gel was much softer than at a lower pH (Fig. 308 1b). At high pH above the isoelectric point of casein (i.e. pH 4.6), aggregation is known to 309 occur in heat treated milk samples due to the denaturation of β -LG, which has a higher 310 isoelectric point (~pH 5.3) (Lucey et al., 1998). The gel firmness continues to increase as the pH of the sample decreases closer to the isoelectric pH of casein, due to the increased 311 aggregation including casein aggregation, consistent with the decreased porosity observed 312 for these samples. 313

In cream cheese making, the acidified gel is usually heated once the targeted pH is 314 achieved, stopping the activity of the starter culture and facilitating whey separation. The 315 properties of the gels during heating from 20 °C to 90 °C were therefore assessed in a series 316 317 of temperature sweep experiments using a rheometer, as shown in Fig. 1c. In general, the differences in gel pH did not change the temperature sweep profile or the trend in storage 318 modulus (G'), loss modulus (G") and delta tangent (δ). The G' was higher than the G" for all 319 samples, an observation typical of elastic gel structures. The starting G' was higher for 320 samples with a lower pH, consistent with the greater gel firmness observed for these 321 322 samples but no significant differences could be observed between the pH treatments as the 323 temperature increased.

In all samples, the structure appeared to weaken during heating from 20 °C to 60 °C, as indicated by a decrease in G', possibly due to the liquefaction of fat and the loss of structural support due to fat coalescence. The similar trends indicate that the fat melting point is independent of the sample pH, as may be expected. Around ~55 °C, the delta tangent was

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the highest for all samples, suggesting the samples had a lower elasticity at this temperature, again regardless of gel pH.

Increases in G' above 80 °C were not statistically significant. More prolonged heating, however, may potentially lead to significant protein aggregation. For example, Modler et al. (1989) observed a grittiness in cheese spread made from vat-pasteurized milk heated at 63 °C for 30 min followed by curd heat treatment at 80 °C for 10 min that was attributed to the presence of particles consisting mainly of compacted protein. Further study is required to examine the link between the heating rate of the acid gel and the potential development of such grittiness.

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338 **3.2.** The effect of pH on whey and cream cheese composition

The changes in gel microstructure observed in Fig. 1a as a function of pH led to 339 changes in the water holding capacity and the amount of whey released during cheese-340 making (Fig. 2a). The volume of whey released was significantly lower (P < 0.05) at the 341 lowest pH measured, possibly due to the higher gel strength (de Kruif, S.G., Zhu, Havea, & 342 343 Coker, 2015). To standardize the moisture content of the samples during cheese making, as 344 occurs in industry practice, a portion of whey was added back to the kettle, along with the 345 curd, as described in Section 2.1. In this way, the moisture content of the final cream cheese 346 was statistically similar (P > 0.05, Fig. 2b) minimizing the effect of moisture variation on the properties of the cheese. 347

The amount of calcium lost in the whey was significantly higher (P < 0.05) at lower pH (i.e. pH 4.3, pH 4.5 and pH 4.7) compared to at pH 5.0 (Fig. 2c). This was expected, as calcium is more soluble at a lower pH (Wolfschoon-Pombo et al., 2013). The higher calcium loss resulted in lower total calcium in the cream cheese with lower pH. Only a small amount of fat or protein was lost in the whey and the concentration of fat and protein was not significantly affected by the pH treatment (P > 0.05) (Fig. 2d). As a result, the fat and protein composition of the final cream cheese did not significantly differ (P > 0.05) (Fig. 2e).

355 Changes to the protein profile in the whey is one consequence of changes in the pH of the acid gel. The heat treatment of milk is known to cause several complexes including i) the 356 association of whey proteins with casein micelles mainly through β - LG and κ -casein ii) the 357 358 interaction of α -LA with β -LG and iii) the interaction of whey proteins with fat globules (Corredig & Dalgleish, 1996, 1999). In this study, the gels acidified to different pH were 359 360 heated to 80 °C for 10 min prior to whey separation and the protein profiles of the samples 361 within the whey at different pH were then examined using SDS-PAGE (Fig. 2f, Supplementary Information Fig. 1). 362

As expected, the extent of denaturation of α-LA in the samples was greater than β-LG due to the higher denaturation temperature of β-LG (65.2 °C vs 72.8 °C for α-LA and β-LG, 365 (Ruegg & Moor, 1977). The intensity of the band of β -LG and α -LA in the heat treated whey 366 samples relative to the intensity of the band in the sample without heat treatment was within 367 75-95 % compared to 30-65 % for α -LA and β -LG, respectively (Fig. 2f). Lactoferrin (LF) and 368 serum albumin (SA) that were present in the unheated samples, were not detected in any of 369 the heat treated whey samples, regardless of pH (Supplementary Information Fig. 1). This 370 was expected due to the lower denaturation temperature of LF and SA (64.7 °C and 62.2 °C, 371 respectively at pH 6.7).

The pH treatment significantly affected the extent of α -LA denaturation (P < 0.05), with 372 373 less α -LA in the whey at lower pH, indicating a higher level of denaturation and better retention in the cream cheese. The pH treatment did not significantly influence the β-LG 374 denaturation (P > 0.05). Fig. 2f shows ~25 % less α –LA was captured in the whey at pH 4.3 375 compared to at pH 5.0. Previously, lowering the pH has been shown to significantly 376 377 decrease the denaturation temperature of α-LA from 61.5 °C at pH 6.5 to 58.6 °C at pH 3.5 but no difference in the denaturation temperature was reported in pH range of 6.5-4.5. The 378 effect of lower pH observed in this study was possibly due to the lower denaturation 379 380 temperature of α -LA at pH below 4.5 (Bernal & Jelen, 1984). No significant variation in the 381 heat denaturation of β -LG has been reported in the pH range of 6.3-7.3 (Ruegg et al., 1977) 382 and conversley a separate study reported an increase in denaturation temperature from 71 383 °C at pH 8.6 to 85 °C at pH 3, making β -LG more resistant to denaturation at lower pH (Boye, Ma, Ismail, Harwalkar, & Kalab, 1997). This possibly explains the low extent of 384 denaturation of β-LG when the sample was heated to 80 °C at the pH range within 5.0-4.3 385 examined in this study. 386

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388 **3.3.** The effect of pH on cream cheese microstructure

The microstructure of cream cheese observed using CLSM (Fig. 3a) and cryo SEM (Fig. 389 390 3b) were also affected by the pH treatment examined here. This microstructure consists of a corpuscular structure, characterized by clusters of small fat globules coated extensively with 391 392 protein aggregates, as shown by the white circles. Cream cheese produced from acid gels with a lower pH had a more aggregated structure. Decreased electrostatic repulsion and 393 394 increased hydrophobic interaction at low pH possibly contributed to the observed increase in 395 aggregation, as the proteins were closer to the iso-electric point of caseins at pH 4.6, as the 396 pH decresed.

The size of the corpuscular structure also appeared to decrease as the cheese pH was reduced from pH 5.0 to pH 4.7 (Fig. 3a and 3b). This observation was confirmed in quantitative analysis of 3D images using an imaging software. The fat within these images was rendered separately, as illustrated in the representative 3D images of the cream cheese at pH 5.0 (Fig. 3c), as the close proximity of multiple fat-protein clusters prevented 402 thresholding of individual clusters with both protein and fat present. Using this method, 403 clearly separated fat clusters could be obtained and used to demonstrate the change in the 404 size of the corpuscular structure. The average size of the clusters decreased significantly (P < 0.05) from ~5 μ m in size for cream cheese at pH 5.0 to ~4 μ m in size for cream cheese at 405 406 pH 4.7 to pH 4.3 (Fig. 3d). Fig. 3e shows that the proportion of the fat clusters with a size 407 greater than 10 μ m was similar for cream cheese at pH 4.3 – pH 4.7, but was significantly higher (P < 0.05) in cream cheese at pH 5.0 when compared to cream cheese at pH 4.3 or 408 pH 4.7. 409

The protein networks within cheese are known to swell for a number of reasons. A 410 previous study indicated that this was potentially due to the increased hydration and 411 interaction between protein and water (Monteiro et al., 2009). In Mozzarella cheese, a lower 412 level of casein-associated calcium at lower pH is also known to promote casein-water 413 interactions that lead to protein swelling (McMahon, Fife, & Oberg, 1999). In this study, 414 protein swelling was visible in the cream cheese made from gels at a higher pH. While 415 greater calcium loss was observed in the whey at pH 4.3 – pH 4.7 (Fig. 2c), the smaller 416 417 quantity of casein-associated calcium is less likely to play a role in cream cheese compared 418 to its role in medium or hard cheeses. This is because the total calcium content (Fig. 2c) is 419 10 times lower than the total calcium level in Mozzarella cheese.

420 The capacity for water absorption in acid-precipitated casein was reported to be at its lowest in the pH ranges of 4.6 – pH 4.0 and increased as the pH increased towards neutral 421 pH (Ruegg & Blanc, 1976). This increased water absorption capacity at pH 5.0 compared to 422 pH 4.3 – pH 4.7 possibly contributed to the bigger corpuscular structure observed in this 423 424 study. At low pH, increased hydrophobic protein-protein interactions may cause the protein structure to contract, resulting in a smaller corpuscular structure, an observation that is 425 consistent with a previous study (Monteiro et al., 2009). Minimum swelling at pH near the 426 427 isoelectric point of a whey protein hydrogel has also been previously reported (Gunasekaran, Ko, & Xiao, 2007). Changes in the secondary structure could also contribute 428 429 to the changes in the corpuscular structure (see Section 3.5).

A schematic diagram summarizing the development of the microstructure of cream 430 cheese at different pH is presented in Fig. 4. During fermentation, the clusters of fat and 431 432 protein in the homogenised milk (Fig. 4a) aggregate as a result of charge neutralization, this occurs to a greater extent at lower pH. The increase in aggregation and network formation 433 434 leads to a gel structure with smaller pores as compared to the larger pores observed at 435 higher pH (Fig. 4c, Fig. 1a). These smaller pores trap more whey, resulting in less whey expulsion (Fig. 2a). At lower pH, greater CCP solubilisation leads to a higher calcium 436 concentration in the whey (Fig. 2c). The heat treatment of the gel causes shrinkage, whey 437 438 expulsion and the denaturation of whey protein (Fig. 4d, Fig. 2f). The denatured whey 439 protein is retained with the curd during whey separation. Heat treatment of the curd at 80 °C 440 and shearing at 500 rpm helps to disperse the gum, which binds the free serum within the 441 structure, preventing syneresis (Macdougall, Ong, Palmer, & Gras, 2019). The greater water 442 absorption capacity of the protein at higher pH leads to an increase in the size of the 443 corpuscular structure within the cheese (Fig. 3e).

Within the cheese microstructure there are also regions of coalesced fat (Fig. 4e), as shown by the white arrows in Fig. 3a. The appearance of the coalesced fat within the cheese, however, is not homogenous and could not be quantified within this study.

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448 **3.4.** The effect of pH on texture and rheological property of cream cheese

The firmness of the cream cheese increased when the pH was reduced from pH 5.0 to 449 pH 4.7 (Fig. 3f) but was not significantly different (P > 0.05) from pH 4.7 – pH 4.3. The 450 swelling of the protein, which led to larger corpuscular structures (Fig. 3a and 3b), possibly 451 contributed to the softer cheese at pH 5.0. These larger corpuscular structures could also 452 reduce particle to particle interactions, which may affect the firmness of the cheese. Further, 453 454 at this pH there are fewer interactions of whey proteins with caseins, as indicated by the 455 greater whey protein loss to the whey (Fig. 2f), which may also contribute to the lower 456 hardness of the cheese. This has been reported previously for acid gels, where milk without 457 added whey protein had a lower gel stiffness compared to samples where whey protein was added, when heated to 80 °C for 30 min (Anema, 2018). Our observation is also consistent 458 with previous studies (Monteiro et al., 2009), where the firmness of cream cheese was 459 reported to be lower at higher pH. 460

A frequency sweep during rheological analysis shows a significant increase in the storage modulus of the cream cheese at pH 4.7 – pH 4.3 compared to at pH 5.0 (Supplementary Information Fig. 2), consistent with texture analysis. These results illustrate the importance of controlling the pH of the cheese for optimum product texture and consistency. Whilst our study sought to change the pH uniformly across the sample, it also illustrates the potential of gradients of pH and heterogeneity within the acid gel that lead to changes within the product.

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469 **3.5. Synchrotron-FTIR microspectroscopic analysis of cream cheese**

S-FTIR microspectroscopy gave further evidence that the protein structure within the cream cheese was altered as a function of acid gel pH. The synchrotron macro ATR-FTIR technique used in this study, couples a highly intense synchrotron-IR beam into a high refractive index Ge hemispherical crystal (n = 4.0) in the ATR mode (Vongsvivut et al., 2019). This specific optical configuration leads to an improvement in spatial resolution to 1-3 µm comparable to CLSM and allows sub-micron step resolution between measurement 476 points suitable for high-resolution chemical mapping, whilst still maintaining a good spectral 477 signal-to-noise ratio (i.e. high-quality spectra). In particular, the macro ATR-FTIR device can 478 also be coupled with a water circulating temperature control unit, allowing the measurement 479 of dairy products to be performed at 4 °C, similar to their storage conditions, to ensure the 480 accuracy of the chemical information obtained (Pax et al., 2019).

481 Only cheese samples with pH treatments of 4.3, 4.5 and 5.0 were included in the S-FTIR analysis, given that samples at pH 4.5 and 4.7 had similar properties for a number of other 482 measures (Figs. 2 and 3). Figures 5a and 5b present the average high protein spectra of the 483 484 cream cheese produced at pH 4.3, pH 4.5 and pH 5, in forms of absorbance and second derivative spectral formats, respectively. Second derivatization, in particular, has been 485 widely used in spectroscopic analysis because the method not only eliminates baseline 486 effect, but also allows detection and positive identification of band components that are 487 hidden in the presence of a broad overlapping component, improving the accuracy of the 488 analysis in both qualitative and quantitative perspectives. 489

490 In all cases, the S-FTIR spectra revealed common characteristic features attributable to 491 the main components in the cream cheese including water, proteins and lipids. In the high 492 wavenumber region, the broad band observed in the range of 3600-3100 cm⁻¹ represents v(O-H) stretching modes of water molecules in the samples, whilst the triplet bands found 493 within 3000-2800 cm⁻¹ spectral range are associated with v(C-H) stretching vibrations of 494 methyl (-CH₃) and methylene (-CH₂) groups from both proteins and lipids. In the low 495 496 wavenumber region, the sharp peak at ~1745 cm⁻¹ is assignable to v(C=O) stretches of ester functional groups from lipids and fatty acids, and is therefore indicative of total lipids 497 (Vongsvivut, Heraud, Zhang, Kralovec, McNaughton, & Barrow, 2012). In particular, the 498 prominent bands at ~1650 and 1550 cm⁻¹ are attributed to amide I and II modes of proteins, 499 and are commonly known as the characteristic features of proteins (Barth, 2007). The amide 500 I band, which primarily represents v(C=O) stretches of the amide groups, is most often used 501 for characterising secondary protein structures because changes in the band shape and its 502 position reflect the contribution of different protein conformations in the analysed samples 503 504 (Yang, Yang, Kong, Dong, & Yu, 2015). Therfore, the amide I band was the main peak used 505 in this study for determining differences in protein conformation present in the cream cheese samples at different pH values. According to the second derivative features of the amide I 506 507 band in Fig. 5b2, the spectra of the cream cheese produced at all three pH values (i.e. pH 508 4.3, 4.5 and 5.0) revealed the most intense amide I band within the range of 1639-1634 cm⁻ ¹, indicating that the main protein conformation in the samples is in the form of β -sheet 509 structures (Barth, 2007). The slight shift of the amide I band observed for the cream cheese 510 at pH 5.0 (occurring at 1639 cm⁻¹ compared to at 1634 cm⁻¹ at pH 4.3) suggests a subtle, yet 511

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512 noticeable, change of v(C=O) interaction in the protein molecules with the surrounding 513 medium at a higher pH. A weak band at ~1666 cm⁻¹ suggests the co-existence of a smaller 514 number of β -turn protein structures (Barth, 2007) within the cheese.

In addition, FTIR spectral maps of the amide I bands were produced to reveal the distribution of β -sheet (1634 cm⁻¹) and β -turn (1666 cm⁻¹) protein structures in the cream cheese samples (Fig. 5c). A significant increase in the relative intensity of the β -turn conformation was qualitatively observed at higher pH (i.e. pH 4.5 and 5.0), along with a corresponding decrease in β -sheet conformation.

Principal component analysis (PCA) revealed differences in the molecular structure of 520 the cream cheese at pH 4.3, pH 4.5 and pH 5 based on the spectral regions corresponding 521 to both proteins and lipids (i.e. 3000-2800 cm⁻¹ and 1800-1100 cm⁻¹, Fig. 6a) and the 522 523 spectral region corresponding to amide I protein alone (1700-1600 cm⁻¹, Fig. 6c). When 524 including both protein and lipid compositions in the PCA, the cream cheese samples 525 produced at the three pH appeared to separate into distinct clusters along the PC2 axis, 526 which accounted for 22 % of the total variability (Fig. 6a). According to the corresponding 527 PC2 loadings plot (Fig. 6b), the separation is primarily caused by the strong loading at 1175 cm^{-1} (i.e. $v_s(C-O-C)$ of esters from lipid triglycerides and fatty acids), the loadings at 2928 528 cm^{-1} and 2916 cm^{-1} (i.e. v(C–H) stretches from methyl and methylene groups of lipids) and 529 530 the weak loading at 1750 cm⁻¹ (i.e. v(C=O) of esters from lipid triglycerides and fatty acids). 531 These data suggest that differences in lipid composition are responsible for the separation. In addition, a subtle change in the β -sheet protein structure was also observed, as a very 532 weak loading at 1637 cm⁻¹, indicating a slightly higher amount of the β -sheet protein in the 533 cream cheese at pH 4.3, consistent to the result presented in the chemical images in Fig. 5c. 534

When only the amide I region (1700-1600 cm⁻¹) was used in the PCA, the resultant 535 536 scores plot in Fig. 6c clearly shows distinct separation of the spectral clusters from the three 537 cream cheese groups along the PC1 axis, accounting for 61% of the variation. Based on the PC1 loadings plot (Fig. 6d), the separation was caused predominantly by the strong loading 538 at ~1620 cm⁻¹ attributed to aggregated intermolecular β -sheet structures (Lefevre & 539 540 Subirade, 1999). This loading feature suggests that a greater amount of this form of 541 aggregated β -sheet protein structure exists in the cream cheese produced at a lower pH (pH 4.3), compared to in the cream cheese produced at higher pH (pH 4.5 and pH 5), which is 542 again consistent with the result previously obtained in FTIR spectral maps of the cheese 543 544 (Fig. 5c). These aggregated structures are known to form as a result of heat treatment above 80 °C (Lefevre et al., 1999; Wu, Bertram, Kohler, Bocker, Ofstad, & Andersen, 2006). Also 545 contributing to PC1 separation were peak shifts associated with β -sheet structures (1634-546 547 1639 cm⁻¹, Fig. 5b2), particularly at lower pH. These alterations are consistent with the

previously observed denaturation of whey proteins that led to an observed increase in intermolecular anti-parallel β -sheet structures (Clark, Saunderson, & Suggett, 2009). The PC1 separation is also associated with a higher proportion of β -turn structure (~1666 cm⁻¹) with higher pH (Fig. 5c). High concentrations of β -turn structure have been associated increased protein hydration in wheat gluten (Georget et al., 2006). The increased protein hydration at higher pH observed here is consistent with the increased size of the corpuscular structure that was evident at higher pH, especially at pH 5 (Fig. 3).

In addition, the separation of the spectral clusters for cream cheese at pH 4.3 and pH 5 from clusters at pH 4.5 in the direction of the PC2 axes, as shown in the scores plot (Fig. 6c), can be explained using the PC2 loadings plot (Fig. 6d, at ~1670 cm⁻¹, 1653 cm⁻¹ and 1634 cm⁻¹). These features suggest that proteins within the cream cheese formed at pH 4.3 and pH 5, likely differ in β -turn, α -helix and β -sheet structural conformation respectively, compared to proteins within the cheese formed at pH 4.5.

The increase in aggregated β -sheet structure observed with decreasing cream cheese pH is likely related to the denser microstructure and greater firmness observed in pH 4.3 samples. A more dense protein matrix has previously been observed with increased aggregated β -sheet structure in other food samples, including foie gras (Théron et al., 2014), providing further evidence that secondary structures are an important contributor to product structure and function.

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568 4. Conclusions

Good control of acid gel pH prior to whey separation is important to minimize variation in 569 cream cheese product microstructure and texture. Any variation in acid gel pH prior to whey 570 separation can alter the incorporation of whey proteins and calcium content of the cheese, 571 changing the resulting microstructure and texture. Protein swelling, larger corpuscular 572 structures, reduced interactions between whey proteins and casein and increased β-turn 573 574 protein structure all possibly contribute to the lower hardness of cream cheese at higher pH. 575 Conversley, a lower pH leads to a denser microstructure, smaller corpuscular structure, 576 increase in aggregated β -sheet protein structure and a firmer cream cheese product. 577 Knowledge of the contribution of pH to structure development in cream cheese improves our understanding of the link between process parameters, microstructure and function and can 578 579 assist in the optimization and tailoring of product texture.

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Conflict of interest 592

- The authors declare no conflict of interest. 593
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717 Figure legends

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Fig. 1. a) The microstructure of acid gel at pH 4.3, pH 4.5, pH 4.7 and pH 5.0 obtained using 719 720 CLSM. Nile red stained fat appears red and Fast green stained protein appears green. The 721 scale bar is 10 μ m in length. b) The porosity of the gel determined by image analysis (\Box) and 722 the firmness of the gels measured using a texture analyser (\bullet) . c) The viscoelastic property of the gels (\bullet , storage modulus G'; \Box , loss modulus G" and Δ , delta tangent δ (G"/G')) during 723 724 temperature sweep analysis from 20 °C to 90 °C with the temperature increment set at 5 °C 725 for 90 s. Error bars are standard deviation of mean (n = 6 for gel firmness measurement and 726 n = 4 for temperature sweep analysis).

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Fig. 2. a) The amount of whey released during cheese making. b) The moisture content of the final cream cheese. (c) The concentration of total calcium in whey (\diamond) and in cheese (**n**). (d) The concentration of protein (•) and fat (\Box) in whey. (e) The concentration of protein (•) and fat (\Box) in cheese. (f) The proportion of undenatured whey protein (\Box , β –lactoglobullin (LG) and •, α –lactalbumin (LA)) relative to the concentration of β -LG and α -LA in the sample without heat treatment. Errors bars are standard deviation of mean (n = 2 for whey released and calcium concentration, n = 4 for moisture, fat, protein and whey analysis).

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736 Fig. 3. Microstructures of cream cheese at pH 4.3, pH 4.5, pH 4.7 and pH 5.0, observed 737 using a) CLSM and b) cryo SEM techniques. Nile red stained fat appears red and Fast green 738 stained protein appears green in CLSM images. Circles indicate the corpuscular structure. White arrows indicate fat coalesced. The scale bar is 10 µm in length. c) Representative 3D-739 740 images of fat (red, left) and protein (green, right) constructed from 30 layers of 2D images 741 with gap between layers set at 0.3 µm giving a total thickness of 9 µm. (d) The effective 742 mean diameter of the fat aggregates, (e) the proportion of fat aggregates > 10 μ m and (f) the 743 firmness of the cheeses at different pH.

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Fig. 4. Schematic diagram illustrating the microstructure of standardized milk within which the casein micelles (CM), fat globules (FG) with intact milk fat globule membrane (MFGM) and whey protein are dispersed (a), the changes in the microstructure after milk homogenization (inset showing the replacement of MFGM with CM and whey protein (WP)) (b), and the fermentation of the milk to higher pH (5.0) and lower gel pH (4.3-4.7), which lead to different three dimensional gel networks (c). The heat treatment and whey separation lead to compact gel particles (d). Further heating and curd texturizing leads to the formation of cream cheese (e), which consists of corpuscular structures that are larger at higher pH than
at lower pH, dispersed gum that binds free serum within the structure and free fat. Fat is
illustrated in red, protein in green and whey protein as blue dots.

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Fig. 5. S-FTIR analysis of cream cheese showing the average normalised absorbance (a) 756 and their corresponding second derivative (b1) spectra extracted from the areas of high 757 protein to lipid ratio, as determined by HCA. The broken line in (b1) indicates the range of 758 the amide I region (1600-1700 cm⁻¹) used for the plot in (b2). FTIR spectral maps of amide I 759 760 bands showing the spatial distribution of protein secondary structures including β-sheet and 761 β -turn as a function of cream cheese pH (c). Red indicates a high concentration of the structure and dark blue indicates a low concentration, as indicated by the colour intensity 762 763 scale on the right. Representative images were selected for each pH treatment. The scale 764 bars are each 20 µm in length.

765

Fig. 6. PCA scores (a, c) and loading plots (b, d) obtained using second derivative spectra
extracted from areas containing high protein in the cream cheese samples with varying pH.
(a) Spectral range between 3000-2800 cm⁻¹ and 1800-1100 cm⁻¹ and (b) spectral range

within the amide I region $(1700-1600 \text{ cm}^{-1})$.



a)

c)

рΗ







Free fat



Figure 6

