Many cheeses rely on the conversion of sugar into acid. Also known as fermentation, glycolysis refers to the conversion of lactose into lactic acid.

NAME

glyco•lysis

“glyco” refers to sugar

“lysis” means to break down

REACTION

Lactose (milk sugar) is converted into lactic acid by starter culture bacteria.

IMPORTANCE

Glycolysis is responsible for acidifying the curd/cheese for many varieties. Acid production has many downstream effects.

FLAVOR

TEXTURE

SAFETY

MELT

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