Arrera- Traditional defatted buttermilk from Ethiopia

Description

Camel4All.info

Arrera has a pleasant odor and taste and a similar color to ergo with a slightly smoother appearance and a thinner consistency. Its consistency is though thicker than that of fresh milk. It has also a much shorter shelf life compared to all other fermented milk products (only 24-48 h), even when smoke is applied to the equipment used for its storage.

This fermented milk product is consumed in all parts of the country as a beverage either plain or spiced. It is preferred by women for consumption as a side dish or as a drink. Being rich in several nutrients, it serves to enrich the diet. It is given to weaning aged children and elderly and is especially considered as food of children and women in rural areas. Surpluses are given to calves, lactating cows and dogs. It may indirectly serve as additional income for the women by its use as raw material for cottage cheese production, which may be sold in the market. Due to its relatively short shelf life and some traditional taboos or beliefs, Aarea is not sold in the market for direct consumption.

This information is shared by;

Marina ZandeJunior Product Manager at Chr. Hansen A/S

This fermented milk product is consumed in all parts of the country as a beverage either plain or spiced. It is preferred by women for consumption as a side dish or as a drink. Being rich in several nutrients, it serves to enrich the diet. It is given to weaning aged children and elderly and is especially considered as food of children and women in rural areas. Surpluses are given to calves, lactating cows and dogs. It may indirectly serve as additional income for the women by its use as raw material for cottage cheese production, which may be sold in the market. Due to its relatively short shelf life and some traditional taboos or beliefs, Arrera is not sold in the market for direct consumption.

Date Created
November 26, 2014
Author
raziqkakar