



Fermentation Process & Microbiology of Fermented Foods

By Manbir Singh

LAP Lambert Academic Publishing Mai 2017, 2017. Taschenbuch. Condition: Neu. Neuware - Fermented food products make up a significant part of diet in developing and developed nations. These act as vehicles of health promoting metabolites and probiotic organisms. These are currently being promoted to prevent or cure a range of diseases from obesity to cancer. In Food Fermentation Technology, growth and metabolic activities of microorganisms are utilized for the preservation and transformation of food materials. The metabolites of fermenting microorganisms inhibit growth of pathogenic and spoilage causing microorganisms which extends their shelf life. Fermentation introduces characteristic aroma, flavor, texture, and nutritional profile into food, besides removing anti-nutritional factors and toxins. Traditional food fermentation processes can be lactic acid, fungal or alkaline fermentations which produce fermented foods such as Yogurt, Sauerkraut, kimchi, meat sausages etc. Many fermented foods are highly nutritional and have anti-aging and anticancer properties. 140 pp. Englisch.

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