

handbook of fermented food pdf

This is a list of fermented foods, which are foods produced or preserved by the action of microorganisms. In this context, fermentation typically refers to the fermentation of sugar to alcohol using yeast, but other fermentation processes involve the use of bacteria such as lactobacillus, including the making of foods such as yogurt and sauerkraut. The science of fermentation is known as zymology.

List of fermented foods - Wikipedia

Kimchi (/ ɛ̃ˈ k ɛ̃ˈ m tɛ̃f iɛ̃ /; Korean: ê¹€¹, translit. gimchi, IPA:), a staple in Korean cuisine, is a famous traditional side dish made from salted and fermented vegetables, most commonly napa cabbage and Korean radishes, with a variety of seasonings, including gochugaru (chili powder), scallions, garlic, ginger, and jeotgal (salted seafood). There are hundreds of varieties of kimchi made ...

Kimchi - Wikipedia

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Idli is a fermented product prepared from rice and black gram batter by steam cooking . Idli is a white colored, small, round, and spongy product (). In 1485 and 1600 CE, idli was compared to the moon, which suggests that rice was in use. Use of rice along with pulses is necessary as a source of mixed natural microflora needed for efficient fermentation .

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