



FREQUENTLY ASKED QUESTIONS (FAQs)

Q.No. 1: what is fermentation?

Ans: Accordingly FAO, 1998 , defined fermentation as a slow decomposition reaction of organic substances accelerated by microorganisms or enzymes that essentially convert complex substances into simpler ones as carbohydrates to alcohols or organic acids.

Q.No. 2: Name different kind of fermented foods of India?

Ans: There are different fermented products in India such as Idli, Dosa, Dhokla, Bhatura, Misti dahi, Kadhi, Grundruk, Sinki, etc.

Q.No. 3: Briefly describe importance of fermented foods in today's modern world?

Ans: The importance of fermentation in modern-day life is underlined by the wide spectrum of foods marketed both in developing and industrialized countries, not only for the benefit of preservation and safety, but also for their highly appreciated sensory attributes.

Q.No. 4: How are fermented foods classified?

Ans: Fermented foods are classified on basis of substrate used like fermented milk products, fermented cereal-legume/legume products, fermented cereal products and fermented vegetable and fruits products.

Q.No. 5: Define idli and dosa?

Ans: Idli is a traditional fermented food, prepared and consumed mainly in South India. It is normally consumed with chutney and sambar. Idli is made up of a blend of rice and dehulled black gram. In Dosa preparation, wheat, bajra, maize or kodri instead of rice and sprouted peas, cowpea, field beans, soybeans or groundnut, oilcake instead of black gram are also used. Dosa batter is similar to Idli batter but the dosa batter is thinner. A dosa better is prepared by grinding wet rice and wet black gram individually with water and the two suspensions are then mixed and allowed to undergo fermentation, usually for 8–20 h.

Q.No. 6: Name major health benefits of fermented foods?

Ans: Fermented foods provide function as probiotics, source of nutrition, flatulence reducing effect, anticholesterdemic effect and provide functional components.



Q.No. 7: Which micro-organisms are responsible for dosa fermentation?

Ans: Lactic acid bacteria *Leuconostoc mesenteroides*, *Lactobacillus fermenti*, *Streptococcus faecalis*, *Lactobacillus delbrueckii*, *Lactobacillus lactis* and yeast *Torulopsis holmii*, *Geotrichum candidum* are responsible for Dosa fermentation.

Q.No. 8: Define Adai and vada?

Ans: These both are cereal legume based breakfast or snack food in India. Microorganisms required for the fermentation of both the products predominantly are *Pediococcus*, *Streptococcus*, *Leuconostoc*.

Q.No. 9: What are the benefits of fermentation?

Ans: Fermentation enhances digestibility, flavor and aroma of food and exerts health promoting benefits through biological enrichment of food substrates with protein, essential amino acids, essential fatty acids, and vitamins.

Q.No. 10: Describe Fermented food of Uttarakhand?

Ans: It is traditional semi-fermented food of Uttarakhand. It is made from rice, and mostly used as snacks. Earlier, it was prepared only during certain festivals. In most cases, *sez* is extracted while preparation of rice jann (local beer).

Q.No. 11: Give the ingredients of Kanji the popular food of North India?

Ans: Carrot is mainly used along with the beet root and rice mustard.

Q.No. 12: How old is fermentation technology?

Ans: Together with drying and salting, fermentation is one of the oldest methods of food preservation, and embedded in traditional cultures and village life. Fermentation processes are believed to have been developed over the years by women, in order to preserve food for times of scarcity, to impart desirable flavour to foods, and to reduce toxicity. Today, fermentation is still widely practised as a household or village-level technology in many countries, but comparatively very few operations are carried out at an industrial level. As a technology, food fermentation dates back at least 6 000 years, and probably originated from microbial interactions of an acceptable nature.

Q.No. 13: What are the main benefits of cereal based foods?

Ans: Cereals have many health benefits e.g. prevent cardiovascular diseases



and cancer, reduces tumour, lowers blood pressure, controls cholesterol level and lowers the incidents of heart diseases, reduce the rate of fat absorption, delays gastric emptying and improve gastrointestinal health.

Q.No.14: what are the main constituents of cereal based fermented foods?

Ans: Cereals have high content of soluble non-starch polysaccharides such as β -glucan which has a health promoting role. Clinical and epidemiological studies reported that β -glucan from oat and barley based products control cardio vascular disease in human beings. Cereals also contain relatively high levels of minerals, vitamins, sterols and other growth factors that support microbial growth.

Q.No.15: How necessary are fermented foods?

Ans: Fermented foods are treasured as major dietary constituents in numerous developing countries because of their keeping quality under ambient conditions - thereby contributing to food security - and because they add value, enhance nutritional quality and digestibility, improve food safety, and are traditionally acceptable and accessible. Fermentation is a low-input enterprise and provides individuals with limited purchasing power, access to safe, inexpensive and nutritious foods.