



GLOSSARY

Acidophilus milk: Acidophilus milk is a fermented milk product produced by inoculation of *Lactobacillus acidophilus* into sterile skim milk, whole, or partly defatted milk.

Bacteriocins: Biologically active proteins or protein complexes produced by bacteria, displaying a bactericidal action, against other mostly closely related microorganisms.

Banku: Fermented product prepared from maize and/or from a mixture of maize and cassava.

Buttermilk: By-product of butter production from sweet or fermented cream.

Dhokla: Fermented food commonly used in Gujrat, prepared from a batter made of coarsely ground rice and bengalgram. Bacteria belonging to *L. fermentum*, *L. lactis*, *L. delbrueckii*, *Leuconostoc mesenteroids* and yeast belonging to *Hansenula silvicola* are associated with dhokla fermentation.

Dill pickles: Dill pickles are so named because they are flavored by addition of dill herb.

Fermentation: Metabolic process in which chemical changes are brought about on an organic substratum, whether carbohydrate, protein, or fat, through the action of enzymes liberated by specific living microorganisms.

Fermented foods: Foods that have been subjected to the action of micro-organisms or enzymes, so that desirable biochemical changes cause significant modification to the food.



Fish Sauces: Fermented fish product and is brown liquid with a characteristic meaty flavour and aroma.

Heterofermentative: Microorganisms that produce mixed by-products are called heterofermentative.

Homofermentative: Microorganisms that produce a single main by-product are termed homofermentative.

Kefir grain: The kefir grain consist of proteins, polysaccharides and a mixture of several types of micro-organisms, such as *Lactobacillus bulgaricus*, *L. lactis*, *L. kefir*, *L. fermentum*, *L. brevis*, *L. plantarum*, *str. Lactis* and lactose fermenting yeasts such as *Geotricum candidum*, *Candida kefir* and *S. cerevisiae*.

Koji: The koji is a culture of *Aspergillus oryzae* grown at about 35°C on a steamed polished rice mash in shallow trays until the grains are completely covered.

Lactic acid bacteria: Those bacteria that produce lactic acid as the major or sole product of carbohydrate fermentation are called lactic acid bacteria.

Mahewu: This is a fermented maize meal commonly consumed as a staple among black South Africans.

Miso: Miso is the most popular fermented food in Japan and is prepared by mixing or grinding steamed or cooked soyabeans with koji and salt.

Natto: Natto is a fermented soybean food in Japan. It is made from whole soybeans by fermentation with a bacterium, *Bacillus subtilis*.

Ogi: Ogi is a porridge prepared from fermented maize, sorghum or



millet in West Africa.

Probiotics: ive microorganisms that when administered in adequate amounts confer health benefits on host.

Sauerkraut: Sauerkraut is a fermented product of fresh cabbage.

Sausage: Sausage is a meat product which is prepared from minced and seasoned meat and is formed in to cylindrical shape by natural or synthetic casings.

Sourdough: Sourdough is the fermented dough used for bread making; it is fermented by *Saccharomyces cerevisiae* and lactic acid bacteria.

Tempeh: Fermented soybean product, originated in Indonesia. Tempeh is made by fermenting dehulled soybean with a mold *Rhizopus oligosporus*.

Tofu: *Tofu is a chineese* fermented food made by soaking soybeans, grinding them to a paste, and then filtering them through linen.