

OBJECTIVE

Fermentation of foods is one of the old methods being used to preserve the food materials for longer periods. It is one of the food processing methods in which the conversion of carbohydrates to alcohols, organic acids, and carbon dioxide takes place under anaerobic conditions using bacteria, molds or yeasts, or a combination of these. Food fermentation usually results in a desirable end product.

Fermentation of foods is an effective and low cost means to preserve the quality and safety of foods. Fermentation provides mechanisms where by fresh commodities can be acidified without seriously impairing the nutritional and physical properties. It generally produces acidic foods that are incapable of supporting the growth of pathogens. It creates products with unique and distinct flavour characteristics.

After reading this module the students will come to know about the following aspects:

Classification of fermented foods like vegetable based, cereal based foods

Starter cultures and their characteristic features

Probiotics and their characteristics and health benefits

Examples to dairy and non-dairy based fermented milks

Classification of cereal based fermented foods