Health Benefits of Fermented Foods and Beverages - Jytte Prakas Tian - 2015-04-07
Health Benefits of Fermented Foods and Beverages discusses the functionality and myriad health benefits of fermented foods and beverages. This book provides an extensive review of microorganisms involved in food fermentations, and their physiological and metabolic properties. Metabolites provide a foundation for the reader: how microorganisms transform food and in the development of a modern starter culture industry are also described. Successful chapters are devoted to the major fermented foods produced around the world with coverage including microbial and technological features for manufacture of these foods: Cultured Dairy Products Choose Most Fermentation. Fermentation for Beginners: The Step-by-Step Guide to Fermentation and Probiotic Foods. Fermented Foods in the Orient Examples of industrial processes, key historical events, new discoveries in microbiology, and the safety of traditional fermented foods. Authored by one of the most well-known and respected authors in the field, this volume offers a comprehensive and contemporary reference book. A brief history and evolution of microbiology and fermented foods, an overview of microorganisms involved in food fermentations, and their physiological and metabolic properties. Metabolites provide a foundation for the reader: how microorganisms transform food and in the development of a modern starter culture industry are also described. Successful chapters are devoted to the major fermented foods produced around the world with coverage including microbial and technological features for manufacture of these foods: Cultured Dairy Products Choose Most Fermentation. Fermentation for Beginners: The Step-by-Step Guide to Fermentation and Probiotic Foods. Fermented Foods in the Orient Examples of industrial processes, key historical events, new discoveries in microbiology, and the safety of traditional fermented foods. 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Fermented Foods

- Make your own delicious cultured foods—safely and easily! The art of fermenting foods is an age-old craft that is
  enjoyed by a growing number of people around the world.

- The Complete Idiot’s Guide to Fermenting Foods covers everything you need to know about fermentation
  technology, including how fermentation works, how to troubleshoot common fermentation issues, and how to
  grow your own starters.

- The Zero-Waste Chef - Anne-Marie Bonnie - 2021-04-13
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  ease them into wasting less—you can, for example, banish plastic wrap by simply inverting a plate over your
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Fermented Food Products • A. Sankaranarayanan - 2019-12-06

Fermented food products play an important role in the human diet. In many developing and under-developed countries, fermented food is a cheap source of nutrition. Currently, more than 3500 different fermented food products are consumed by humans throughout the world; many are indigenous and produced in small quantities, however, the consumption of many of these fermented food products has gradually increased due to their health benefits. Fermented food products are consumed by humans throughout the world; many are indigenous and produced in small quantities; however, the consumption of many of these fermented food products has gradually increased due to their health benefits. Fermented food products provide health benefits, present health benefits of fermented food products. Each chapter explores indigenous knowledge of preparation, value supplements each section, and discussions on ethnic food history and values as well as future prospects for these fermented food products complete the coverage. Dr. Tamang demonstrates that fermentation remains an effective, inexpensive method for extending the shelf life of foods and increasing their nutritional content through probiotic function, and therefore remains a valuable practice for developing countries and rural communities with limited facilities.

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In recent years, the concern of society about how food influences the health status of people has increased. Holistic health consultant Klaus Kauffman discusses holistic health’s modern and its numerous health benefits, which include its ability to aid digestion, eliminate toxins, support the immune system, and boost energy. The second edition of this illustrated handbook provides a thorough guide for making fermented foods at home using a fermentation process that converts it into beneficial enzymes, acids, and vitamins. This completely revised and updated edition includes the latest information on current brews and fermenting techniques. Follow the practical, easy-to-follow recipes and you’ll discover everything you need to know to enjoy this delicious, naturally tangy fermented beverage.


The fermented foods known as kombucha (kom-boo-chah) has been hailed as a cure-all in many parts of the world. Kombucha contains probiotics, sugars, enzymes, vitamins, and amino acids that can improve the health of the body’s microflora and the immune system. Kombucha contains vitamins, minerals, nutrients, and beneficial enzymes, acids, and antioxidants. This completely revised and updated edition includes new chapters on fermentation processes and brewing techniques. The second edition examines the health benefits of fermented foods as well as the processes and production techniques used in manufacturing fermented food products. Maintaining the highest quality information and the easily accessible format of its predecessor, this edition includes new chapters on olives, tempeh, and the traditional fermented foods of China, Thailand, and India. It looks at the history of fermented foods and reveals the health benefits of fermented foods, как a delicious, probiotic beverage that is healthy and beneficial. It also investigates the more recent practice of producing probiotic cultures to add to fermented foods for increased health benefit. Presenting new findings and interpretations that point even more clearly to the important role fermented foods play in Western and Eastern health, this comprehensive guide for the current knowledge about fermented food production and reflects the growing credibility of probiotics in health maintenance.


Functional Food - Maria Chalirat Huesa - 2018-08-02

In recent years, the concern of society about how food influences the health status of people has increased. Consumers are increasingly aware that food can prevent the development of certain diseases, so in recent years, the food industry is developing new, healthier products taking into account aspects such as trans fats, lower calorie foods, sugar, and other nutrients that can improve the beneficial effect of these foods and go beyond the nutritional value. This book provides information on impact of bioactive ingredients, traditional and non-traditional fermented foods, and functional foods. This book provides information on impact of bioactive ingredients, traditional and non-traditional fermented foods, and functional foods. This book provides information on impact of bioactive ingredients, traditional and non-traditional fermented foods, and functional foods. This book provides information on impact of bioactive ingredients, traditional and non-traditional fermented foods, and functional foods. This book provides information on impact of bioactive ingredients, traditional and non-traditional fermented foods, and functional foods. This book provides information on impact of bioactive ingredients, traditional and non-traditional fermented foods, and functional foods. This book provides information on impact of bioactive ingredients, traditional and non-traditional fermented foods, and functional foods.
and pickles, and then refine your technique as you expand your repertoire to include curried golden beets, pickled green coriander, and carrot kraut. With a variety of creative and healthy recipes, many of which can be made in batches as small as one pint, you’ll enjoy this fun and delicious way to preserve and eat your vegetables.