



Indigenous Fermented Foods of South Asia (Fermented Foods and Beverages Series)

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Indigenous Fermented Foods of South Asia covers the foods of India, Pakistan, Bangladesh, Sri Lanka, Nepal, Bhutan, Maldives, and Afghanistan. For each type of food, its microbiology, biochemistry, biotechnology, quality, and nutritional value is covered in depth.

The book discusses numerous topics including various types of fermented foods, their origin, history and ethnicity, the role of fermented foods in health, and the microbiology and biochemistry of indigenous fermented foods. The composition and nutritive value of fermented foods are also addressed along with other aspects related to quality and safety, including the toxicity of indigenous fermented foods.

Specific chapters are devoted to the preparation of indigenous fermented foods—including cereal-based fermented foods, vinegars, milk products, mushrooms, alcoholic fermented products, and fruit and vegetable products—as well as the indigenous technologies used to produce them.

The biotechnological aspects of indigenous fermented products and molecular techniques employed are explained along with issues related to industrialization, socio-economic conditions, and the sustainability of indigenous fermented foods. Drawing upon the expertise from leaders in the field, the book consolidates a significant amount of new data on South Asian foods, making this a valuable resource for all those interested in fermented foods.

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