

The Fermented Food Stars Gallery

Editors

Ramón González, Jyoti Prakash Tamang,
Douwe van Sinderen, Jenn Mahoney, Ken Timmis



Image created by Franzika Jebok

Fermented foods and beverages have been produced by humans since 11,000 BCE. Fermentation reduces spoilage of foods, increases their period of use ('shelf-life'), and hence reduces wastage. Fermentation also changes the chemical composition of food materials and thereby improves their nutritional and health values, and provides new flavours, odours and textures. The broad spectrum of locally-available food materials used for fermentation, and the range of the microbes involved in the fermentation processes and the fermentation conditions used, result in a vast diversity of local and regional products that distinguish and help define the culinary and cultural identities of peoples. Let's explore the fermented foods of the world and appreciate their contributions to our cuisine, health and cultural diversity.

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Contents

Generic issues

- The History of Fermented Foods *Paul Cotter*
- An overview on fermented foods *Michael Gänzle*
- Sourdough: history and culture *Michael Gänzle*
- The domestication of fermenting microbes: diversification and evolution *Jeanne Ropars and Tatiana Giraud*

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- Dahi *Jyoti Prakash Tamang*
- Kinema *Jyoti Prakash Tamang*
- Idli *Jyoti Prakash Tamang*
- Tempeh *Wellyzar Sjamsuridzal*
- Blue cheese *Jeanne Ropars and Tatiana Giraud*
- Yoghurt *Françoise Rul*
- Kefir *Analia G. Abraham*
- Bread *Mercedes Tamame*
- Sourdough *Marco Gobbetti*
- Table Olives *Francisco Noé Arroyo*
- Fermented sausages *Monica Flores and Carmela Belloch*
- Wine *Ramón González*
- Natto *Ken-ichi Yoshida*
- Vinegar *María-Jesús Torija*