#food #preservation

An Introduction to Lacto-Fermentation

Structure : URCPIE of Hauts-de-France

Difficulté : facile



Lactic fermentation (or enzymatic fermentation) is a universal and ancient food preservation method that has been used for thousands of years. This healthy and simple preservation method is particularly valuable from a nutritional standpoint because it helps retain many of the ingredients' natural properties. Lactic-fermented products are prized for their distinctive flavor.

For thousands of years, thanks to salt and natural lactic acid bacteria, lacto-fermentation has been used by the Egyptians and the Chinese. This food preservation technique prevents microorganisms from growing.

This traditional method of food preservation encompasses thousands of recipes worldwide, with sauerkraut being the best known in Europe. In Asia, many products made through this process include soy.

Liens

https://www.cpie-hautsdefrance.fr/cpie/Content.aspx?ID=159270