

### **handbook of fermented food pdf**

This is a list of fermented foods, which are foods produced or preserved by the action of microorganisms. In this context, fermentation typically refers to the fermentation of sugar to alcohol using yeast, but other fermentation processes involve the use of bacteria such as lactobacillus, including the making of foods such as yogurt and sauerkraut. The science of fermentation is known as zymology.

### **List of fermented foods - Wikipedia**

Kimchi (/ ɛ̃ˈ k ɛ̃ˈ m tʃi /; Korean: 김치, translit. gimchi, IPA: ), a staple in Korean cuisine, is a famous traditional side dish made from salted and fermented vegetables, most commonly napa cabbage and Korean radishes, with a variety of seasonings, including gochugaru (chili powder), scallions, garlic, ginger, and jeotgal (salted seafood). There are hundreds of varieties of kimchi made ...

### **Kimchi - Wikipedia**

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Complete Guide to Home Canning and Preserving (Second Revised Edition) [U.S. Dept. of Agriculture] on Amazon.com. \*FREE\* shipping on qualifying offers. This practical, easy-to-follow-guide "newly revised and updated" offers food shoppers an attractive

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