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Nota di contenuto	APPLICATIONS OF BIOTECHNOLOGY TO TRADITIONAL FERMENTED FOODS -- Copyright -- Contents -- Preface -- I. RESEARCH PRIORITIES -- Research Priorities in Traditional Fermented Foods -- PRIORITIES -- IMPROVING THE KNOWLEDGE BASE -- IMPROVING THE TECHNOLOGY -- IMPROVING UTILIZATION -- DEVELOPING LOCAL CAPABILITIES -- II. OVERVIEW -- 1 Upgrading Traditional Biotechnological Processes -- TRADITIONAL FOOD FERMENTATION -- DECENTRALIZED SMALL-SCALE PROCESSES -- BASIC PROCESSING OPERATIONS -- NUTRITIVE VALUE -- STABILIZATION OF NATURAL FERMENTATIONS BY INOCULUM ENRICHMENT -- MULTISTRAIN DEHYDRATED STARTER -- ENZYME PRODUCTION BY KOJI TECHNIQUE -- DRY MATTER BALANCE -- IMPLEMENTATION -- REFERENCES -- 2 Genetic Improvement of Microbial Starter Cultures -- TRADITIONAL GENETIC IMPROVEMENT STRATEGIES -- Mutation and Selection -- Natural Gene Transfer Methods -- Transduction -- Conjugation -- Transformation --

Electroporation -- GENETIC ENGINEERING -- Prerequisites -- Metabolism And Biochemistry Of The Host -- Transformable Hosts -- Vector Systems -- Efficient Gene Transfer Systems -- Expression Systems -- Properties of Interest -- Limitations -- 3 Sudan's Fermented Food Heritage -- FERMENTED FOODS -- Sorghum-Based Foods -- Dairy Products -- Fish Products -- Meat Products -- Vegetable Products -- Alcoholic Products -- FERMENTED FOODS AND SURVIVAL STRATEGIES -- BIOTECHNOLOGY AND FERMENTED FOODS -- REFERENCES -- 4 Lesser-Known Fermented Plant Foods -- REGIONAL PERSPECTIVES -- PRODUCTS FROM CEREAL GRAINS -- Ahai -- Ting -- Maasa -- PRODUCTS FROM ROOT TUBERS -- Farinha Puba -- Kokonte -- Masato (masata) -- Chuno -- PRODUCTS FROM LEGUMES, PULSES, AND OTHER SEEDS -- PRODUCTS FROM FRUITS AND VEGETABLES -- COMMERCIALIZATION -- REFERENCES -- 5 Lactic Acid Fermentations -- SAUERKRAUT -- KOREAN KIMCHI -- PICKLED VEGETABLES -- INDIAN IDLI AND DOSA -- PHILIPPINE PUTO. SOURDOUGH BREADS AND RELATED FERMENTATIONS -- NIGERIAN OGI (KENYAN UJI) -- NIGERIAN GARI -- PHILIPPINE BALAO BALAO -- MEXICAN PULQUE -- EGYPTIAN KISHK, GREEK TRAHANAS, AND TURKISH-TARHANAS -- OTHER FOODS -- 6 Mixed-Culture Fermentations -- ADVANTAGES -- DISADVANTAGES -- FUTURE -- REFERENCES -- III. MILK DERIVATIVES -- 7 Fermented Milks-Past, Present, and Future -- CLASSIFICATIONS -- Traditional and Nontraditional -- Medium and Procedure -- Further Processing -- End Uses -- Microbial Actions -- RESEARCH -- REFERENCES -- 8 Lactobacillus GG Fermented Whey and Human Health -- WHEY HYDROLYSIS PROCESS -- LACTOBACILLUS GG -- LACTOBACILLUS GG FERMENTED WHEY DRINK -- CONCLUSIONS -- REFERENCES -- 9 The Microbiology of Ethiopian Ayib -- AYIB CHARACTERISTICS -- MODIFIED PROCESS -- REFERENCES -- 10 Moroccan Traditional Fermented Dairy Products -- COMPOSITION AND MICROBIOLOGICAL CHARACTERISTICS -- OBJECTIVES -- PRELIMINARY STUDY -- Selection of Starters -- Manufacture of Traditional Dairy Products from Heat-Treated Milk -- RESULTS -- CONCLUSIONS -- REFERENCES -- 11 Fermented Milk Products in Zimbabwe -- TRADITIONALLY FERMENTED MILK AND LACTO -- ISOLATION AND IDENTIFICATION OF LACTIC ACID BACTERIA -- E. COLI STRAINS IN LACTO AND TRADITIONALLY FERMENTED MILK -- CONCLUSIONS -- REFERENCES -- IV. PLANT DERIVATIVES -- 12 Cassava Processing In Africa -- TRADITIONAL PROCESSING -- RESEARCH APPROACH -- PROCESS OPTIMIZATION -- BIOTECHNOLOGICAL INVESTIGATIONS -- FUTURE RESEARCH -- 13 Improving the Nutritional Quality of Ogi and Gari -- PROCESSING OF OGI -- CYANIDE REDUCTION DURING CASSAVA PROCESSING -- ROLE OF FERMENTATION -- CONCLUSION -- REFERENCES -- 14 Solid-State Fermentation of Manioc to Increase Protein Content -- MATERIALS -- METHODS -- RESULTS -- CONCLUSION -- REFERENCE -- 15 Leaf and Seed Fermentations of Western Sudan -- PREPARATION -- MICROBIOLOGY. PROTEIN CONTENT AND QUALITY -- MINERAL, CRUDE FIBRE, AND OIL CONTENT -- CHANGES DURING FERMENTATION -- CONCLUSIONS -- REFERENCES -- 16 Continuous Production of Soy Sauce in A Bioreactor -- MANUFACTURING PROCESSES -- CONTINUOUS FERMENTATION -- PROPERTIES -- REFERENCES -- V. ANIMAL DERIVATIVES -- 17 Using Mixed Starter Cultures for Thai Nham -- MARKETING PROBLEMS -- NHAM DEVELOPMENT -- Effect of Starter Cultures -- Microbiological Quality -- FERMENTATION DEVELOPMENT -- Shelf Storage -- Sensory Evaluation -- REFERENCES -- 18 Starter Cultures in Traditional Fermented Meats -- REFERENCES -- 19 Fermented Fish Products in the

Philippines -- FISH PASTE (BAGOONG) -- Product -- Preparation -- Microbiological Analysis -- FISH SAUCE (PATIS) -- Product -- Preparation -- Microbial Analysis -- Chemical Changes -- FERMENTED RICE AND SHRIMP (BALAO BALAO) -- Product -- Preparation -- Microbial Analysis -- FERMENTED FISH AND RICE (BURONG ISDA) -- Product -- Preparation -- Microbial Analysis -- Chemical Changes -- Research and Development -- Microbiology -- ISOLATING STARCH-HYDROLYZING LACTIC ACID BACTERIA -- REFERENCES -- 20 Fish-Meat Sausage -- RESULTS AND DISCUSSION -- RECOMMENDATIONS -- REFERENCES -- 21 An Accelerated Process for Fish Sauce (Patis) Production -- OBSERVATIONS -- DISCUSSION -- CONCLUSION -- VI. HUMAN HEALTH, SAFETY, AND NUTRITION -- 22 Nutrition and Safety Considerations -- EFFECT OF FERMENTATION ON NUTRITIONAL COMPOSITION -- Changes in Proximate Composition and Soluble Components -- Changes in Composition of Amino Acids and Vitamins -- Changes in Unwanted Components -- Changes in Biological Value -- SAFETY ASPECTS OF TRADITIONAL FERMENTED FOODS -- REFERENCES -- 23 Mycotoxic Flora of Some Indigenous Fermented Foods -- MATERIALS AND METHODS -- Fermentation Process -- Marketing and Storage -- Determination of Mycotoxins -- RESULTS. Effect of the Types of Wraps -- DISCUSSION -- REFERENCES -- VII. COMMERCIALIZATION -- 24 Commercialization of Fermented Foods in Sub-Saharan Africa -- INDUSTRIALIZATION OF FERMENTED FOODS -- DISCUSSION AND CONCLUSIONS -- REFERENCES -- 25 Biotechnology for Production of Fruits, Wines, and Alcohol -- YEASTS -- RAW MATERIALS -- Cereals and Starchy Roots -- Sugarcane -- Coconut Palm -- Oil Palm -- Fruits -- INTEGRATED PRODUCTION SYSTEM -- Composting -- Microbial Activity in Soil -- Wine from Fruit Juices -- Alcohol Production from Pineapple -- INTEGRATION -- RESULTS AND DISCUSSION -- Composting -- Soil and Fruit Production -- Wine Production -- Alcohol Production -- BIOTECHNOLOGY PRODUCTION SYSTEM -- CONCLUSIONS AND RECOMMENDATIONS -- REFERENCES -- 26 Future Directions -- "OLD" AND "NEW" BIOTECHNOLOGY -- APPLICATION OF BIOTECHNOLOGY -- Necessary Prerequisites -- Art of Fermentation -- Microbiology -- Upstream and downstream Processing -- Biochemistry -- Fermentation equipment and Techniques -- CONCLUSIONS -- Board On Science And Technology For International Development -- MEMBERS -- HOW TO ORDER BOSTID REPORTS -- ENERGY -- TECHNOLOGY OPTIONS -- PLANTS -- INNOVATIONS IN TROPICAL FORESTRY -- MANAGING TROPICAL ANIMAL RESOURCES -- HEALTH -- RESOURCE MANAGEMENT -- FORTHCOMING BOOKS FROM BOSTID -- BOSTID Publication Distributors.

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In developing countries, traditional fermentation serves many purposes. It can improve the taste of an otherwise bland food, enhance the digestibility of a food that is difficult to assimilate, preserve food from degradation by noxious organisms, and increase nutritional value through the synthesis of essential amino acids and vitamins. Although "fermented food" has a vaguely distasteful ring, bread, wine, cheese, and yogurt are all familiar fermented foods. Less familiar are gari, ogi, idli, ugba, and other relatively unstudied but important foods in some African and Asian countries. This book reports on current research to improve the safety and nutrition of these foods through an elucidation of the microorganisms and mechanisms involved in their production. Also included are recommendations for needed research.
