

Fermentation

Microorganisms and their own enzymes provide for metabolic transformations in food. The process is under controlled conditions.

Today, we eat quite a bit of fermented foods: aged cheese, beer, wine, sourdough bread, yogurt, kimchi (a spicy pickled or fermented mixture containing cabbage, onions, and sometimes fish, variously seasoned, as with garlic, horseradish, red peppers, and ginger) and sauerkraut.

Fermentation is a process of preserving food.

Usually, food that has been fermented flavor that is strong and pungent. It's true that fermented food has some health benefits, but there are some disadvantages as well.

Advantages:

Formation of flavor and flavorings
Degradation of harmful ingredients

Formation of durability-enhancing ingredients for example lactic acid and alcohol

Disadvantages:

It is vulnerable to contamination.



Recipe for Sauerkraut:

Ingredients

- 1 medium head green cabbage (about 3 pounds)
- 1 1/2 tablespoons salt
- 1 tablespoon caraway seeds (optional, for flavor)

Instructions

1. Clean everything
2. Slice the cabbage
3. Combine the cabbage and salt
4. Pack the cabbage into the jar
5. Weigh the cabbage down
6. Cover the jar
7. Ferment the cabbage for 3 to 10 days
8. Store sauerkraut for several months