



Lactic Acid Fermentation of Fruits and Vegetables (Food Biology Series)

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Lactic acid fermentation has been practiced for thousands of years mainly to preserve surplus and perishable foodstuff and also to enhance them organoleptically. Lactic acid fermentation of fruits and vegetables is no exception, leading to the production of a wide range of products, some of which are now considered as characteristic of certain geographical areas and cultures. The aim of this book is to collect, present, and discuss all available information regarding lactic acid fermentation of fruits and vegetables. For this purpose, an international group of experts was invited to contribute their knowledge and experience in a highly informative and comprehensive way.

The book consists of fourteen chapters. The first five chapters integrate aspects that apply to all products. Then, chapters 6 to 9 are dedicated to products that have met commercial significance and have been extensively studied, i.e. sauerkraut, kimchi, fermented cucumbers and olives. In chapters 10 to 13, regional products with great potential from Asia, Europe and Africa, as well as lactic acid fermented juices and smoothies, are presented and thoroughly discussed. Finally, chapter 14 discusses the fields in which intensive study is expected to take place in the coming years.

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