

Exploring the World of Fermented Foods

MEXICO

Pozol

A cold, refreshing beverage made from fermented corn dough, often mixed with water and sometimes flavored with cocoa or fruit.



Europe

Sauerkraut

Shredded cabbage is fermented with salt over several weeks, utilizing naturally occurring lactic acid bacteria. This tangy side dish is common across Central and Eastern Europe.



Ghana

Gari

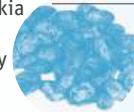
A fine, starchy paste used to make porridge from cassava root. It is cleaned, grated, and left to ferment for 3-7 days in jute bags, a process crucial for destroying prussic acid toxins naturally present in the root.



Nigeria

Locust bean

Seeds from the African locust tree (*Parkia biglobosa*) are fermented to produce a pungent, flavorful condiment commonly used in West African cuisine.



ZAMBIA

Mabisi

A traditional fermented milk product made by fermenting raw milk for 48 hours at ambient temperature. It is typically prepared in a calabash (gourd) or clay pot.



Turkey

Ayran

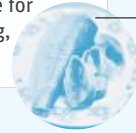
A fermented milk drink, traditionally prepared by mixing yoghurt with water and salt, which undergoes lactic acid fermentation to become a mildly effervescent drink. It is popular across the Middle East, Central Asia, and Caucasus region.



Sweden

Surströmming

Baltic Herring fermented in brine for several months, creating a strong, sour smell and a tangy flavor.



India

Dosa

A thin, crispy, savoury crepe made from a fermented batter of rice and lentils.



China

Soy sauce

A salty liquid seasoning created by fermenting soybeans and wheat with mold, yeast, and bacteria over many months. It is ubiquitous in Southeast and East Asian cuisines.



Japan

Natto

A traditional delicacy made from steamed or boiled soybeans fermented with *Bacillus subtilis*, resulting in a dish with a slimy texture after a 24-hour fermentation process.



Korea

Kimchi

A spicy, fermented Korean side dish made from napa cabbage and radishes, flavored with garlic, ginger, chili peppers, and fish sauce.



Vietnam

Fish Sauce

A fermented salty condiment made by combining fish or krill with salt and allowing it to ferment for up to two years. This is a staple ingredient in many Southeast Asian and East Asian countries.



Ethiopia

Injera

A sour, spongy flatbread made from teff flour, fermented for several days with ersho (starter). Served as a base for stews, curries and salads.



INDONESIA

Tempeh

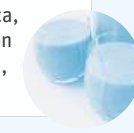
A traditional fermented soy product made by culturing cooked soybeans with a fungus, typically *Rhizopus oligosporus*. It has a firm texture and nutty flavor, often used as a plant-based protein source in various dishes.



ZIMBABWE

Mahewu

A popular non-alcoholic, fermented sour beverage across Southern Africa, made through the lactic fermentation of cereal grains like maize, sorghum, and pearl millet.



RAW MATERIAL



Milk



Grains/seeds



Root/potato



Fish



Vegetables



Legumes