



THE Main INGREDIENT

March/April 2018

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TRUST YOUR GUT

WILL a pickle A DAY
keep THE DOCTOR away?



What do wine, sauerkraut, miso, yogurt, pickles, salami, sourdough, cheese, kombucha, kefir and cocoa have in common?

THEY ARE ALL FERMENTED FOODS. Fermentation is the world's oldest method of food storage and preservation – it's been used in the beer and wine-making process since 7000 BC. In 2018, the ancient culinary method of fermentation is one of the hottest food trends.

What is fermentation and why do we do it?

What began as a method of food preservation has now become a key process in improving digestion, gut health and the flavour of food. Whether we realize it or not, most of us regularly eat some form of fermented food. According to the Merriam-Webster dictionary, fermentation is "an enzymatically controlled anaerobic (without oxygen) breakdown of an energy-rich compound (such as a carbohydrate to carbon dioxide and alcohol to an organic acid)." In food, the process occurs when micro-organisms such as bacteria, fungi and yeast convert sugar and starch into alcohol or acids.

Salamis are the most common type of fermented sausage, but the fermentation process is also used to create unique meat products. "Nham" is a traditional fermented Thai sausage, that is made with lean pork, salt, garlic, sodium nitrite and starter cultures. It is usually wrapped in a banana leaf or a cellulose casing for larger production.



TWO MAIN TYPES of FERMENTATION:

1. Alcoholic Fermentation

yeasts are used to produce ethanol for the production of various alcoholic beverages.

2. Lactic Acid Fermentation

commonly used in the production of various fermented foods around the world.

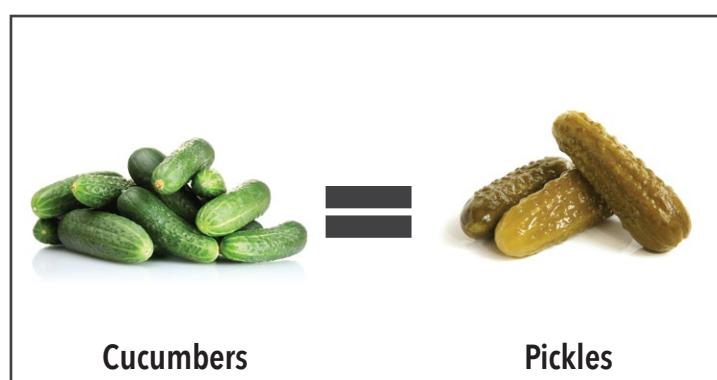
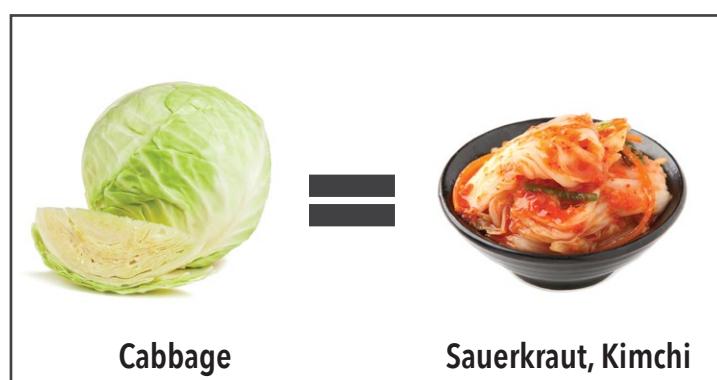
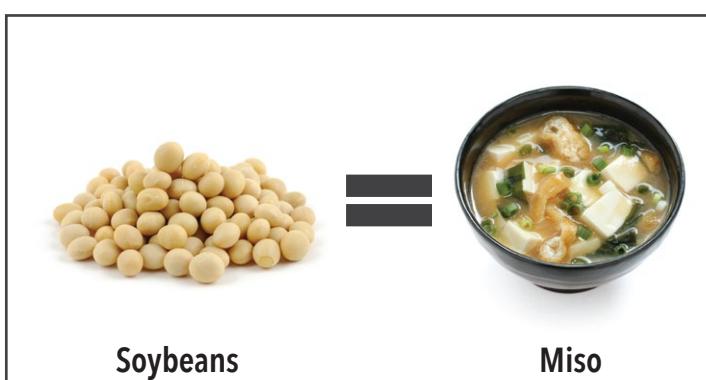
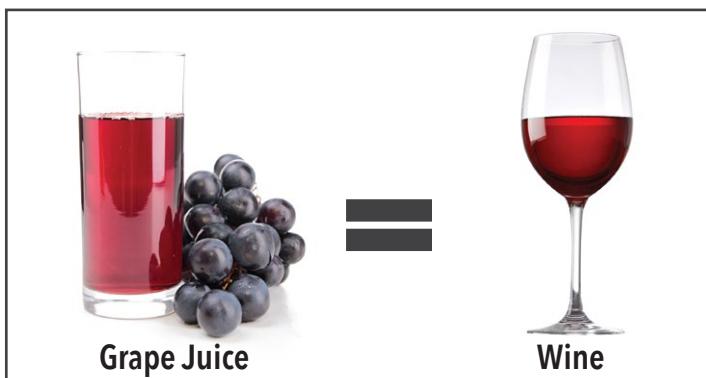
www.biologydiscussion.com



Wild fermentation refers to a process where active bacteria is already contained on the food, as in cabbage and other raw vegetables. By contrast, culturing refers to the process where specific organisms (starter cultures) are added to the food to initiate fermentation, as in yogurt, sourdough and salami.

FERMENTATION... A Natural Process

Original Food/Beverage + Fermentation Process = New Food/Beverage



BETTER health+ better FLAVOUR

There are many benefits to consuming fermented foods. By increasing the bioavailability and absorption of nutrients and support for the immune system, fermentation improves digestion which leads to better gut health. Can eating fermented food lead to better skin health and weight control? The verdict is not in yet, but current studies are suggesting it may be so.

In addition to the health benefits, the biological and biochemical actions that take place during fermentation enhance the flavour of the food. Larger molecules are transformed into smaller and tastier molecules that can include amino acids, organic acids, esters (organic compounds) and aromatic compounds.

The benefits of fermentation have expanded to other plants and food ingredients. Seaweed contains mineral components that when released through fermentation, add a natural mineral supplement to the diet. Fermented watermelon rind has long been a popular vegetable in China. In Nigeria, watermelon is fermented, blended and served as a juice.

Cultured vegetable powders are also available. Cultured celery powder, for example, is an alternative source of nitrates in the production of cured meats. Celery has a naturally occurring high concentration of nitrates. Celery is juiced and then fermented with a nitrate-reducing bacterial culture which converts the nitrates to nitrites.



Cultured dextrose is produced through the controlled fermentation of dextrose (sugar) with a standard dairy culture that then functions as an antimicrobial and preservative.

As global foods and flavours are shared, watch for an uptake in "koji", a common, fragrant and sweet-tasting mold that has been used for hundreds of years in Japan and China in miso, soya sauce and rice vinegar. Koji is grown on cooked grains and adds a 'umami' flavour to foods (e.g., Miso paste). It is also used as a fermenting agent in alcoholic drinks, including sake.

Want to learn more? Read the "The Art of Fermentation" by Sandor Ellix Katz, Chelsea Green Publishing, 2012.

did you know?

More than 700 types of microbes live in a typical person's mouth!

"Ferments made by different people can vary because of the different microbes transferred from their makers' hands. Some pioneers have tried producing cheese from bacteria found in their armpits and navels."
(Universe in a Jar, Fermentation Makes a Comeback, The Economist, Dec 19th, 2017 online)



product feature



DuPont™ Danisco® Meat Starter Cultures

Sausage fermentation has been done for centuries and today there are a variety of lactic acid starter cultures available with a variety of benefits.

Malabar is proud to offer a full range of DuPont™ Danisco® maturation starter cultures for meat applications, including cultures that support a controlled pH drop. Different bacteria strains have also been cultivated to provide a different flavour impact that ranges from sharp and tangy to mild and aromatic.

Surface starter cultures include strains of mold and yeast to promote the development of a desirable white mold on the outside of the salami, sought after for the traditional southern European style salamis.

We also have specialty starter cultures available that do not influence the pH, and instead contain specific bacteria strains that speed up the nitrate conversion and enhance meat colour. This is ideal for both dried and cooked whole muscle meats.

Contact our technical team for more information and applications on our range of meat cultures.

www.danisco.com/product-range/meat-cultures/

president's message

According to Health Canada's 2017 Evaluation of Sodium Reduction in Processed Foods, "48% (of food categories) did not make any meaningful progress toward sodium reduction."¹ For the average consumer, this sounds like food processors have been negligent in their efforts to reduce salt in foods, when in fact most processors have been diligently looking at options since the sodium benchmarks were released back in 2010.

Sodium content has been reduced, with consideration to the hurdles of taste, shelf life and food quality that are all impacted by the level of salt. There are also food regulations that specify a required salt level for fermented sausage products and this cannot be reduced without regulatory changes. Salt substitutes such as potassium chloride are also viable alternatives, but many consumers don't want to see "potassium chloride" on their food label. The suggestion has been put forward to allow the labelling as "potassium salt," however, this is not currently allowed by Health Canada. Another concern is the added ingredient cost when lowering the salt content.

Once a new, lower sodium product is developed, processors have very limited options in labelling to help advertise and promote the achievement of lower sodium. Alternatively, there is a proposal to have high sodium foods labelled as such on the front of the food package.

Sodium reduction continues to be a priority for Canadian food processors. More support is needed in recognizing the hurdles that still exist. We look forward to working together and celebrating the improvements!



Doris Valade
President,
Malabar Super Spice Co. Ltd.



1. Sodium Reduction in Processed Foods in Canada: An Evaluation of Progress toward Voluntary targets from 2012 to 2016 (2018-01-15)
www.canada.ca/en/health-canada/services/food-nutrition

upcoming 2018 events

April 16 - 19

NAMI Meat Industry Summit,
San Antonio, Texas.
www.meatinstitute.org

April 29 - 30

Bakery Showcase, International Centre,
Toronto, Ontario.
www.baking.ca

April 30 - May 2

Workshop: "Food Safety and Quality Assurance Obligations of Food Operations to Regulators, Customers and Consumers."
Presented by AFIS Services.
Best Western Plus Hotel,
Toronto, Ontario.
www.afisservices.wixsite.com

May 2 - 3

SIAL Canada, International Food & Beverage Trade Show, Montreal, Quebec.
www.sialcanada.com

May 29 - 31

Canadian Meat Council 98th Annual Conference, Le Westin, Montreal, Quebec.
www.cmc-cvc.com



Look for our next edition in May/June 2018

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For more information on any of the subjects covered in this newsletter, or to suggest topics you'd like to see covered in future editions, please contact Tammy Raspberry at marketing@malabarsuperspice.com

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