



Himalayan Fermented Foods: Microbiology, Nutrition, and Ethnic Values

Jyoti Prakash Tamang

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The magnificent Himalayan Mountains, the highest in the world and home to the famed Mount Everest and K2, are also imbued with a rich diversity of ethnic fermented foods. Dr. Jyoti Prakash Tamang, one of the leading authorities on food microbiology, has studied Himalayan fermented foods and beverages for the last twenty-two years. His comprehensive volume, **Himalayan Fermented Foods: Microbiology, Nutrition, and Ethnic Values** catalogs the great variety of common as well as lesser-known fermented foods and beverages in the Himalayan region.

This volume begins with an introduction to the Himalayas and the Himalayan food culture. Using a consistent format throughout the book, Dr. Tamang discusses fermented vegetables, legumes, milk, cereals, fish and meat products, and alcoholic beverages. Each chapter explores indigenous knowledge of preparation, culinary practices, and microorganisms for each product. Additional information on microbiology and nutritive value supplements each section, and discussions on ethnic food history and values as well as future prospects for these foods complete the coverage.

Dr. Tamang demonstrates that fermentation remains an effective, inexpensive method for extending the shelf life of foods and increasing their nutritional content through probiotic function, and therefore remains a valuable practice for developing countries and rural communities with limited facilities.

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