

Translations:Boissons fermentées - Sodas maison/2/en

Fermented food is food that has been transformed by micro-organisms : bacteria, yeasts, fungi. This process usually happens without oxygen, in a anaerobic environment. Microbes multiply normally in the presence of oxygen. But without it, they struggle and produce molecules to fight rival microbes : alcohol, lactic acid, acetic acid. This leads to several types of fermentation : alcoholic, lactic, acetic, etc. Even if we tend to forget it, a lot of our daily food is actually a product of fermentation : bread, cheese, yogurt, wine, beer... It's a long list. Which is a good thing because they are beneficial for your health ! They make food easier to digest, improve your digestive health, contain vitamins and minerals, boost your immune system...