

THE EVOLUTION OF THE FERMENTATION PROCESS OF SOME LOCAL VEGETABLES

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Abstract:

The consumption of fermented foods in the world is known through the following products: gundru sinki, mula gundru and narzi, sauerkraut, tempeh, natto, miso, kimchi, kombucha, kefir and others. In the Republic of Moldova, the consumption of fermented vegetables, especially in the cold period of the year, includes a varied assortment, such as: sauerkraut, sauerkraut with apples; pickled apples; eggplant stuffed with cabbage and carrot; sweet peppers stuffed with cabbage and carrots and others. The beneficial effect of these products is well known, but even more so in conditions of pandemic, flu, respiratory infections, etc.

Conclusions: the optimal fermentation period of eggplant stuffed with cabbage and carrot is 7 -8 days at a temperature of +15...+ 20 C and 15-18 days at a temperature of +5 ..+ 7C. During the fermentation for 30 days of the eggplants stuffed with cabbage and carrot, there was an evolution of the pH from 6.5 to 3.3; the content of vitamin C increased 2.5 times compared to the initial amount.

Keywords: *fermented vegetables, eggplant stuffed with cabbage and carrots, pH, titratable acidity, vitamin C*