



Food Preservation Across Cultures

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Who's here has eaten:

Chocolate?



Cheese?



Yogurt?



Salami?



Sauerkraut?



Sourdough bread?



Kombucha?



**What's in common
with these foods?**

Fermentation!

Today's Talk

- What did people do before refrigerators?
- Is there anything in common that different cultures did to keep food from spoiling?
- What can we learn from different preservation practices?

Tell me if you would eat this:

Would you eat this?

- Warm fungus-ridden dough, topped with rotten milk and discs of rotten meat?

Surprise!!!



Pepperoni Pizza

- Dough
- Cheese
- Pepperoni



Fermentation!







Before refrigerators...

Put yourself in these shoes...



You spent all summer
planting and farming



It's autumn now



You have all this food

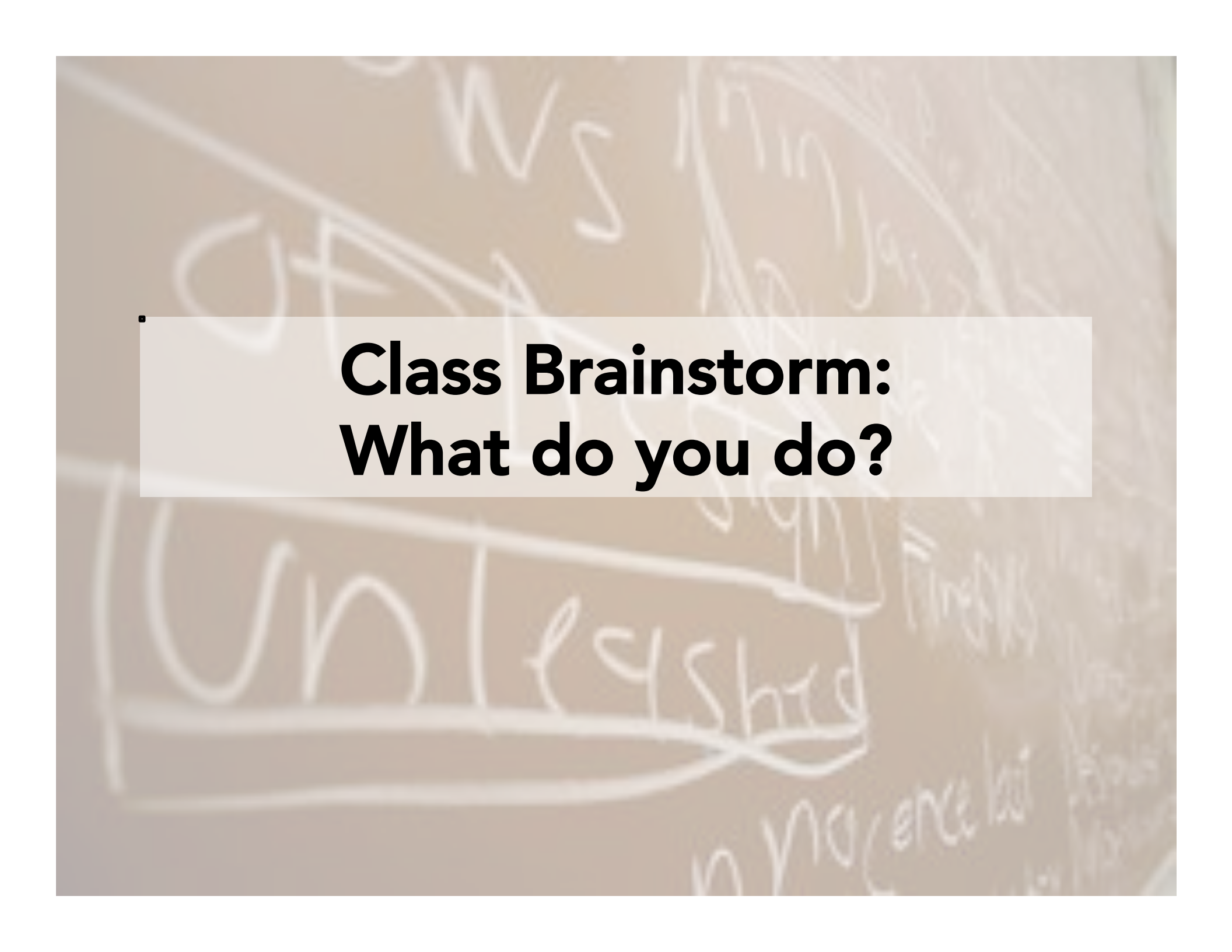


Fresh Food Spoils



Your food needs to last all winter long...





**Class Brainstorm:
What do you do?**



Think about it for 1 minute

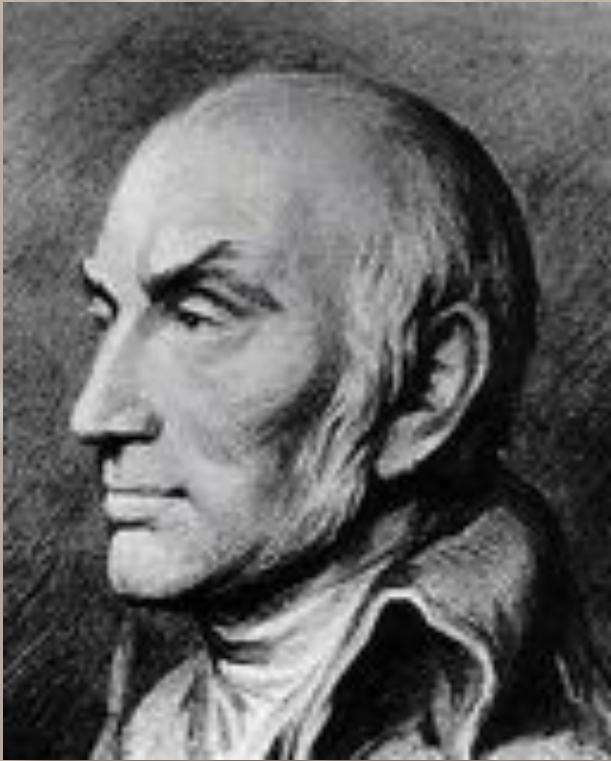


**Talk to a neighbor for the
next 2 minutes**

Canning?



Canning?



Nicholas Appert
Invented in 1795





**So what did people do
before 1795?**



Salt



Fermentation

Fresh Food Spoils



Bad Bacteria



Bad Bacteria



Block bad bacteria & mold!



Water is drawn out and bacteria slow down

Grow good bacteria



Good bacteria!!!

=



Good bacteria makes products like

- lactic acid
- alcohol

Lactic Acid



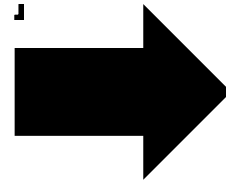
That same build up you feel when you're working out...



Lactic Acid



Good bacteria!!!



Block bad bacteria & mold!



Most bacteria don't like **acidic** or **alcoholic** environments

So how does this work in food?

How to pickle anything:



3 simple ingredients

How to pickle anything



How to pickle anything





No fridge required!



Preserving around the world...

Cheese



Name some cheeses!

Cheese

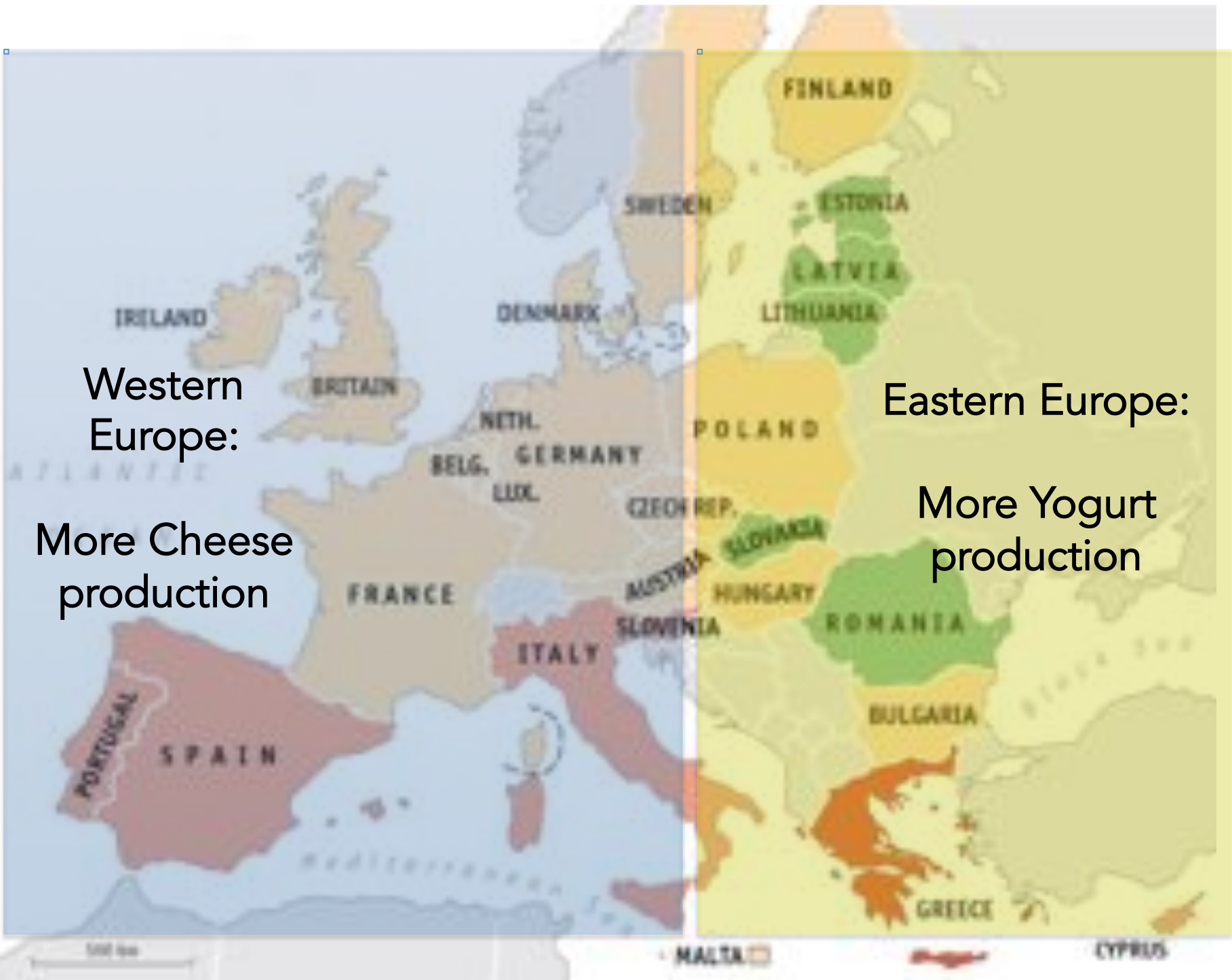




Yogurt



wiseGEEK



Western Europe:
More Cheese production

Eastern Europe:
More Yogurt production

European Style Yogurt



Kefir & Skyr



Russian / Poland



Iceland

Salami



Block bad bacteria & mold!



=



Salami production uses both salt and lactic acid

Salami Recipe



+



+



+



Good Bacteria Starter

Salami Recipe



+



+



+



Good Bacteria Starter

SALAMI

Fermented with cultures introduced to break down sugars into lactic acid, providing characteristic salami flavor



SOPRESSA SALAMI Coarsely Ground Pork
Fermented
Wine/Garlic



USES Gourmet sandwiches, party trays, pizzas, or paired with aged Italian cheeses



FINOCCHIONA SALAMI Coarsely Chopped Pork
Fermented
Fennel Seed



USES Gourmet sandwiches, party trays, pizzas, or paired with mild Italian cheeses



VARZI SALAMI Coarsely Ground Pork
Fermented
Clove and Nutmeg



USES A delicate, approachable flavor that works on a sandwich or antipasto plate



MILANO SALAMI Finely Chopped Pork
Fermented
Pepper



USES Perfect for sandwiches and to substitute Genoa or dry Italian salami





Pickles!



“Old World” Pickles vs Store-bought pickles

- Takes time to wait for bacteria to work to make lactic acid
- The tartness is rather mild
- Just add vinegar to get a sour taste
- Vinegar gives a sharp tartness

“Old-World” Style Pickles

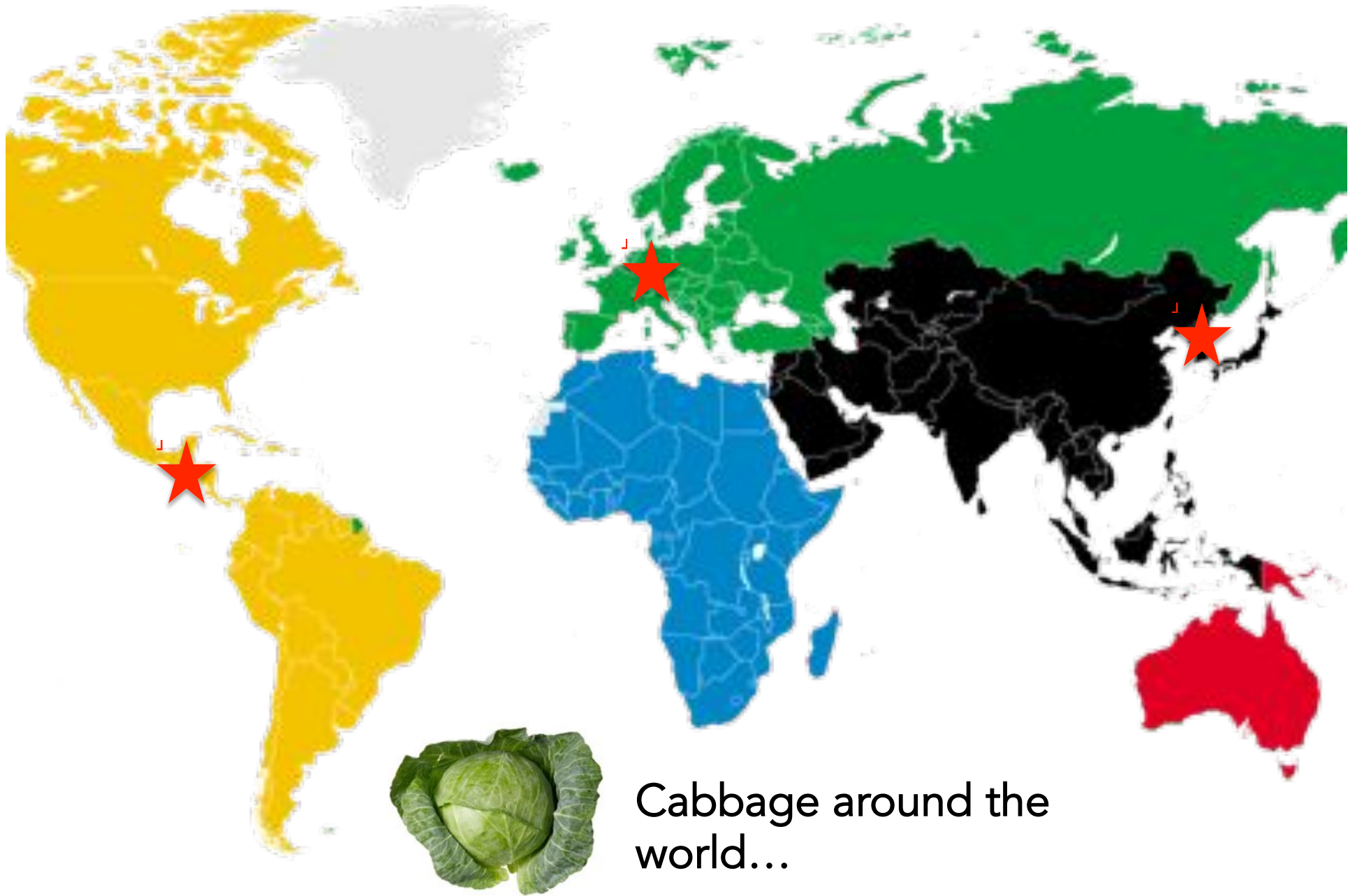






Preserving Cabbage





Cabbage around the world...

Sauerkraut!





Kimchi



Kimchi



Salvadorian *Pupusas* con *Curtido*



Fermentation in today's culture

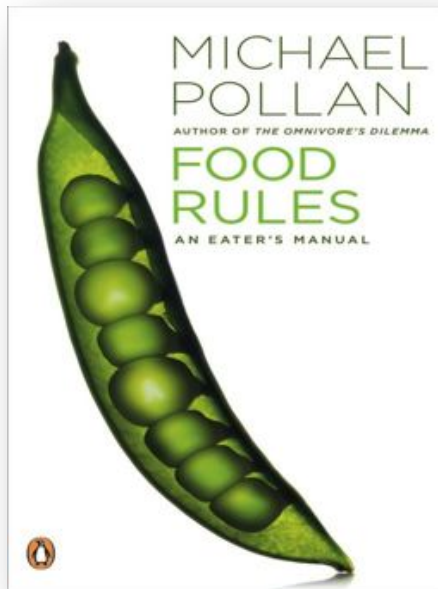
We now have refrigerators...



So it's less of
preserving to
survive...



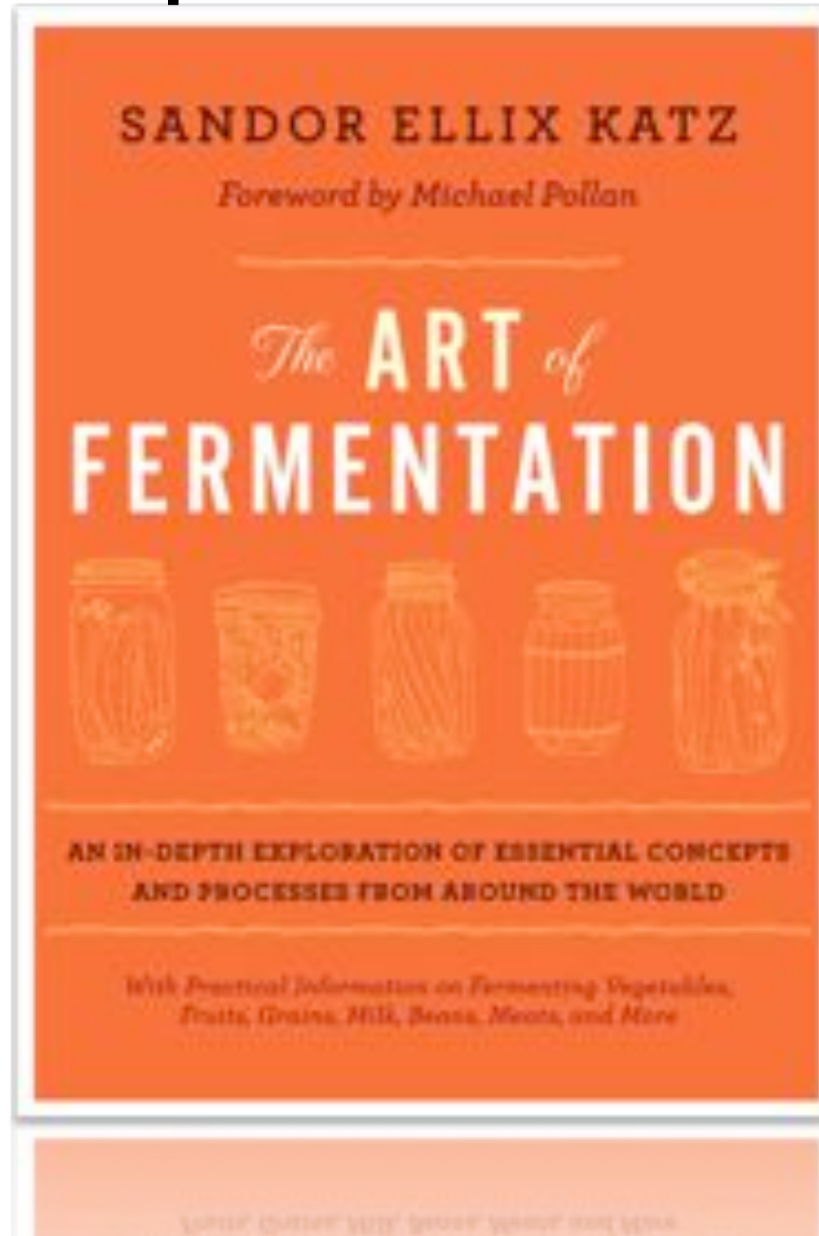
Food Awareness



Pickling resurgence!



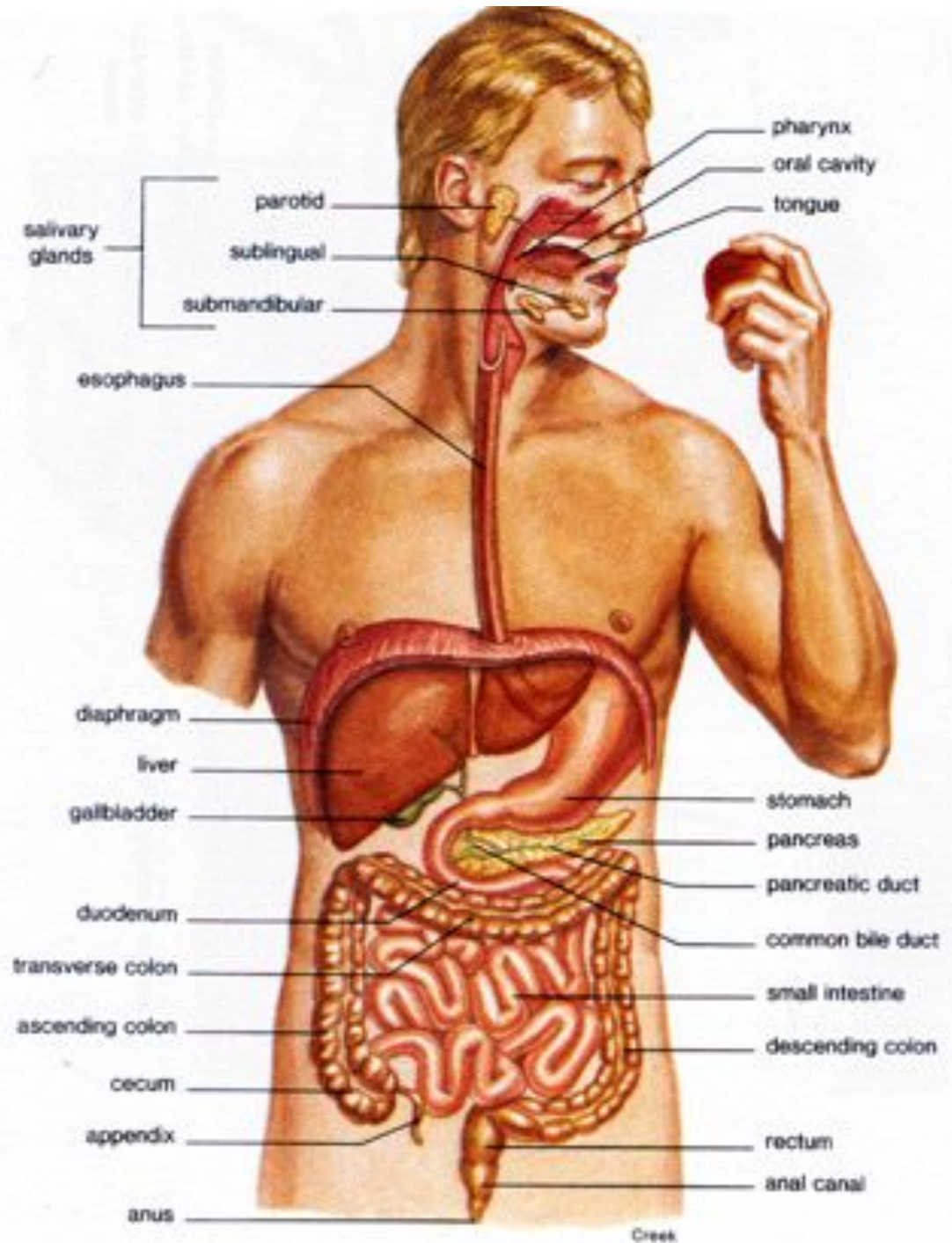
A great pickling resource:



Fermented Foods & Health?

How do you think fermented foods can affect health?

The Digestive System



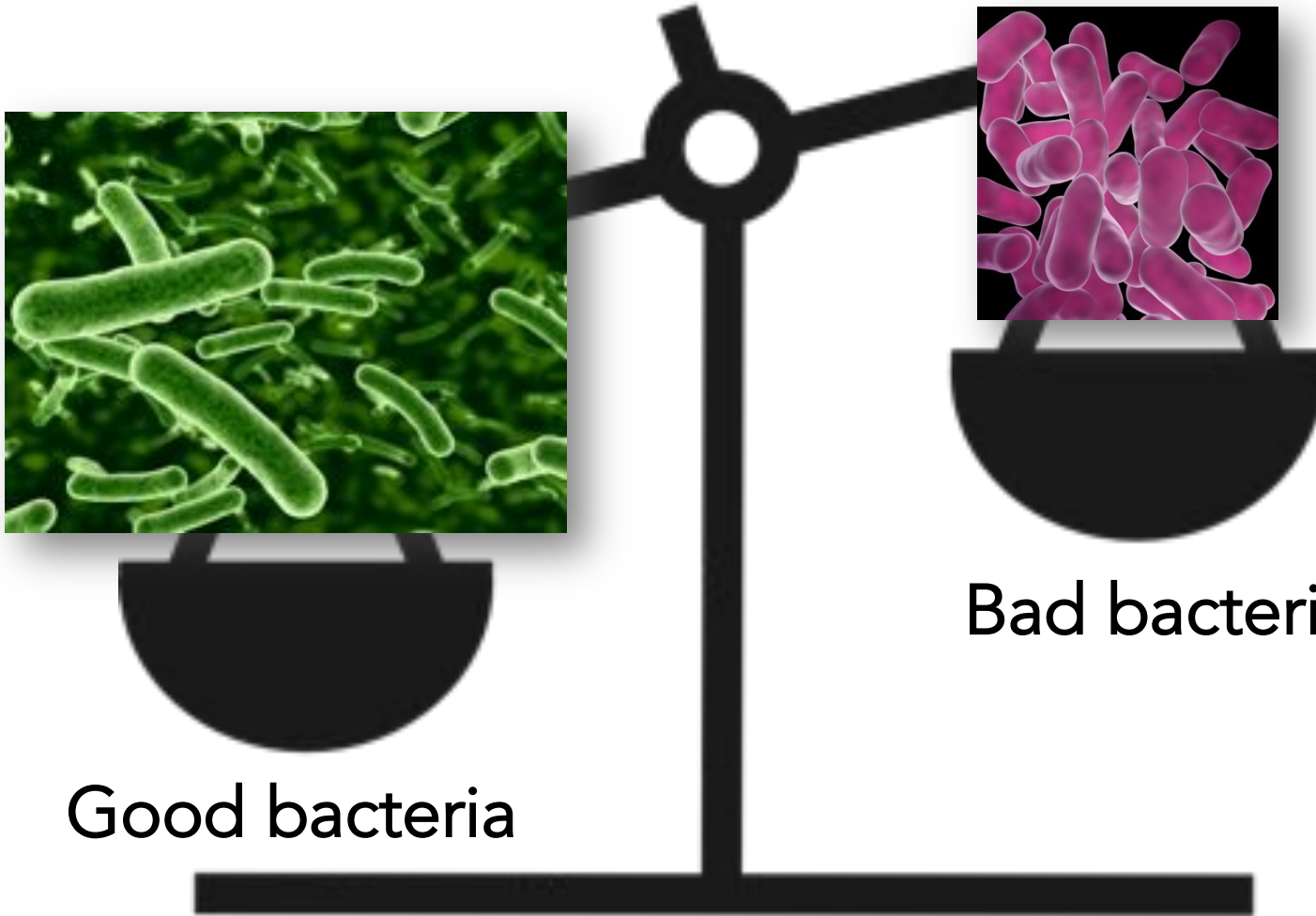
Probiotics!



Good bacteria



Bad bacteria



Probiotics!

Friendly Bacteria

L. acidophilus, *L. salivarius*,
L. casei, *L. thermophilus*,
B. bifidum, *B. longum*, etc.

Unfriendly Bacteria

Pathogenic bacteria & fungi,
such as *Candida albicans*, etc.



Now you get to taste
some fermented foods!

