

Indonesian Fermented Foods: Functional Properties and Global Strategy



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Indonesia has abundant natural resources which are rich in biodiversity. Moreover, Indonesia possesses much local wisdom, which brings many opportunities to develop various functional foods and nutraceutical products based on these traditional values. Variety of fermented foods in Indonesia are derived from heterogeneity of traditions, cultural preference, and different geographical areas. Physiologically bioactive compounds in fermented foods have received extensive attention in recent decades because of their functionality. Some Indonesian fermented foods have been studied for their production, functional properties, and health benefits. Consumption of fermented food will be an important part globally since food industry tends to produce and promote great value product which make positive contribution to economic growth. To go globally, collaboration works are needed to improve Indonesian fermented food in term of stability, functional properties, health benefits, sensory, standardization, and convenience.