

7th Indo-Global Summit and Expo on **Food & Beverages**

October 08-10, 2015 New Delhi, India

Bioactive compounds in traditional fermented bamboo shoots of Manipur

Thounaojam Premlata¹, C Nirmala¹ and M S Bisht²

¹Panjab University, India

²North Eastern Hill University, India

Fermentation is one of the oldest, popular and most economical forms of food preservation technologies of the world. In addition to preservation, fermentation process also enhances flavor, aroma, texture, increases digestibility and improves nutritional and pharmacological values. Bamboo shoots form an integral part of the local diet of the North-Eastern states of India and fermented bamboo shoot products are consumed as a traditional food by the ethnic people of this region. Different ethnic groups of the region have their own methods of fermentation. In Manipur, Soibum and Soidon are the two popular ethnic fermented products prepared from juvenile bamboo shoots which are regarded as highly prized vegetable items. Soibum is the fermented thin slices of bamboo shoot while Soidon is the partially fermented whole shoot tips of small sized bamboo, *Cephalostachyum capitatum*. In this study, the bioactive compounds are present in the two fermented forms of bamboo shoot was conducted. It was found that Soibum and Soidon have considerable amount of phytosterol (304.73 mg/100 gm, 206.88 mg/100 gm fresh weight) and dietary fibres (7.24 gm/100 gm, 5.01 gm/100 gm fresh weight) and significant amount of total phenolic content (913.11 mg/100 gm, 946.67 mg/100 gm fresh weight) which correlates to high antioxidant properties. The anti-nutrient content in shoots during fermentation was also reduced within safe limits for human consumption. Thus these traditional fermented bamboo shoots have the potential to be utilized as a health food due to the rich source of health enhancing bioactive compounds.

Biography

Thounaojam Premlata is a Research Scholar at Department of Botany of Punjab University, India. She was the recipient of UGC Fellowship.

virgo11prem@gmail.com

Notes: