
Table of Contents

Chapter 1	The History of Fermented Foods.....	1
	<i>Jashbhai B. Prajapati and Baboo M. Nair</i>	
Chapter 2	Challenges Facing Development of Probiotic-Containing Functional Foods.....	27
	<i>Catherine Stanton, Colette Desmond, Mairead Coakley, J. Kevin Collins, Gerald Fitzgerald, and R. Paul Ross</i>	
Chapter 3	The Properties of <i>Enterococcus faecium</i> and the Fermented Milk Product Gaio®.....	59
	<i>Marcelo Chiara Bertolami and Edward R. Farnworth</i>	
Chapter 4	Kefir: A Fermented Milk Product.....	77
	<i>Edward R. Farnworth and Isabelle Mainville</i>	
Chapter 5	Yogurt and Immunity: The Health Benefits of Fermented Milk Products that Contain Lactic Acid Bacteria	113
	<i>Judy Van de Water</i>	
Chapter 6	Health Properties of Milk Fermented with <i>Lactobacillus casei</i> Strain Shirota (LcS).....	145
	<i>Takeshi Matsuzaki</i>	
Chapter 7	Biologically Active Peptides Released in Fermented Milk: Role and Functions.....	177
	<i>Chantal Matar, Jean Guy LeBlanc, Luc Martin, and Gabriela Perdigón</i>	
Chapter 8	Cheese and Its Potential as a Probiotic Food.....	203
	<i>Knut J. Heller, Wilhelm Bockelmann, Juergen Schrezenmeil; and Michael deVrese</i>	
Chapter 9	Natto — A Food Made by Fermenting Cooked Soybeans with <i>Bacillus subtilis</i> (natto).....	227
	<i>Tomohiro Hosoi and Kan Kiuchi</i>	

Chapter 10	Fermented Meat	251
	<i>Walter P. Hammes, Dirk Haller, and Michael G. Ganzle</i>	
Chapter 11	Miso: Production, Properties, and Benefits to Health.....	277
	<i>Yukiko Minamiyama and Shigeru Okada</i>	
Chapter 12	Korean Fermented Foods: Kimchi and Doenjang.....	287
	<i>Hoonjeong Kwon and Young-Kyung Lee Kim</i>	
Chapter 13	The Role of <i>Lactobacillus plantarum</i> in Foods and in Human Health	305
	<i>Göran Molin</i>	
Chapter 14	Sauerkraut.....	343
	<i>Wilhelm Holzapfel, Ulrich Schillingel; and Herbert J. Buckenhüskes</i>	
Chapter 15	The Future for Fermented Foods.....	361
	<i>Edward R. Farnworth</i>	
Index		379