

食品科学

乳酸菌在传统主食馒头中的应用前景

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摘要:

乳酸菌在食品工业的应用具有悠久的历史, 国外近些年开始研究乳酸菌在西方主食面包发酵中的作用, 乳酸菌协同酵母发酵生产面包可产生良好的风味、减少抗营养因子、延长产品保质期。对乳酸菌在酸面包和全谷物及高纤维食品中应用研究包括营养价值、健康价值和抑菌物质等进行了综述。目前国内对传统馒头发酵剂的研究处于起步阶段, 应用乳酸菌和酵母菌混合发酵生产馒头, 改善馒头的风味和质构, 提高营养价值, 开发新产品是今后的研究方向。

关键词: 乳酸菌 营养价值 抑菌物质 全谷物 馒头

Application prospect of lactic acid bacteria in traditional Chinese

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Abstract:

The application of lactic acid bacteria on food industry has a long history. Those effections on bread fermentation has been developed such as good flavour, reducing antinutritional factors and prolonging guarantee period.It reviews the application on nutritional quality, health value and antibacterial substances of sourdough bread, whole grains and high fiber foods. Currently the research on starter culture of traditional mantou in China is still at the beginning stage. New product development which fermented with lactic acid bacteria and yeast to improve the taste texture and nutritional value will become the new research directions

Keywords: lactic acid bacteria, nutritional value, antimicrobial substances, whole grains, Mantou

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