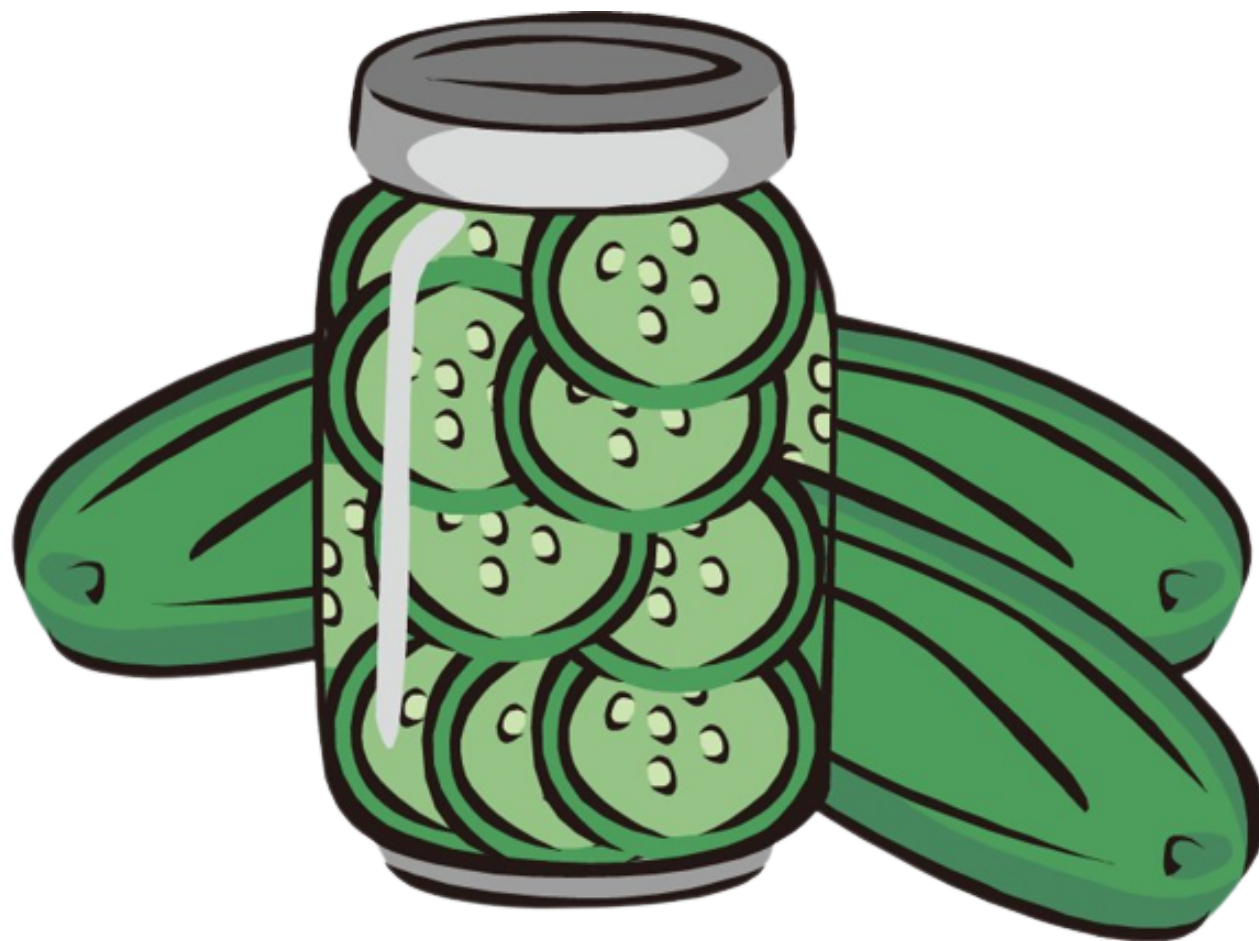


# SCIENCE OF PICKLING

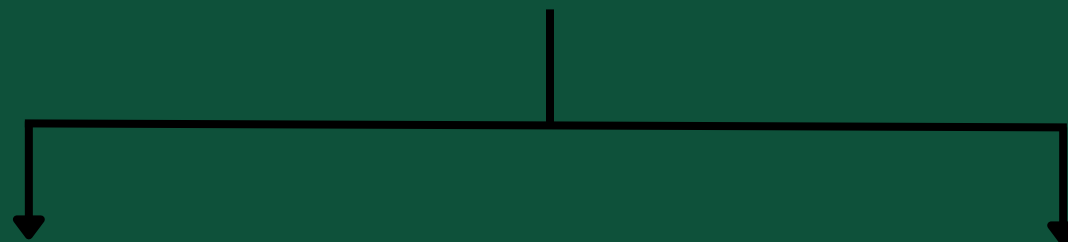


# PICKLING PROCESS

Pickling is the process of preserving **edible products** in **an acid solution, usually vinegar**, or in salt solution (brine).

In the latter case, the acid that does the preservative action (lactic acid mainly) is produced by fermentation. The process of pickling is also known as brining and the resulting foods as pickles.

## TYPES OF PICKLING



### **Anaerobic fermentation**

(Done in a brine that creates lactic acid.)

### **Marinating and Storing**

(Done in an acid solution, usually vinegar (acetic acid).)

# EXAMPLE OF PICKLING

Most major vegetables can be preserved by pickling, either commercially or in households.

- Cucumbers
- Cabbage
- Green olives
- Carrot
- Mushrooms.
- Pickled vegetables.
- Fermented homemade pickled Carrot, cucumber, chili pepper, garlic, and in the hot climate of India.



# INDIAN METHOD OF PICKLING

- It starts with **salting and curing food in brines** to preserve.
- Salt and time, naturally break down the vegetables and fruits and **preserve them via fermentation**.
- Direct sunlight and sufficient ambient light provide **the warmth the good bacteria break down sugars and create lactic acid**, preserving the fruit and giving fermented pickles.
- The **acid prevents the growth of bacteria** that could cause the pickle to go rotten.

# HEALTH BENEFITS OF PICKLING

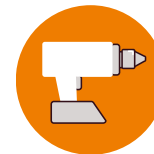
- Good source of **antioxidants** - As homemade pickles contain raw and unripe ingredients, it is a good source of antioxidants.
- It **improves the digestive** processes of the body.
- A reliable source of **vitamins and minerals**.
- Produce healthy bacteria in the body.
- The right amount of salt and oil ensures good quality pickles.

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