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► **To cite this version:**

Berthe Parfait, Colette Galas, Louis Fahrasmane. Lactofermentation of gombos. 41. Annual meeting CFCS, Jun 2005, Le Gosier (Guadeloupe), France. hal-02763389

HAL Id: hal-02763389

<https://hal.inrae.fr/hal-02763389v1>

Submitted on 4 Jun 2020

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LACTO-FERMENTATION OF GOMBOS

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Biopreservation and/or preparation of gombos (*Hibiscus esculentus*), by lactic acid fermentation.

A natural processus

What is lactic fermentation ?

It is a spontaneous reaction that selects **indigenous lactic acid bacteria (LAB)** which produce lactic acid from carbohydrates breakdown.

- LAB are normal flora of fruits and vegetables.
- They are resident flora in human and animal gastrointestinal tracts.

This fermentation is traditionally used in some countries to prepare a wide variety of fermented food : yoghurt, cheese, sauerkraut, sausage, etc.

How to proceed in lactic acid fermentation of gombo?

Fill an air-tight, salt resistant container with water and washed gombos, herbs and spices. Then, add brine to obtain 3% sodium chloride rate (weight of salt / weight of gombos plus water) in the container.



After 24 hours enclose the container hermetically. The fermentation lasts one week, at 25°C. The fermented product in the brine is stable and can be preserved for up to one year.

Prior to consumption, the gombos are rinsed in clean water, to reduce the sodium chloride content.

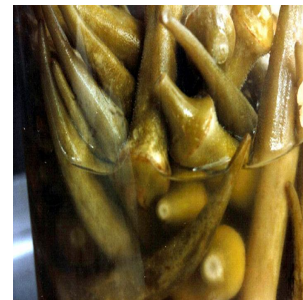
Packaging and preservation

For commercial packaging of the fermented gombos in small containers, rinse them and the herbs and spice, in water. Adding vinegar to the water can facilitate elimination of the gum often produced by gombos.

How to preserve ?

In a clean container rinsed with boiling water, place the rinsed gombos, herbs and spices. Then fill it to the brim with water containing 10% of vinegar (6° acetic) and 2% of sodium chloride, so as to eliminate the air.

Close hermetically the container.



By using the lactic acid fermentation process, gombos lose a lot of their gum. They are crispy with a pleasant sour taste. They are ready to use without cooking

Shelf-life of the product ?

The fermented product in an air-tight container is stable at room temperature.

The fermented gombos shelf-life, in an air-tight container, kept out of light, in a cool place, is one year.

Take care !

Like for any preserve, an opened container must be kept in a fridge and consumed rapidly.

