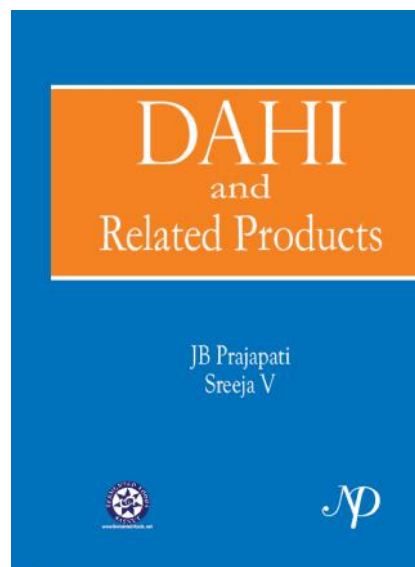


Book Review–I

Dahi and Related Products, JB Prajapati and V Sreeja. New Delhi Publishers, New Delhi, p. 100 + illustration

Fermentation is one of the oldest forms of food preservation technology in the world, carried out to enhance the shelf-life and nutritional value of foods. Fermented foods have been aspirated with therapeutic values from the time immemorial. The health enhancing effects of fermented foods have a prominent place in folk medicine. *Dahi* is one of the oldest and popular fermented milk products of India which is consumed as a part of daily diet almost in every home maybe in different forms. But the manufacturing technology of *dahi* and its related products is still traditional and remained at household level. However, since last two decades the commercial production of *dahi* and related milk products has started and the size of the market has increased, as the society has become more health conscious and want health promoting health/functional foods. Preparation of fermented milk is normally a chapter in a Dairy Science/food science/microbiology books, but an exclusive manuscript on '*Dahi*' that too can easy to use style but built on science and technology is looking.



Considering this, there is a need to develop a comprehensive document consisting of information on *dahi* and its related products, their health benefits and industrial production technologies. The authors have very rightly tapped the opportunity to develop a basic and comprehensive document on *dahi* and its related products designed in line with the current requirements of the industry. The book has been divided into several segments covering various aspects related to traditional, technological, biochemical, microbiological, health and nutritional aspects of *dahi*. The production technology of *dahi* and *dahi* based products has also been presented in a very scientific manner. The authors have beautifully presented the contents by making use of tables, figures and photographs.

I am sure this book would be useful to the students, teachers and researchers to a large extent. Further, it may also serve as a ready reference guide to various R and D laboratories of food and dairy industries. Except for minor typographic mistakes and elaborations required in some of the methods, the book is a good piece of work. I recommend that this manual should be available to all the libraries of different universities for the benefit of students, teachers and researchers. The authors are complemented for taking the task of writing technology oriented manuscript for the benefits of food security.

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