

An Exploratory Study Lip-Smacking Achaars and its Growing Demand within Indian Market

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Abstract: *Historically, pickling has served as one of the oldest methods for preserving a variety of food items, including vegetables, fruits, fish, and meat. This process leads to distinct and desirable alterations in flavour, texture, and colour, which develop gradually during the fermentation of pickles. Microorganisms play a central role in pickling food items, influencing both the quality and safety of the end product. This review will concentrate on traditional fermented pickles and explore their nutritional, medicinal, and economic potential. Additionally, it will summarize advancements in technology for analysing the microbial communities associated with these traditional pickles. Lastly, this paper will address the role of pickles in addressing food security concerns, consider the safety aspects of traditional pickles, and discuss biofortification as an intriguing technique for enhancing the quality of traditional pickles.*

Keywords: Pickles, Demand in the market, ingredients used in making pickle.

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