

# A study on scenario of consumption of fermented foods and beverages in Barak valley region

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In Northeast, rich cultural diversity and Ethnic Groups are found in Barak valley of Assam. For the presentation, taste and nutritional enrichment, each Ethnic Group possesses its own technique of fermenting food materials and has been carrying this tradition from time immemorial. These lesser acknowledged fermented foods and beverages are at the risk of extermination due to the impact of globalization and its documentation is very requisite fragment before its further application in food processing industry. Fermented foods have also great potential in maintaining health and preventing diseases. A variety of traditional fermented foods and beverages at the household level are produced in the Barak Valley region. These include cereal based fermented food (Jilepi, Amriti, Pantabhat), fermented legumes (Kumrabori), fermented vegetable (Gunder and Sinki Matta), fermented bamboo shoot, fermented fish and alcoholic beverage (Laupani, Ju). Mainstream of Ethnic population such as Bengali, Dimasa, Manipuri, Nepali, Assamese live in the forest eco-system having own socio-cultural pattern, tradition and typical food habits. Increase in intake of fermented foods in the regions during the lockdown period in connection with the Pandemic COVID-19, has proved that people can survive taking fermented foods irrespective of all categories of income level. A petite effort has been made through this paper in providing written record about the fermented foods and alcoholic beverage along with its socio-cultural significance of the region.

**Key Words :** Fermented foods, Fermented beverages, Traditional knowledge

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