



this book deals with foods from the view of traditional practices across the nation. each food is explained from the view of production, processing, and utilization in the indian context. it is the third revised edition of the book foods facts and principles. it gives a comprehensive explanation of various foods and their products in terms of production, composition, uses, and preservation. this book also discusses some other concepts that include indigenous food preparations depending on fermented pulse and rice, indian confectionery, and milk. sunetra roday is the retired principal of the maharashtra state institute of hotel management & catering technology (msihmct), pune. she has been teaching food science and nutrition for over 26 years. she has published books on hygiene and sanitation, cooking, and food preservation. she is actively involved in consultancy projects, curriculum development, and nutrition counselling. the indian food industry has undergone tremendous changes in the last few decades. the people of india have been able to indulge in various food and beverages with the rise in food technology. food technology has been adopted for the preservation and refinement of food products. in this book, the authors focus on the indian cuisine and the various food and beverages that are commonly consumed. the book gives a detailed explanation of various foodstuffs, drinks, and beverages. each food is explained in such a way that it can be prepared easily in the indian kitchens. the book deals with the microbiological aspects of foods and drinks from the perspective of food safety. the chapters on food preservation and processing covers various operations such as freezing, refrigeration, canning, and irradiation. the explanations of the various preservation techniques are done in the context of the indian food system.

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