

## **The microbiology of Ghanaian traditional fermented foods – past, present and future perspective for green growth**

Grace A. Motey<sup>1</sup>, Fortune Akabanda<sup>1</sup>, James Owusu-Kwarteng<sup>1</sup>, Lene Jespersen<sup>2</sup>

<sup>1</sup>Department of Applied Biology, Faculty of Applied Sciences, University for Development Studies, P. O. Box 24, Navrongo Campus, Ghana

<sup>2</sup>Department of Food Science, Faculty of Life Sciences, University of Copenhagen, Denmark

\*correspondence: [jowusukwarteng@yahoo.co.uk](mailto:jowusukwarteng@yahoo.co.uk); cell: +233 209265738

### **Abstract**

Ghanaian traditional fermented foods and beverages are produced at household and small to medium scale levels using a variety of raw materials including cereals, root tuber (cassava), protein rich seeds and legumes, palm sap, and animal and fish proteins. The fermented food products may be dumplings or stiff porridges, gruels, alcoholic and non-alcoholic beverages, cakes, condiments and flavourings and yoghurts. In the past 3 decades, microbiological investigations on Ghanaian fermented foods have focused on characterization and identification of the associated microorganisms, physico-chemical and biochemical characteristics geared towards the development of starter cultures. This paper presents the first systematic and comprehensive review of Ghanaian traditional fermented foods in view of the increasing scientific investigations and information accumulated on these foods within the past three decades.

**Keywords:** Ghanaian traditional fermented foods, microbiology, biochemical changes