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delicious and rich  
source of nourishment.  
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beer, wine, cheese,  
bread, and yogurt, or  
beloved family  
traditions like  
sauerkraut, corned  
beef, and kimchi, are  
the result of

fermentation. Besides  
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shipping Fermentation is a food preservation process that takes place in the absence of oxygen and is facilitated by several types of beneficial microorganisms.

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Malolactic fermentation softens the taste and texture of the wine, adds complexity and character, and stabilizes wines prior to bottling. The chemical process behind MLF // wikipedia, Malic acid is

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the tart acid in grapes also found in green apples. Lactic acid, on the other hand, is the more creamy acid found in milk, cheese, and yogurt.

## **A Dummy's Guide To Malolactic Fermentation | The Winc Blog**

At first I only thought that fermentation applied to beers and wines, but I learned of a whole new world of

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Step 3: Delayed  
Fermentation Option 1:  
Bucket in the fridge (at  
this point, in the  
recipe, you can take

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that whole bucket or bowl and throw your dough in the fridge for 12-48 hours).

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