

Natural Probiotics

MESU DIP

Fermented Bamboo Shoot

Mesu Dip

(Fermented Bamboo Shoot)

Nurtitional Value - (per serves)

Energy	Protein	Carbohydrates	Fat
41.8 kcal	2.3 g	3.64 g	2.34 g

Ingredients

- Blanched bamboo shoot - 100 g
- Garlic cloves, crushed - 15 g
- Chili powder-5g
- Brown mustard seeds-10 g
- Mustard oil - 1tbsp

Prepare Time
6 Minutes

Cooking Time
10 Minutes

Serving Size
2 Plates

Description

Bamboo shoot fermentation (the "green gold") is a traditional process carried out in different communities of the North- Eastern region of India. It is a traditional dish commonly prepared in state of Manipur and Sikkim in the form of pickle. They are eaten as curry, pickle or soup in different communities.

Preparation

Step 1: Place all the ingredients in a bowl and mix until well combined.

Step 2: Spoon into a sterilized Jar. Cover the opening with a piece of muslin (cheesecloth), then secure the lid.

Step 3: Store in a cool dark place for at least 6 hours, until pickled to your liking

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Preparation

Step 4: The fermented bamboo shoots will keep for up to 4 weeks(7-12 days).

Step 5: During this time, the flavor will keep getting stronger, and the shoots more tender.

Step 6: Once mesu is prepared take the required amount make them into chutney serve as a dip or flavor to dish.

Name of the Potential Probiotic Microorganism:

Lactobacillus brevis, L. plantarum, L.curvatus, Leuconostoc citreum, and Pediococcus pentosaceus

Health benefits

- Antioxidant, Anti-Cancer, Anti-Aging. Anti-free radical, Prevents Cardiovascular Diseases, Improves Digestion, and Anti-Microbial Activity due to the Presence of Different Glycosides and flavones.
- Bamboo shoots are considered nutraceuticals because they have low fat, high edible fiber content, and vitamins such as vitamin C and vitamin E.
- It also plays an important role in the function of the thyroid and pituitary glands which are involved in producing and regulating hormones in the body.

Credit - FASSI - https://www.fssai.gov.in/book-details.php?bkid=369