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## Chow-Chow Kraut

<i>Salient features</i>	<ul style="list-style-type: none"><li>➤ Fermentation of the Chow-chow fruit by a process similar to that of manufacture of Sauerkraut.</li><li>➤ Sufficient nutrition in Chow-Chow for the growth of Lactic Acid Bacteria (LAB) and fermentation of sugars and carbohydrates in presence of common salt.</li></ul>
<i>Advantages</i>	<ul style="list-style-type: none"><li>✓ No need of additional nutrients for complete fermentation.</li><li>✓ High nutritional value</li><li>✓ High medicinal value</li></ul>
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<i>Year</i>	2014-15
<i>Source of funding</i>	MoFPI
<i>More information</i>	<b>Status of commercialization / Patent / Publications</b> NA