

PRELSES
RELEASE

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Lesaffre publishes "Fermentation", a book to raise public awareness on the benefits of fermentation

As a world key player in the field of fermentation for nearly 170 years, Lesaffre has made available to the public, since February 2, 2022, a book entitled "Fermentation". The aim of this book is to help as many people as possible discover the benefits of fermentation and the foods that are produced from it.



Through this book, published by Flammarion and produced in partnership with the Institut Paul Bocuse, Lesaffre's aim is to provide a better understanding of the tremendous contribution of fermentation thanks to micro-organisms such as yeast and bacteria, pioneers of life on Earth and omnipresent in our environment. The fermentation process, once limited to food preservation, has now become an answer to preserve and better feed the planet. In recent years, with the discovery of the importance of microbiota by consumers, the link between fermentation and human health has become stronger.

"The process of fermentation is both ancient and very current. In fact, ingredients or foods derived from fermentation can be found in many everyday dishes and drinks. And yet, it is a little-known process, even in France, the country of bread, wine and cheese! With this book, we want to introduce fermentation and the benefits of micro-organisms to the public," explains **Thomas Lesaffre**, Marketing Director Baking Ingredients at Lesaffre.

The book retraces the history of fermentation through an educational, entertaining and playful approach, then draws up a panorama of the leading products (bread, cheese, beer, coffee, yoghurt...) resulting from fermentation. It plunges us into a world of unsuspected flavors. Thirty or so gourmet recipes, easy (pickles, salmon gravlax, pretzels, kombucha...) or more sophisticated, concocted by the chefs of the Institut Paul Bocuse, will allow everyone to discover the richness of taste that fermentation offers.

"Fermentation" will be presented on the Lesaffre booth at Europain trade fair from 26th to 29th March 2022, in Paris. Already available in French and English, other translations of the book may well be published in the near future.



ABOUT FLAMMARION

Founded in 1875, Flammarion is a generalist publishing house, and is France's leading publisher of art and illustrated books. A member of the Comité Colbert (which promotes French luxury products worldwide), Flammarion also publishes books in English on the French art of living for international distribution.

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ABOUT INSTITUT PAUL BOCUSE

Institut Paul Bocuse prepares future decision-makers for exciting careers in the hospitality, food service and culinary arts sectors. In just 30 years, the Institute has been able to develop a unique higher education, research, continuing education and career retraining ecosystem. Our Institution trains more than 1,400 students each year, representing 72 nationalities studying on 10 international campuses. From undergraduate through to doctoral level, students on our courses benefit from an experiential teaching approach designed around project management, talent development, entrepreneurship and creativity. We've built our international development strategy upon an educational hub created in partnership with the best schools and universities in the world along with our network of 4,500 alumni located in 80 countries across the globe. Institut Paul Bocuse is the first-ever private hospitality and food service higher education institution to be fully certified by the Ministry of Higher Education, Research and Innovation, with 4 undergraduate programmes in Management approved by the French State. We are the only school in France to have a Michelin-starred training restaurant, a 5* training hotel and a Research Centre whose academic work makes a key contribution to the quality of our training provision through a forward-looking vision of the hospitality professions

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ABOUT LESAFFRE

A key global player in fermentation for more than a century, Lesaffre, with a 2,2 billion euro turnover, and established on all continents, counts 11,000 employees and more than 85 nationalities. On the strength of this experience and diversity, we work with customers, partners and researchers to find ever more relevant answers to the needs of food, health, naturalness and respect for our environment. Thus, every day, we explore and reveal the infinite potential of microorganisms.

To nourish 9 billion people, in a healthy way, in 2050 by making the most of our planet's resources is a major and unprecedented issue. We believe that fermentation is one of the most promising answers to this challenge.

Lesaffre – Working together to better nourish and protect the planet

More information on www.lesaffre.com
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