

Exploration of Lactic Acid Fermentation of Goat Milk for Functional Dairy Products

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Abstract: Goat milk is an excellent source of nutrients and has gained increasing attention as a raw material for the development of functional dairy products. Its unique composition and digestibility make it ideal for fermentation using lactic acid bacteria (LAB). This paper explores the process and potential of lactic acid fermentation of goat milk, identifying its nutritional advantages, microbial interactions, and functional properties. Emphasis is placed on the roles of probiotic LAB strains in enhancing the health benefits and shelf life of goat milk-based products. The study concludes that fermented goat milk products can serve as an effective vehicle for functional foods, particularly suited for individuals with cow milk intolerance or dietary preferences for natural bioactive compounds.

Keywords: Goat Milk, Lactic Acid Fermentation, Functional Dairy Products, Probiotics