

Chapter 8

Microbes in Bakery: Their Role, Benefits, and Risks

^{1*}Anjali Kumari, ²Pinky Raj Sahu, ^{3*}Rupa Verma

1. BSc Biotechnology, Marwari College, Ranchi, Jharkhand, India
2. Assistant Professor, Department of Biotechnology, Marwari College, Ranchi, Jharkhand, India
- 3*.Assistant Professor, M.Sc. Biotechnology, University Department of Botany, Ranchi University, Ranchi, Jharkhand, India

***Corresponding Author:** anjalikumariar@gmail.com,

***Corresponding Author:** drrupav@gmail.com

(*Orcid ID: <https://orcid.org/0000-0001-9363-0623>)

Abstract

This review article delves into the pivotal roles of microorganisms, notably yeasts and lactic acid bacteria (LAB), in the baking process. It summarizes how these microbes influence dough fermentation, flavor development, textural characteristics, and nutritional aspects of bread. With a focus on the biochemical and physiological mechanisms at play, the review also highlights recent advancements in yeast strain selection and fermentation control. The article aims to provide insights into the complexities of microbial interactions and their implications for contemporary baking practices, as well as future research directions that may contribute to healthier and more sustainable baked goods.