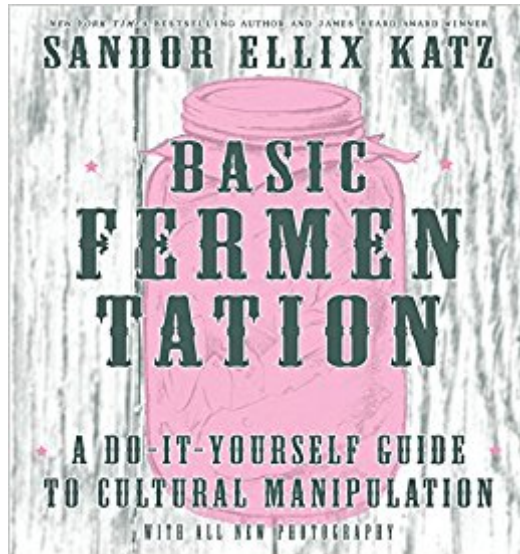




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Basic Fermentation: A Do-It-Yourself Guide To Cultural Manipulation (DIY)



Synopsis

A classic beginner's guide to fermenting just about anything. At last, a new edition of fermentation guru Sandor Katz's first published work, including all new, step-by-step photography. A great introduction to fermenting foods at home, whether you're looking to expand your kitchen repertoire into exciting new flavors or seeking to make affordable, natural, probiotic food to heal your guts and soothe your soul. Includes clear, straightforward instructions to get you started making anything fermentable, from bread to cheese to yogurt to kimchi to miso to injera to honey wine. Who knew making tasty, healthy, interesting food could be so simple?

Book Information

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Customer Reviews

"GENIUS! Americans are suffering from yucky guts and this book teaches us how to fix ‘em … simple and basic!" –Joli Forbes, Bamboo Family Magazine

"This book marries food preparation and politics. What this is, gloriously and wonderfully so, is an instruction/cook book that very clearly tells you how to ferment and pickle every famous fermented and pickled food, from kimchi to miso to sauerkraut to capers. And like the fermented beverages that are not covered in this book (other than Ethiopian honey wine) this is intoxicating and addictive! Highly recommended for anyone with curiosity, tastebuds and patience." -Roctober Magazine

Praise for Sandor Katz's other works on fermentation:“In the spirit of the great reformers and artists, Sandor Katz has labored mightily to deliver this opus magnum to a population hungry for a reconnection to real food, and to the process of life itself.â • – Sally Fallon, author of the nutrition and

cookbook Nourishing Traditions“A unique cookbook for gardeners…This book will appeal to those interested in world food traditions, the history of human nutrition, and the “whysâ • of good food and good health.â • – The Washington Post“Wild Fermentation will serve as a training manual for thousands of culinary Harry Potters, working their magic in the tranquil atmosphere of sacred kitchens.â • – Wise Traditions“…the avant-garden prophet of fermented foods….â • – Acres USA“…informative, thought-provoking and nothing less than inspiring…Wild Fermentation does not scare off readers with technicalities; it does everything it can to invite readers to begin fermenting on their own. And it succeeds.â • – In Good Tilt

Sandor Ellix Katz considers himself a fermentation revivalist. He has written several award-winning books and taught hundreds of workshops around the world empowering people to create their own fermented foods. The New York Times calls him “one of the unlikely rock stars of the American food scene.â •

This small booklet is just about completely contained inside Sandor Katz's larger book on wild fermentation so you may not want both. But this one has the basics and is a very good place to start, and if you qualify for free shipping on your order, well worth it.Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods

Made my first batch of sauerkraut a couple of weeks ago and I'm still alive and haven't died so the instructions in the book works! The kraut is mild at first, after a bit it starts to get tangy and now it's got a nice tartness. Still crunchy with a hint of sweetness. The tang is very mild, not astringent or overpowering. SOOOOO easy to make. Make sure you get the glass pebbles to weigh the cabbage down. It makes it easier and less messy. Place a small dish underneath the jar at first because some of the juice will bubble out.

These recipes are great ways to preserve and use food from your garden. I got this after tasting the sauerkraut a friend made from this book, it was just like I remember my father making over 55yrs ago! Brought back fond memories.

This book contains the only recipe for Kimchi I've ever tried. It makes a small batch - about a quart - and does not have to be buried outside. I bought this copy, my second, as a gift for a friend who's a

Kimchi aficionado.

I really enjoyed reading this book and now I am excited to try some different fermented foods for the first time. I don't know if I am quite ready for homemade tempeh, but some yogurt will be nice. I also liked the extensive list of suppliers.

This is a small short book. Has some interesting info but nothing new for me. If you new to fermenting it's a good find.

Book was a lot smaller than I expected but it is packed with info!

Great book quick and simple, keeping it easy for beginning fermenters!

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