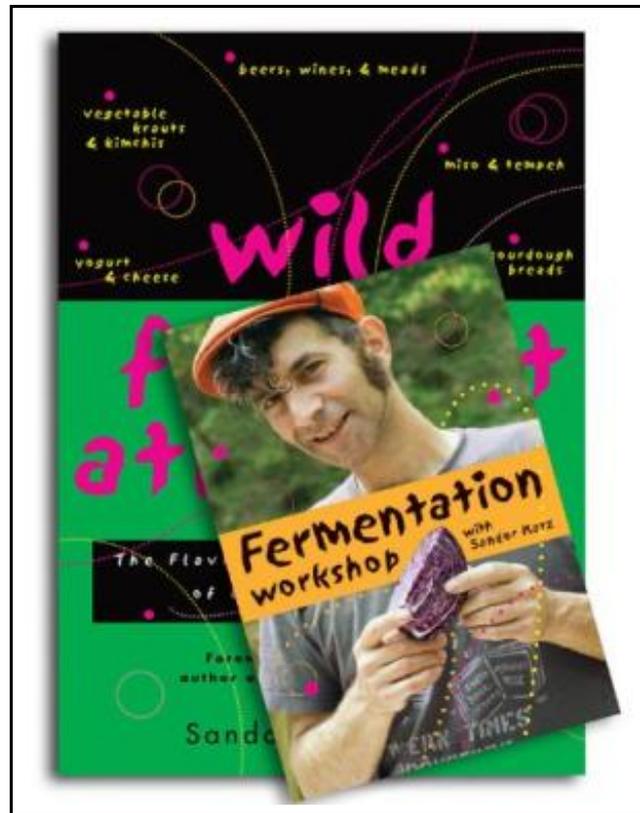


## Wild Fermentation: The Flavor, Nutrition, and Craft of Life-Culture Foods (Mixed media product)



Filesize: 1.94 MB

### **Reviews**

*This publication is wonderful. It is amongst the most remarkable pdf i have got read. Its been written in an exceptionally basic way and it is merely after i finished reading through this pdf in which really transformed me, alter the way i really believe.*

*(Shayne Schneider)*

## WILD FERMENTATION: THE FLAVOR, NUTRITION, AND CRAFT OF LIFE-CULTURE FOODS (MIXED MEDIA PRODUCT)

[DOWNLOAD](#)

Chelsea Green Publishing Co, United States, 2010. Mixed media product. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book. DVD AND BOOK SET: In this exclusive package, experience a complete look at fermentation with both the DVD of one of Sandor Ellix Katz s popular workshops and a copy of Sandor Ellix Katz s Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods, the first cookbook to widely explore the culinary magic of fermentation. This book provides readers with basic and delicious recipes--some familiar, others exotic--that are easy to make at home. With nearly 100 recipes, it is the most comprehensive and wide-ranging fermentation cookbook ever published. Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods Bread. Cheese. Wine. Beer. Coffee. Chocolate. Most people consume fermented foods and drinks every day. For thousands of years, humans have enjoyed the distinctive flavors and nutrition resulting from the transformative power of microscopic bacteria and fungi. Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods is the first cookbook to widely explore the culinary magic of fermentation. Fermentation has been an important journey of discovery for me, writes author Sandor Ellix Katz. I invite you to join me along this effervescent path, well trodden for thousands of years yet largely forgotten in our time and place, bypassed by the superhighway of industrial food production. The flavors of fermentation are compelling and complex, quite literally alive. This book takes readers on a whirlwind trip through the wide world of fermentation, providing readers with basic and delicious recipes--some familiar, others exotic--that are easy to make at home. The book covers vegetable ferments such as sauerkraut, kimchi, and sour pickles; bean ferments including miso, tempeh, dosas, and idli; dairy ferments including yogurt, kefir, and basic cheesemaking (as well as...



[Read Wild Fermentation: The Flavor, Nutrition, and Craft of Life-Culture Foods \(Mixed media product\) Online](#)



[Download PDF Wild Fermentation: The Flavor, Nutrition, and Craft of Life-Culture Foods \(Mixed media product\)](#)

## You May Also Like

---



**Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Save eBook »](#)

---



**Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Save eBook »](#)

---



**The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint)**

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for...

[Save eBook »](#)

---



**Because It Is Bitter, and Because It Is My Heart (Plume)**

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with...

[Save eBook »](#)

---



**The Country of the Pointed Firs and Other Stories (Hardscrabble Books-Fiction of New England)**

New Hampshire. PAPERBACK. Book Condition: New. 0874518261 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST...

[Save eBook »](#)