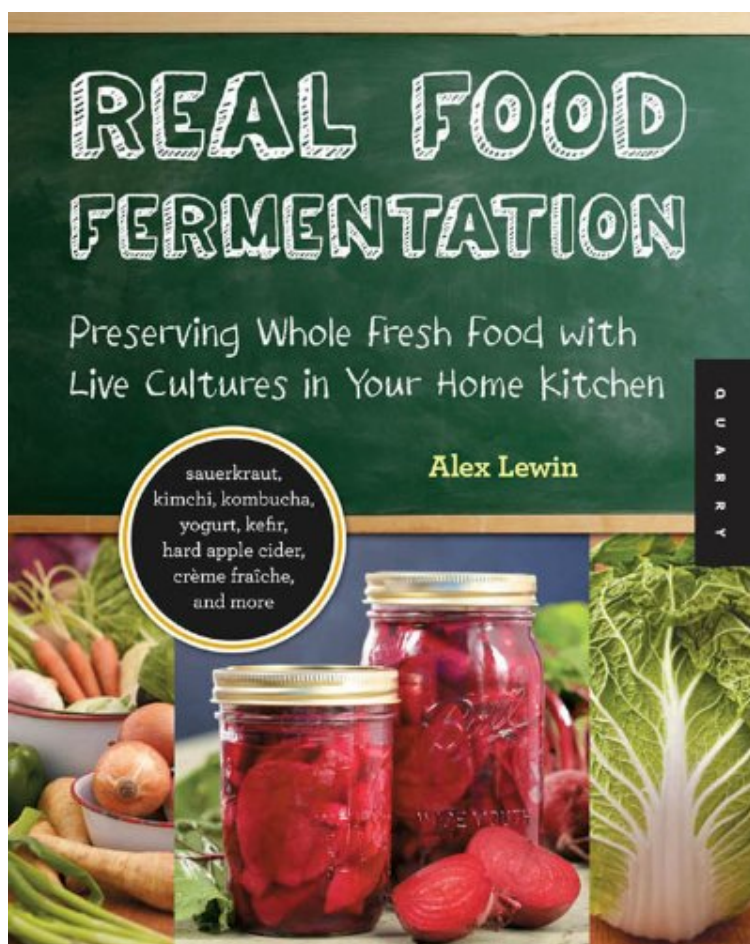


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Real Food Fermentation: Preserving Whole Fresh Food with Live Cultures in Your Home Kitchen



Par Alex Lewin
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Description :

Prsentation de l'diteurPreserve your favorite foods through every season with Real Food Fermentation. Control your own ingredients, techniques, and additives. Learn a practical food-preparation skill youll use again and again. And express yourself by making something unique and whole. Inside, youll find: All the basics: the process, the tools, and how to get started A guide to choosing the right ingredients Sauerkraut and beyond how to ferment vegetables, including slaw-style, pickles, and kimchi How to ferment dairy into yogurt, kefir, crme frache, and butter How to ferment fruits, from lemons to tomatoes, and how to serve them How to ferment your own beverages, including mead, kombucha, vinegar, and ginger ale A primer on fermented meat, fish, soy, bread, and more Everything you need to know about why the recipes work, why

they are safe, what to do if they go wrong, and how to modify them to suit your taste