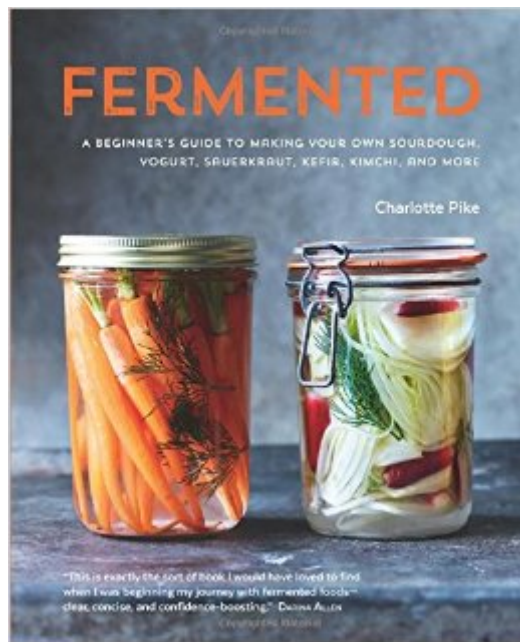


The book was found

# Fermented: A Beginner's Guide To Making Your Own Sourdough, Yogurt, Sauerkraut, Kefir, Kimchi And More



## Synopsis

Incorporate fermented foods into everyday eating with delicious recipes that are easily achievable at home. This gorgeous, fully photographed cookbook includes chapters covering fruit and vegetables, milk, pulses, baking and drinks that will introduce you to unique new flavors as well as traditional fermented vegetables such as German Sauerkraut and Korean Kimchi. Use fermented ingredients in dishes such as Kraut-slaw, Bacon and Potato Soup, Kimchi and Pork Salad and Smoky Grilled Tempeh. Learn how to make sweet and savory yogurts such as Coconut Yogurt or Cardamom and Rose Yogurt Cream to go with your perfected Sourdough Chocolate Cake. Create essential pickles, sauces and chutneys with fermentation that will have endless uses, fully stock any kitchen cupboard or make an excellent homemade gift.

## Book Information

Hardcover: 192 pages

Publisher: Kyle Books (October 7, 2015)

Language: English

ISBN-10: 1909487376

ISBN-13: 978-1909487376

Product Dimensions: 7.7 x 0.8 x 9.5 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #312,405 in Books (See Top 100 in Books) #67 in [Books > Cookbooks, Food & Wine > Desserts > Frozen Desserts](#) #296 in [Books > Cookbooks, Food & Wine > Canning & Preserving](#) #1041 in [Books > Cookbooks, Food & Wine > Kitchen Appliances](#)

## Customer Reviews

Loved this book. The recipes are so easy to use and follow.

Good book with good information and recipes

[Download to continue reading...](#)

Fermented: A Beginner's Guide to Making Your Own Sourdough, Yogurt, Sauerkraut, Kefir, Kimchi and More  
The Kimchi Cookbook: 60 Traditional and Modern Ways to Make and Eat Kimchi

Sourdough: Recipes for Rustic Fermented Breads, Sweets, Savories, and More  
True Brews: How to Craft Fermented Cider, Beer, Wine, Sake, Soda, Mead, Kefir, and Kombucha at Home  
Delicious

Probiotic Drinks: 75 Recipes for Kombucha, Kefir, Ginger Beer, and Other Naturally Fermented Drinks  
The Home Creamery: Make Your Own Fresh Dairy Products; Easy Recipes for Butter, Yogurt, Sour Cream, Creme Fraiche, Cream Cheese, Ricotta, and More!  
Rich Dad Advisor's Series: Own Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad's Advisors)  
Discovering Sauerkraut Ask Me About Polyamory: The Best of Kimchi Cuddles  
Mastering Fermentation: Recipes for Making and Cooking with Fermented Foods  
The Art of Making Fermented Sausages  
Craft Pizza: Homemade Classic, Sicilian and Sourdough Pizza, Calzone and Focaccia  
The United States of Pizza: America's Favorite Pizzas, From Thin Crust to Deep Dish, Sourdough to Gluten-Free  
Making Cheese, Butter & Yogurt: (Storey's Country Wisdom Bulletin A-283) (Storey Country Wisdom Bulletin)  
Kitchen Creamery: Making Yogurt, Butter & Cheese at Home  
The Everything Mediterranean Cookbook: Includes Homemade Greek Yogurt, Risotto with Smoked Eggplant, Chianti Chicken, Roasted Sea Bass with Potatoes ...  
Meringue Phyllo Tarts and hundreds more!  
Icy, Creamy, Healthy, Sweet: 75 Recipes for Dairy-Free Ice Cream, Fruit-Forward Ice Pops, Frozen Yogurt, Granitas, Slushies, Shakes, and More  
The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day  
Homemade Living: Home Dairy with Ashley  
English: All You Need to Know to Make Cheese, Yogurt, Butter & More  
The Skinny Ice Cream Maker: Delicious Lower Fat, Lower Calorie Ice Cream, Frozen Yogurt & Sorbet Recipes For Your Ice Cream Maker

[Dmca](#)